

MIX & MATCH HIIT WORKOUT SAMPLER



- Alternate **CARDIO** and **STRENGTH** moves for each period of intense exercise.
- Use recovery times to walk or jog in place if you are able. Remain standing.
- Mix it up. Pick different moves for each cycle of the circuit for a total body workout

SET IT UP

60 sec. Intense Exercise

60 sec. Recovery

30 sec. Intense Exercise

90 sec. Recovery

Repeat (up to 10 times)

WORKOUT MOVES

STRENGTH

bicep curls

pushups

chair dips

full-body crunches

superman

air squats

plank

bicycle crunches

CARDIO

jumping jacks

burpees

high knees

jump squats

skips

tuck jumps

power walk

sprints

Find more workouts and healthy ideas at
shine365.marshfieldclinic.org



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Don't just live. **Shine.**