

# 20-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.

## WORKOUT PLAN

### Day 1 – Monday

Round 1	Round 2
Jumping Jacks	Curtsy Lunge
Mountain Climber	Inchworm
Squat Jump	Knee Tap Push-Up
Standard Push-up	Kneeling Squat Jump
High Knees	<a href="#">Dead Bug Crunches</a>
Crunches	<a href="#">In and Out Jump</a>
Burpees	Mountain Climber
Leg Raises	Bicycle Crunches
Lunge Front Kick	Burpee

Side Plank Hip Dips	Diver Pushup
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## Day 2 – Tuesday

Round 1	Round 2
Squat Jump	Shoulder Tap
<a href="#">Speed Skater</a>	Mountain Climber
Plank To Push Up	High Knees
Flutter Kicks	Alternate Heel Tap
Side Plank Hip Dip	<a href="#">Vertical Jump</a>
<a href="#">Butt Kicks</a>	Plank Jacks
<a href="#">Scissor Jump</a>	Jumping Lunges
Bear Crawl	Inchworm
Pushup Jack	Crossbody Mt. Climber
<a href="#">Star Jumps</a>	Plank-to-knee tap

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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 3 – Thursday

Round 1	Round 2
<a href="#">Runner's Skip</a>	Squat Jump
<a href="#">Wide Mountain Climber</a>	Corkscrew
Flutter Kick	Alternate Heel Tape
Plank Taps	Pushup Ankle Tap
Squat	Plank Getup
Pushups	Crossbody Mt. Climber
Crunches	Side Plank Hip Tap
Plank to Pushup	Jumping Jack
Jumping Lunge	Speed Skaters
Inchworm	Bear Crawl

## Day 4- Friday

Round 1	Round 2
Squat Jump	Burpee
Speed Skater	Mountain Climber
Plank To Push Up	High Knees
Flutter Kicks	Alternate Heel Tap
Side Plank Hip Dip	Curtsy Lunge
Butt Kicks	Plank Jacks
Scissor Jump	Jumping Lunges
Bear Crawl	Inchworm
Pushup Jack	Crossbody Mt. Climber
Shoulder Tap	Plank-to-knee 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](#)

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