

HIIT WORKOUT AT HOME: 20 BEST NO-EQUIPMENT EXERCISES & WEEKLY ROUTINE

Created by: [Murshid Akram](#)

Check out [article](#) for more info

If you're looking for an easy-to-follow and effective weekly HIIT workout plan that you can do at home without equipment, you've come to the right place.

In this article, I've shared the 20 best exercises and a weekly 30-minute full-body [HIIT workout routine](#) to help you promote your health and improve your shape.

HIIT is the acronym for high-intensity interval training, where exercises are performed at high intensity for a specific time, followed by a short interval period.

For example, a 5-minute bodyweight HIIT workout looks like this:

- Perform each exercise for 30 seconds at a quick pace, followed by an interval of 30 seconds.
- Jumping Jacks
- Mountain Climber
- Squats
- Pushups
- Sit-ups

Studies show that HIIT helps promote weight loss, enhance cardiovascular fitness, strengthen and tone muscles, improve body composition, and take your fitness to the next level.

HIIT is also a time-efficient workout program that provides the same results in a short time compared to traditional cardio.

To help you follow the HIIT program effectively and achieve the best results, I've shared various exercises and a weekly schedule.

Whether you want to speed up weight loss, promote cardiovascular health, or stay fit and active, you can do HIIT to enhance your overall fitness.



20 Best No-Equipment HIIT Exercises to Do at Home

1. Jumping Jack

Jumping jack is an excellent cardio exercise that works throughout the body, especially the glutes, quadriceps, and hip flexors. You can do this almost anywhere.

You can also do it as a warm-up exercise to increase heart rate and blood flow.

Steps to perform jumping jacks:

- Stand straight with your arms straight by your sides.
- Jump your feet out and extend your arms out and over your head at the same time.
- Jump back to the starting position.
- Do as many reps as you want.

2. Standard Push-up

The pushup is a popular upper body exercise that [bolsters the pectoral and triceps muscles](#) and improves torso appearance. It is a great exercise for strengthening muscles and shedding calories at the same time.

Steps to perform a regular pushup:

- Get yourself in a high plank with your arms straight below your shoulders and your spine in a neutral position.
- Brace your core and keep your body straight from heels to your head.
- Bending your elbows, lower your torso until your chest is close to the floor.
- Press back up by extending your arms to complete one rep.
- Aim for 20-30 pushups in 30 seconds.

3. Mountain Climber

The mountain climber [strengthens the abdominal muscles](#), burn decent calories, and increases endurance.

It is an incredible exercise to warm up the body and get your muscles ready to perform more [high-intensity exercises](#).

How to do mountain climbing:

- Begin in a high plank position with your arms straight below your shoulders.
- Brace your core and pull your one-leg knee into your chest as close as possible.
- Follow with another leg by pulling the knee out and bringing the other knee in.

4. Squat

Squat is a fantastic exercise for lower-body muscle development. It primarily [bolsters the quadriceps](#) and helps enhance lifting and athletic performance.

Performing squats at maximum heart rate also burns significant calories and helps increase weight loss.

Steps to do a squat:

- Stand with your feet shoulder-width apart and keep your back straight.
- Brace your core, bend your knees, and lower into a squat.
- Then, push your feet into the floor, extend your knees, and return to standing.
- Make sure you maintain a neutral spine position throughout the movement.
- Aim for 20-30 squats in 30 seconds.

5. High Knees

A high knee is a great aerobic exercise that engages all the muscles of your legs as well as activates the core.

It also promotes cardiovascular health, improves muscle coordination, and burns many calories in a short time.

How to do a high knee:

- Stand straight with your feet about hip-width apart.
- Bend your elbows and keep your hands at the stomach level with your palm facing down.
- Raise your knees alternatively until they touch the palms.
- Keep doing it for the desired time.

6. Squat Jump

Squat jump is another [lower-body high-intensity exercise](#) that increases strength, endurance, and metabolism and burns more calories than other [forms of squats](#).

How to do a jump squat:

- Stand straight with your feet hip-width apart.
- Push your hips back and lower into a partial squat.
- While returning to the standing position, jump high in the air, then land into a partial squat.
- Shoot for 10-15 reps in 30 seconds.

7. Jumping Lunges

The jumping lunge works throughout the body, enhancing aerobic fitness and primarily [strengthening the lower body muscles](#). It can be a good addition to a HIIT program.

Steps to perform a walking lunge:

- Begin in the lunge position with a large step gap between your feet.
- Jump high in the air and switch your foot position when you land.
- Keep your chest up and back straight and your core and glutes engaged during the movement.
- Aim for 10-15 lunges in a half minute.

8. Standing Calf Raise

The standing calf raises [bolster the gastrocnemius](#) and improves ankle strength and mobility.

The strong lower legs help perform other high-intensity exercises effectively, such as jumping, lunging, and squatting

How to do standing calf-raise

- Stand against the wall and position your palms on it to lean forward. Maintain a neutral spine.
- Raise your heels as high as possible, then lower them to the start.
- Lift your heels as many times as possible in 20 seconds, then switch to another exercise.

9. Sumo Squats

The bodyweight sumo squats are excellent for developing aerobic fitness and strength in the lower body.

It activates the lateral and inner thighs and helps build firm legs.

How to do sumo squat

- Stand in the [sumo stance](#) with your toes pointing outward.
- Externally rotate your hips, push your butt back, and squat down, keeping your back straight and core tight.
- Return to the starting position by pushing yourself through your heels and [engaging your inner thighs](#).
- Go for 15-20 reps in a half minute.

10. Shoulder Tap

The shoulder tap is an excellent exercise to enhance balance, strength, and endurance. It engages multiple muscles simultaneously, from the arms and shoulders to the chest and core.

How to perform shoulder taps: Staying in a high plank position, alternatively, tap your right shoulder with your left arm and left shoulder right arm. Shoot for 10 taps on each side in thirty seconds.

11. Plank to Push-up

The plank to push-ups is a high-intensity exercise that strengthens and tones upper body muscles and increases endurance and mobility.

How to do a plank pushup: From a forearm plank, lift your arms alternatively off the floor to get into the high plank position. Perform a pushup, then return to the forearm plank. Do them as fast as possible.

12. Squat Thrusts

The squat thrust workout on your entire body from arms to legs. This is a great exercise to burn more calories and increase stamina. It helps [increase strength and metabolism](#) and improve heart health.

13. Burpee

The burpee is an advanced bodyweight exercise that bolsters many muscles throughout the body and helps improve muscle coordination, balance, stability, posture, and overall muscle strength.

It also sheds plenty of calories in a short time and helps promote weight loss.

How to perform Burpee:

- Stand with your feet shoulder-width apart and keep your arms at your sides.
- Push your hips back, bend your knees, and lower yourself into a squat position.
- Place your hands on the floor directly in front and below your feet.
- Shift your weight onto your hands. Extend your legs back and softly land on the floor.
- Your body should be in a plank position.
- Now, jump your feet back just outside of your hands.
- Extend your arms fully over your head and jump up into the air. That's one rep!
- Do 15 to 20 reps in 1 minute

PERFECTBODY™
Reach your weight loss goals with the easiest to follow PerfectBody meal and training plan
Start now

WAIT... THERE IS A WAY TO FOLLOW A MEAL PLAN AND EAT FAVORITE FOODS?
Well, that's Beyond Body! A personalized book that helps to reach personal goals.
Beyond Body GET YOURS NOW

MORINGA Actives
A natural food supplement that supports the reduction of fatty tissue.
ORDER NOW!

14. Core Workout

I've written a separate article on [high-intensity core exercises](#). You can explore that resource.

Here are a few examples of abdominal exercises:

Tabletop Crunch:

- Lie on your back and bend your legs with your knees and hips in a straight line.
- Perform as many crunches as possible in 20 seconds.

Bicycle Crunch:

- Lie on your back, bend your elbows, and position your hands on the sides of your ear.
- Now bend your knees and lift your leg off the ground. Then inhale and bring your left knee and right elbow close to each other, make sure you squeeze your abs, then return to the start, and perform alternatively.

15. Sit Outs

You can integrate as many as seventy cardio exercises in your HIIT home workout routine, and the sit-out is one of the best among them.

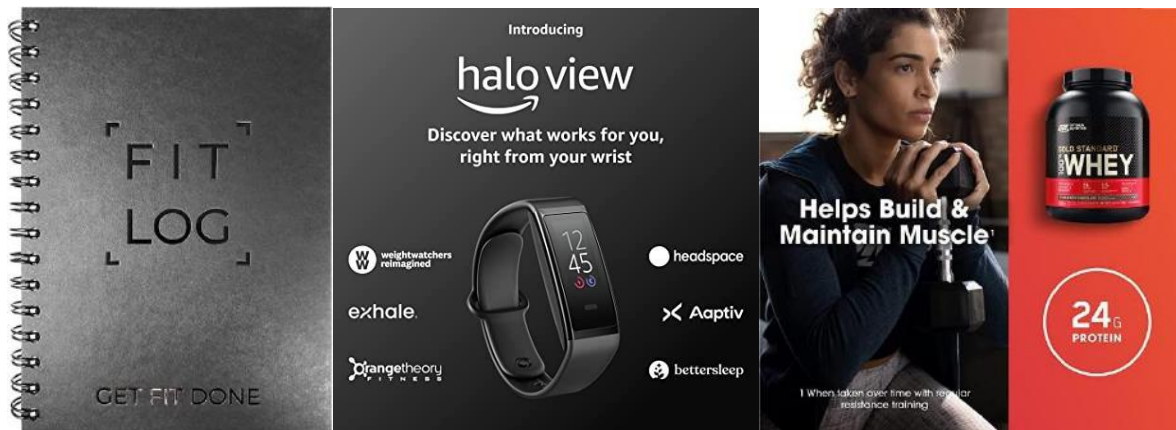
Sit-out engages multiple muscle groups simultaneously, from [legs](#) and shoulders, and helps increase strength, balance, speed, and endurance and burn plenty of calories in a quick time.

16. Kneeling Jump

The kneeling jump is a [plyometric exercise](#) that enhances speed, endurance, and mobility. It also strengthens the legs and core and helps improve athletic performance.

Steps to perform kneeling jump:

1. Sit on your knees with your glutes resting on your calves, your torso upright, and your arms by your sides.
2. Jump your feet out until you land into a squat. That's one rep.
3. Aim for ten reps in one set.



17. Plank Ankle Taps

The plank ankle tap targets the entire body, especially the abdominal muscles, and increases strength, balance, and speed.

How to perform plank ankle taps: From a high plank position, tap your right ankle with your left hand, then your left ankle with your right hand alternatively for the suggested duration.

18. Reverse Lunge Kick

When your goal is to shed a lot of calories while improving strength and balance, you should perform reverse lunges kick. It strengthens the legs and core and helps improve muscle coordination.

How to do it: Begin with standing in the staggered stance. From there, lower into a lunge, and while returning to the standing position, kick your legs in front of you as high as possible, then again land into a lunge. Perform as many reps as possible on each side in one set.

19. Knee Tap Push-Up

The knee tap is a cardio cum bodyweight strength training exercise that forges several muscle groups simultaneously, including the chest, core, and arms.

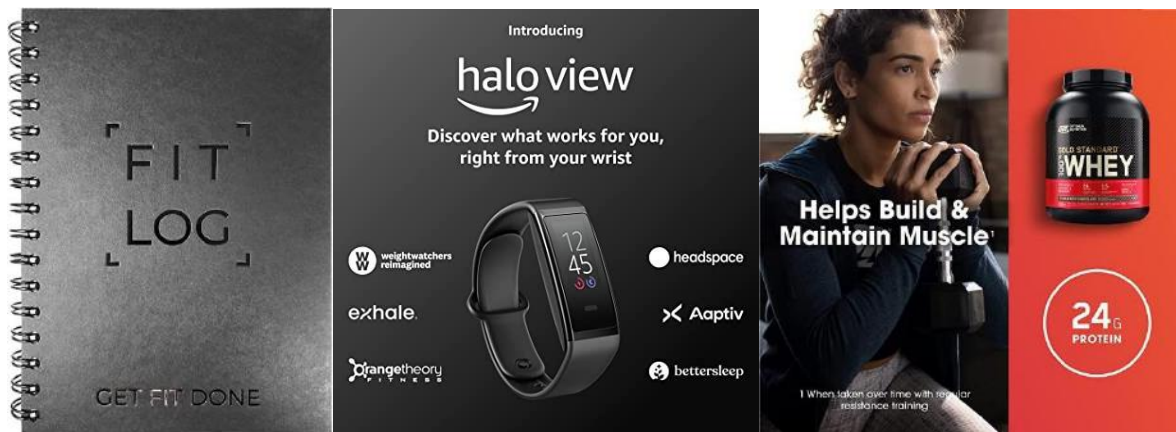
You can add it to your no-equipment HIIT workout plan for better results.

How to do a knee tap pushup: After completing a pushup, lift your right arm and left leg and tap your knee with your palm. Do the same on the opposite side. That's one rep. Aim for ten reps in 30 seconds.

20. Plank Jack

The plank jack strengthens many muscles from the upper to the lower body and helps increase strength and endurance.

How to perform a plank jack: From a forearm plank, jump your feet out, then jump back. Do it as quickly as possible.



30-Minute Full Body HIIT Workout at Home (No Equipment)

Perform each exercise for 20 to 30 seconds at a quick pace, followed by an interval of 30-40 seconds.

Do as many rounds as possible in thirty minutes on each training day.

These exercises are not in order. You can start with any of your favorite workouts.

Monday

- Reverse Lunge to Front Kick
- High Knees
- Burpees
- Mountain Climber
- Kneeling Jump
- Flutter Kicks
- Standing Calf Raise

- Alternate Heel Taps

Tuesday

- Squat Jump
- Push-up
- Tabletop Crunches
- Jumping Lunges
- Shoulder Taps
- Bicycle Crunches
- Sumo Squat
- Plank Ankle Taps
- Sit Outs

Thursday

- Jumping Jacks
- Plank to Push-up
- Squat Thrusts
- Crossbody Mountain Climber
- Flutter Kicks
- Burpees
- Knee Tap Push-Up

Friday

- Squat
- Plank Jack
- Alternate Heel Taps
- Jumping Lunges
- Mountain Climber
- Sit Outs
- Bicycle Crunches
- Shoulder Taps
- Plank Ankle Taps

You'll burn approximately 400 to 500 calories in each training session.

Repeat this routine for 8 to 12 weeks to see noticeable results.

Depending on your fitness level, you can also make desirable changes to this program.

PERFECT BODY™

Reach your weight loss goals with the easiest to follow PerfectBody meal and training plan

Start now

WAIT... THERE IS A WAY TO FOLLOW A MEAL PLAN AND EAT FAVORITE FOODS?

Well, that's Beyond Body! A personalized book that helps to reach personal goals.

Beyond Body

GET YOURS NOW

MORINGA Actives

A natural food supplement that supports the reduction of fatty tissue.

ORDER NOW!

Related Exercises:

- [70 Best Bodyweight Cardio Exercises of All Time](#)
- [12 Week HIIT Program to Burn Fat with Free PDF](#)
- [The Best Weekly HIIT Workout Plan For Newbie & Pro](#)

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)
[Free Programs](#) | [Paid Programs](#) | [Products](#)