

**HOME EXERCISE PRGOGRAMME**

Trainer name:	Benine
Programme:	HIIT




**WARM-UP**

Full body mobilization	5min	
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**HIIT**


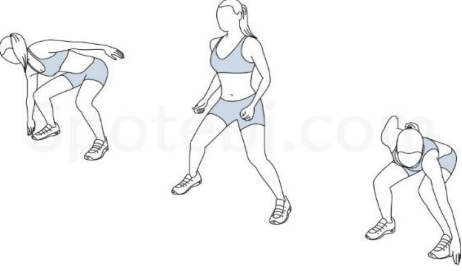

**Repeat each group 2-3 times.**

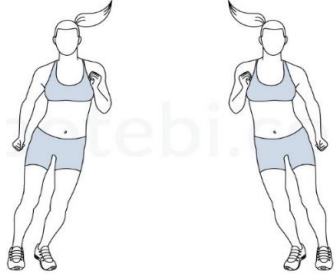

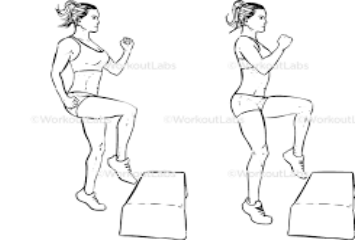
**GROUP 1**

EXERCISE	REPS	NOTES/ILLUSTRATION
Burpee	10	
Starjump	10	
Jog up and down step	10 (right and left)	




**GROUP 2**

EXERCISE	REPS	NOTES/ILLUSTRATION
Mountain Climber	20	
Skaters	20	
Box Jump	10	




GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
High Knees	20	
Side shuffle touch down	20	
Side hop over step	20	

GROUP 4		
EXERCISE	REPS	NOTES/ILLUSTRATION
Lateral Hops	20	
Pop Squat	10	 Jump legs out landing in a squat touching the ground then jump feet together again,
Toe Taps	20	








**GROUP 5**

EXERCISE	REPS	NOTES/ILLUSTRATION
Butt Kicks	20	
Scissor Jack	10	
Straddle Jumps	10	

**GROUP 6**

EXERCISE	REPS	NOTES/ILLUSTRATION
Quick Feet	30sec	
Plank Jacks	10	
Knee Repeater	10 (right and left)	

## STRETCHES

<p>Hug knees to chest</p>	<p>Hold 20sec</p>	
<p>Laying twist stretch</p>	<p>Hold 20sec (left and right)</p>	
<p>Seated reach for toes stretch</p>	<p>Hold 20sec</p>	
<p>Reach for toes with one leg out</p>	<p>Hold 20sec (left and right)</p>	
<p>Butterfly stretch</p>	<p>Hold 20sec</p>	
<p>Chest Stretch</p>	<p>Hold 20sec</p>	
<p>Back Stretch</p>	<p>Hold 20sec</p>	
<p>Shoulder Stretch</p>	<p>Hold 20sec (left and right)</p>	