

30 Minute HIIT Abs & Obliques

Warm Up

Exercise	Duration	Times Executed	Rest	Transition Time	Total Time
Arm Circles	01:45	1	00:15	00:00	02:00
Jumping Jacks	01:45	1	00:15	00:00	02:00
High Knees	01:45	1	00:15	00:00	02:00
Total	05:15		00:45	00:00	06:00

Work (Repeat 3 Times)

Exercise	Duration	Times Executed	Rest	Transition Time	Total Time
Russian Twist	00:45	1	00:15	00:00	03:00
Reverse Crunch	00:45	1	00:15	00:00	03:00
Burpee	00:45	1	00:15	00:00	03:00
Side Plank	00:45	1	00:15	00:00	03:00
Side Plank	00:45	1	00:15	00:00	03:00
Plank Jacks	00:45	1	00:15	00:00	03:00
V-Ups	00:45	1	00:15	00:00	03:00
Mountain Climber	00:45	1	00:15	00:00	03:00
Lying Side Crunch	00:45	1	00:15	00:00	03:00
Plank	00:45	1	00:15	00:00	03:00
Alternating Lunges	00:45	1	00:15	00:00	03:00
Total	24:45		08:15	00:00	33:00

Class Plan Totals

Total Work Time	30:00
Total Rest Time	09:00
Total Transition Time	00:00
Total Time	39:00

Exercises

Alternating Lunges	Step forward with your right leg and slowly lower your body until your front knee is bent at least 90 degrees. Pause, then, raise up and bring your back foot forward so that you move forward (like you're walking) a step with every rep. Step forward with the alternate leg and repeat.
Arm Circles	Stand with arms extended by the sides, perpendicular to the torso. Slowly make clockwise circles for about twenty to thirty seconds (about one foot in diameter). Then reverse the movement, going counter-clockwise.
Burpee	Start out in a low squat position with hands on the floor. Next, kick the feet back to a push-up position, complete one push-up, then immediately return the feet to the squat position. Leap up as high as possible before squatting and moving back into the push-up position.
High Knees	Stand tall with your feet shoulder-width apart. Without changing your posture, raise your left knee as high as you can and step forward. Repeat with your right leg. Continue to alternate back and forth.
Jumping Jacks	Stand with your feet together and your hands at your sides. Simultaneously raise your arms above your head and jump up just enough to spread your feet out wide. Without pausing, quickly reverse the movement and repeat.
Lying Side Crunch	Lie on on your side with knees bent at a right angle and twisted to the left. Curl upper body, lifting shoulders off the floor a few inches. Pause at the top of the contraction and slowly lower back down. Switch sides and repeat.
Mountain Climber	Starting on your hands and knees, bring the left foot forward directly under the chest while straightening the right leg. Keeping the hands on the ground and core tight, jump and switch legs. The left leg should now be extended behind the body with the right knee forward.
Plank	Lie face down with forearms on the floor and hands clasped. Extend the legs behind the body and rise up on the toes. Keeping the back straight, tighten the core and hold the position.
Plank Jacks	Start in a high plank position. Keeping your core engaged jump your feet in and out as if you were doing jumping jacks.
Reverse Crunch	Lie flat on the floor with lower back pressed to the ground. Place hands behind head or extend out alongside body. Crossing legs at ankles, lift feet up. Pull lower back off the floor as you contract abs. Reach legs toward the ceiling with each contraction.
Russian Twist	Sit on the floor with knees bent and feet together, lifted a few inches off the floor. With the back at a 45-degree angle from the ground, move the arms from one side to another in a twisting motion. Here, slow and steady wins the race: The slower the twist, the deeper the burn.
Side Plank	Lie on the ground on your back, roll to the right side and come up on your right foot and elbow. Make sure the hips are lifted and the core is engaged. Perform again on the left side.
V-Ups	Lie faceup with legs and arms extended. Keeping knees and elbows locked, simultaneously raise upper body and lower body while trying to touch fingers to toes.