

FitBiz Watercooler Wellness

November - 2019 Edition

20 MINUTE WINTER HIIT WORKOUTS

Do each exercise at **high intensity** for 30 seconds followed by a 10 second rest if needed.
Repeat entire circuit up to three times.

Jumping Jacks

Wall Sit

Push-Ups

Crunches

Step Ups

Squats

Tricep Dips

Plank

High Knees/Running in Place

Lunges

Push-Up Rotations

Side Plank

Do each exercise and repeat circuit twice.

1:00 – Jumping Jacks

0:30 – Squats

0:30 – Front Lunges

1:00 – High Knees

0:30 – Burpees

0:30 – Side Lunges

1:00 – Mountain Climbers

0:30 – Plank

0:30 – Side Lunges

1:00 – Butt Kickers

0:30 – Squats

0:30 – Crunches

1:00 – High Knees

0:30 – Front Lunges

0:30 – Push-Ups

