

# ADDY+ABBY

## PERSONAL TRAINING

### Beginner HIIT Workout

Exercise	Sets	Reps	Rest	Comments
<p>*Begin with a light 10 minute incline walk or light jog to warm up</p> <p>*Then complete the warm up / Mobility Routine before starting round 1.</p> <p>1 250M Incline Treadmill jog/Run</p> <p>15 Barbell Squats</p> <p>10 Step Back Lunges (Each Leg)</p> <p>15 Barbell Cleans</p> <p>15 Barbell Up Right Rows</p> <p>15 Medicine Ball Slams into Jump squat.</p> <p>30 Seconds Deadmill Sprint</p> <p><b>REST 2 MINUTES MAX and repeat another 2 Rounds</b></p> <p>2 Finish With</p> <p><b>50 Mountain Climber Knee Taps</b></p> <p>into</p> <p><b>50 Sit Ups</b></p>				

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