

20 Minute HIIT Core Workout Routine for Intermediate

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Article Link: <https://thefitnessphantom.com/hiit-core-workout/>

This 20-min high-intensity workout will forge your core, tone abdominal muscles, boost metabolism, and help you develop six-pack abs.

You'll have to do four circuits of five exercises each to complete the twenty minutes session.

Duration of each exercise: 30-sec

The interval between exercises: 30-sec

Circuit 1	Circuit 2
Mountain Climbers	Bicycle Crunches
Flutter Kicks	Leg Raises
Heel Touch Crunches	Standard Crunches
Russian Twist	Tuck Crunches
Toe Touch Crunches	Bicycle Crunches
Circuit 3	Circuit 4
V-Ups Crunches	Flutter Kicks
Heel Touch Crunches	Bicycle Crunches
Leg Raises	Knee to Inside Elbow Mountain Climber
Mountain Climbers	Reverse Crunches
Plank	Side Plank

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