

The Superhero Workout

HIIT Set 1: Perform 2 Times	
Jumping Jacks w/ Alt Elbow to Knee	50 sec/10 sec rest
Snakes	50 sec/10 sec rest
Glute Bridge w/ Heel Touch-downs	50 sec/10 sec rest
Plank-Stand Heel Clicks	50 sec/10 sec rest
Skater Touchdowns	50 sec/10 sec rest
Whips Right	50 sec/10 sec rest
High Knees	50 sec/10 sec rest
Whips Left	50 sec/10 sec rest
Plank Pendulums	50 sec/10 sec rest
Breakdancers	50 sec/10 sec rest
Box Hops and Jumps	10 times
Battle Ropes Wiggles	30 sec
Battle Ropes Slams	30 sec
HIIT Set 2: Perform 2 Times	
2 Jump Lunges + 2 Low Squat Pulses	50 sec/10 sec rest
Corkscrew	50 sec/10 sec rest
Hallelujah's	50 sec/10 sec rest
Plank Up-Down + Side Plank	50 sec/10 sec rest
Around the Worlds	50 sec/10 sec rest
2 Plank Jacks + Bird-Dog Tucks	50 sec/10 sec rest
2 Seal Jacks + 2 Criss Cross Jacks	50 sec/10 sec rest
2 Triceps Dips + 2 Hip Raises	50 sec/10 sec rest
Diamond Push-up Burpee	50 sec/10 sec rest
Ball/Bench Taps	50 sec/10 sec rest
Box Hops and Jumps	10 times
Battle Ropes Wiggles	30 sec
Battle Ropes Slams	30 sec