

15 Minute Step 360 HIIT Workout

Perform each move for 50 seconds. Rest 10 seconds before moving on to the next exercise. Repeat for a longer workout!

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- Goblet Squats
- Low squat hold w/right foot tap down ●
- Jump squats onto Step 360 ●
- Low Squat hold w/left foot tap down ●
- Band bicep curls w/rt rear leg lift ●
- Prisoners over step ●
- Band front raises w/lt rear leg lift ●
- Burpee Step Jumps ●
- Lunge onto step w/shoulder press- right ●
- Jumping lunges ●
- Lunge onto step w/shoulder press- left ●
- Plank w/slow knees (feet on step) ●
- Mountain Climbers (hands on step) ●
- Decline push-ups (feet on step) ●
- V-sits on Step ●
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