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our take on fitness. If you're as busy as we are then you need maximum results in minimum time. High Intensity Interval Training (HIIT) | GP Fitness Week 1 By the end of the 30 seconds, your heart rate will be above 50% of its maximum level, which turns this strength workout into a cardio workout, too! 0:45-1:15 Thankfully we have 2 legs. Remember which side was doing what, and switch it up! We don't want any imbalances, so keep giving it your all! 1:30-2:00 Pushups Insane High Intensity Total HIIT TRX Workout - Yogi Aaron WEEK 1. Day 1. 10 Jump Squats, 20 Mountain Climbers, 10 Press Ups x 2 Day 2. Fast Walk 30 Mins Day 3. 10 Burpees, 20 Plank Jacks, 30 Lunges x 2 Day 4. Fast Walk 30 Mins Day 5. 30 High Knees, 20 V-Sit Ups, 10 Sumo Squat Jumps x 2 Day 6. Fast Walk 30 Mins Day 7. Rest WEEK 2. Day 1. 10 Jump Squats, 20 Mountain Climbers, 10 Press Ups x 3 Day 2 ... 4 Week Home HIIT Workout For Absolute Beginners | HIIT WEEKLY Download your free 12 week guide: <https://www.heatherrobertson.com> Today we are getting in that cardio! This HIIT cardio workout will

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In today's episode of HIIT workouts, I'm going to be giving you the perfect 20 Minute HIIT workout plan. Here's what we're going to be covering... I'm personally going to show you some of my favorite strength and conditioning HIIT workouts that will have you pouring out sweat and blood before the 20 minutes is over.

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