

# Bodyweight HITT – Workout 1

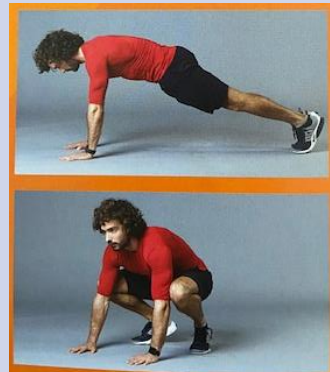
**Bronze:** 20 seconds work, 40 seconds rest  
**Silver:** 30 seconds work, 30 seconds rest  
**Gold:** 40 seconds work, 20 seconds rest

- 6 exercises | Repeat each exercise **3/4/5** times before moving onto the next exercise | 30 seconds work | 30 seconds rest

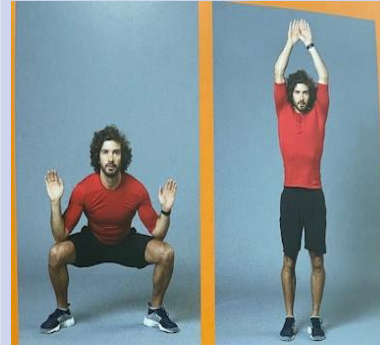
1. Climb the rope



2. Squat thrusts



3. Power squats



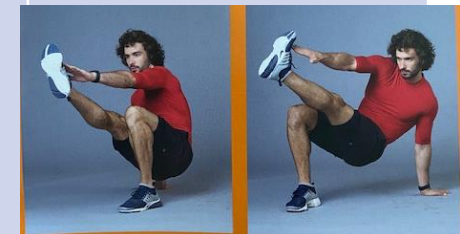
4. Press ups



5. Burpees



6. Toe touches



# Bodyweight HITT – Workout 2

**Bronze:** 20 seconds work, 40 seconds rest  
**Silver:** 30 seconds work, 30 seconds rest  
**Gold:** 40 seconds work, 20 seconds rest

- 6 exercises | Repeat each exercise **3/4/5** times before moving onto the next exercise | 30 seconds work | 30 seconds rest

1. Mountain climbers	2. Lateral shuffle floor touches	3. Single leg hops	4. Glute bridges	5. Squat pulses	6. Walking plank
					

# *HITT – Intense fat burner*

**Bronze:** 20 seconds work, 40 seconds rest  
**Silver:** 30 seconds work, 30 seconds rest  
**Gold:** 40 seconds work, 20 seconds rest

- 4 exercises | Repeat each exercise 5 times before moving onto the next exercise | 30 seconds work | 30 seconds rest

1. 10 High Knees with 2 Press Ups
2. 4 Lunge Jumps with 2 Burpees
3. 6 Mountain Climbers with 4 Jacks
4. 4 Dips with 4 Crab Toe Touches

If you need any help with how to do number 4 ...

