

HIIT Cardio Blast - Complete Guide

Workout Overview

High-Intensity Interval Training (HIIT) alternates between intense bursts of activity and fixed periods of less-intense activity or rest.

Exercise Sequence (20 minutes)

1. Warm-up (3 minutes)

- Arm circles: 30 seconds
- Leg swings: 30 seconds each leg
- Light jogging in place: 2 minutes

2. HIIT Circuit (14 minutes - 4 rounds)

Round 1:

- Jumping Jacks: 45 seconds
- Rest: 15 seconds
- Burpees: 45 seconds
- Rest: 15 seconds

Round 2:

- Mountain Climbers: 45 seconds
- Rest: 15 seconds
- High Knees: 45 seconds
- Rest: 15 seconds

3. Cool Down (3 minutes)

- Walking in place: 1 minute
- Gentle stretching: 2 minutes

Proper Form Tips

- Jumping Jacks: Land softly on balls of feet, keep core engaged
- Burpees: Maintain straight line in plank, explosive jump up
- Mountain Climbers: Keep hips level, quick alternating knees

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- High Knees: Drive knees up high, pump arms actively

Workout Stats

- Duration: 20 minutes
- Calories: 300-400
- Difficulty: Intermediate
- Equipment: None

Benefits

- Burns fat effectively
- Improves cardiovascular health
- Boosts metabolism
- Time-efficient workout

Safety Notes

- Stay hydrated throughout
- Listen to your body
- Modify if experiencing pain
- Consult doctor if health concerns