

15-MINUTE WEEKLY HIIT WORKOUT PLAN TO SWEAT & SHINE

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Instructions to Perform Exercises in this Program

Spent one minute on each exercise. For example, if you perform an exercise for 15 seconds, then take 45 seconds of rest before moving to another exercise. And if you perform an exercise for 30 seconds, take 30 seconds break before moving to the next exercise.

This way, you can manage your activity and rest time depending on your fitness level and optimize your workout. It is also helpful when you want to catch your breath between the workouts.

But make sure to challenge your endurance and push your limit to torch significant calories in only fifteen minutes.

HIIT Workout Plan

Day 1 – Monday

Round 1	Round 2	Round 3
Jumping Jacks	High Knees	Squat Thrust
Mountain climbers	Jumping Lunges	Shoulder Tap
Squat Jump	Alternate Heel Tap	Mountain climbers
Pushups	Shoulder Tap	Flutter Kick
Crunches	Flutter Kick	Situps

Day 2 – Tuesday

Round 1	Round 2	Round 3
Squat	Lunge to Front Kick	High Knees
Pushups	Alternate Heel Tap	Bicycle Crunch
Situps	Mountain Climber	Pushups
Shoulder Tap	Squat Pulses to Jump	High to Low Plank
Russian Twist	Inchworm	Curtsy Lunge

Day 3 – Wednesday

Round 1	Round 2	Round 3
Sprint in Place	Jog in place	Squat Thrust
Crossbody Mt. Climber	Flutter Kicks	Situps
Ankle Hops	Shoulder Tap	Front Lunges
Pulse up	Push-ups to Plank	Reverse Crunches
Alternate Heel Tap	Bear Crawl	Mountain Climber

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Reach your weight loss goals with the easiest to follow PerfectBody meal and training plan
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TO SUPPORT DETOX & CLEANSING*
ORPHIC APPLE CIDER VINEGAR GUMMIES
Just take 2 Apple Cider Vinegar gummies a day to support natural detoxification processes from the body and help you feel refreshed.*

WEIGHT-LOSS COMPLEX
with L-Arginine & L-Carnitine

- Garcinia Cambogia
- Green Coffee
- Green Tea
- Panax Ginseng
- Ginger Extract
- African Mango

Other ingredients: Dandelion Extract, Gymnema Sylvestre Extract, Forskolin Extract, Stevia Extract.

Day 4 – Friday

Round 1	Round 1	Round 1
Jumping Jack	Burpee	High Knees
Pushups	Shoulder Tap	Mountain Climber
Crunches	Flutter Kicks	Squat Jump
Plank Ankle Tap	Ankle Hops	Alternate Heel Tap
Lying Superman	Side Plank Hip Tap	Drop Squat

Day 5 – Saturday

Round 1	Round 2	Round 3
Jumping Jacks	Burpee	Squat Jump
Mountain climbers	Plank Ankle Taps	Shoulder Tap
Bear Crawl	Alternate Heel Tap	Mountain climbers
Pushups	Kneeling Squat Jump	Flutter Kick
Crunches	Flutter Kick	Side Plank Hip Tap

Helpful Resources:

1. [70 Best Bodyweight Cardio Exercises](#)
2. [Kettlebell HIIT Workouts](#)
3. [Barbell HIIT Workouts](#)
4. [Dumbbell HIIT Workout](#)
5. [HIIT CrossFit Workouts](#)
6. [Ultimate HIIT Exercises List](#)
7. [HIIT Core Workout Routine](#)
8. [20 Best No-Equipment Exercises](#)

The image contains three promotional panels:

- PerfectBody™:** A woman in a black sports bra and blue jeans stands next to a blue background with the text: "Reach your weight loss goals with the easiest to follow PerfectBody meal and training plan. Start now".
- ORPHIC Apple Cider Vinegar Gummies:** A woman in a pink tank top and black leggings is shown in a circular frame. Next to her is a bottle of gummies. Text includes: "TO SUPPORT DETOX & CLEANSING*", "ORPHIC APPLE CIDER VINEGAR GUMMIES", and "Just take 2 Apple Cider Vinegar gummies a day to support natural detoxification processes from the body and help you feel refreshed.*"
- WEIGHT-LOSS COMPLEX:** A bottle of "WEIGHT LOSS + DETOX" is surrounded by various fruits and herbs. Text includes: "with L-Arginine & L-Carnitine", "Garcinia Cambogia", "Green Coffee", "Green Tea", "Panax Ginseng", "Ginger Extract", "African Mango", and "Other ingredients: Dandelion Extract, Gymnema Sylvestre Extract, Forskolin Extract, Stevia Extract."