

# 10 Minute HIIT Core Workout Routine for Beginners

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A 10-min HIIT core workout session will be excellent for a beginner to start with.

It will be effective and help you scale up for a 15 to 20 minutes session.

There will be ten exercises in this 10-min session and each exercise will be done at a fast pace.

Workout	Time	Rest
Mountain Climbers	30-sec	30-sec
Heel Touch Crunches	30-sec	30-sec
Leg Raise	20-sec	40-sec
Plank	40-sec	20-sec
Reverse Crunches	30-sec	30-sec
Side Plank	15-sec/ side	30-sec
Knee to Inside Elbow Mountain Climber	20-sec	40-sec
Flutter Kicks	20-sec	40-sec
Standard Crunches	20-sec	40-sec
Mountain Climbers	30-sec	30-sec

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