

30-MINUTE WEEKLY HIIT WORKOUT PLAN TO SWEAT & SHINE

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Perform as many as three rounds with 2 minutes of rest between them to catch your breath.

Day 1 – Monday

Exercise	Activity	Rest
Jumping Jacks	30-sec	15-sec
Mountain climbers	30-sec	15-sec
Squat Jump	30-sec	15-sec
Pushups	30-sec	30-sec
High Knees	30-sec	30-sec
Alternate Heel Tap	30-sec	30-sec
Shoulder Tap	30-sec	30-sec
Flutter Kick	30-sec	30-sec
Curtsy Lunge	30-sec	30-sec

Day 2 – Wednesday

Exercise	Activity	Rest
Jumping Jacks	30-sec	15-sec
Bear Crawl	30-sec	15-sec
Jumping Lunges	30-sec	15-sec
Crossbody Mt. Climber	30-sec	30-sec
Squat Thrust	30-sec	30-sec
Side Plank Hip Taps	15-sec/side	30-sec
Push-ups to Plank	30-sec	30-sec
Inchworm Walk	30-sec	30-sec
Plank Jacks	30-sec	30-sec

Day 3 – Friday

Exercise	Activity	Rest
Ankle Hop	30-sec	15-sec
Lunge Front Kick	30-sec	15-sec
Knee Tap Push-Up	30-sec	15-sec
Bicycle Crunch	30-sec	30-sec
Front Squat	30-sec	30-sec
Mountain Climber	30-sec	30-sec
Pushup Jack	30-sec	30-sec
Flutter Kick	30-sec	30-sec
Plank Getup	30-sec	30-sec

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**