

## HIIT Circuit

Wake Me Up Before You Go-Go

Bike (Cycle), Run, Row, Jump Rope or Burpees

\*\*Pick one exercise and stick with it\*\*

Hard Effort	Recovery Effort
:10	:30
:20	:20
:30	:10
:40	:30
:50	:20
:60	:10
:30	:60
1:30	:30
:30	:30
:30	:30
1:30	:30
:30	:60
:60	:10
:50	:20
:40	:30
:30	:10
:20	:20
:10	:30