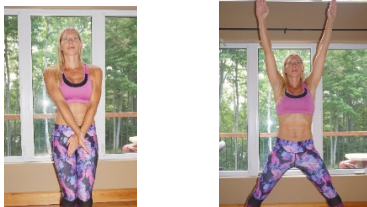


## DAY 24 – HIIT FULL BODY

Do the full routine without stopping. Take a two-minute water break and repeat for a total of two rounds for beginner and 3 for more advanced. This is done as a pyramid style. First round has more reps, second round a little less, and so on.

### **1. Jumping jacks (Set 1, 60) (Set 2, 50 reps) (Set 3, 40 reps)**



### **2. Walk over push-ups (Set 1, 15 reps) (Set 2, 10 reps) (Set 3, 5 reps)**



### **3. Front kicks (Set 1, 20 reps each leg) (Set 2, 15 reps each leg) (Set 3, 10 reps each leg)**



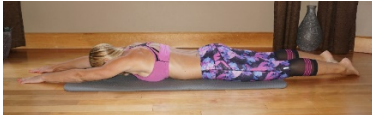
### **4. Squat plus calf raises (Set 1, 25 reps) (Set 2, 20 reps) (Set 3, 15 reps)**



**5. Mountain climbers (Set 1, 50 reps) (Set 2, 40 reps) (Set 3, 30 reps)**



**6. Superman (Set 1, 30 seconds) (Set 2, 25seconds) (Set 3, 20 seconds)**



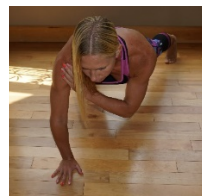
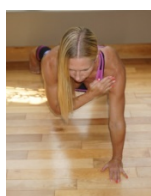
**7. Crunch side to side (Set 1, 30 reps) (Set 2, 20 reps) (Set 3, 10 reps)**



**8. Rope climbing with knees up (Set 1, 60 reps) (Set 2, 50 reps) (Set 3, 40 reps)**



**9. Plank with shoulder tap (Set 1, 50 reps) (Set 2, 40 reps) (Set 3, 30 reps)**



**10. Curtsy lunges (Set 1, 30 reps) (Set 2, 20 reps) (Set 3, 10 reps)**



**11. Triceps dip (Set 1, 35 reps) (Set 2, 25 reps) (Set 3, 15 reps)**



**12. Front punches in a sumo squat (Set 1, 100 reps) (Set 2, 80 reps) (set 3, 60 reps)**



❖ Water break, then repeat one to two more times doing the next set of reps.