

30 Minute Advanced HIIT Core Workout Routine

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This 30-min HIIT core workout is for advanced fitness enthusiasts who are desperately trying to lose weight.

It will be challenging but help you burn plenty of calories, build a sturdy core, tone abdominal muscles, enhance aerobic and anaerobic fitness, and speed up weight loss.

In this routine, you'll do a total of five rounds of six exercises each. And each workout will be of 20-sec followed by 40-sec rest.

Round 1	Round 2	
Mountain Climbers	Bicycle Crunches	
Flutter Kicks	Leg Raises	
Heel Touch Crunches	Standard Crunches	
Russian Twist	Knee to Inside Elbow Mountain Climber	
Toe Touch Crunches	Plank	
Tuck Crunches	Dead Bug	
Round 3	Round 4	Round-5
V-Ups Crunches	Flutter Kicks	Mountain Climbers
Heel Touch Crunches	Bicycle Crunches	Heel Touch Crunches

Round 3	Round 4	Round-5
Leg Raises	Knee to Inside Elbow Mountain Climber	Flutter Kicks
Mountain Climbers	Reverse Crunches	Tuck and crunch
Side Plank Hip Raises	Dead Bug	Russian Twist
Standard Crunches	Toe Touch Crunches	Tabletop Crunches

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