

DIFFICULTY

BEGINNER : 1 SET
INTERMEDIATE : 2 SET
ADVANCED : 3 SET

HIT WORKOUT

fitnessprogramer.com

1



BUTT KICK

20 SEC



10 SEC REST

2



MOUNTAIN CLIMBER

3



PUSH-UP TOE TOUCH

20 SEC



10 SEC REST

4



SKATER

5



BICYCLE CRUNCH

20 SEC



10 SEC REST

6



JACK BURPEES

7



LUNGE

20 SEC



60 SEC REST / 1 ROUND

8



BIRD DOG

Interval Training Manual

Sebastian Brünink

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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