



# DUMBBELL HIIT WORKOUT



4 MINUTES | NO EQUIPMENT

ACTIVITY	TIME	NOTES
<b>EXERCISE 1</b> <b>Squat &amp; Press</b>	<b>30 seconds</b>	<b>Drive knees out</b> <b>Do not lean hips forward on press</b>
<b>Skaters</b>	<b>20 seconds</b>	<b>Soft landing</b> <b>Use step out jacks for a low-impact option</b>
<b>EXERCISE 2</b> <b>Plank Row</b>	<b>30 seconds</b>	<b>Deep core engaged</b> <b>Do not rotate hips</b>
<b>Skaters</b>	<b>20 seconds</b>	<b>Soft landing</b> <b>Use step out jacks for a low-impact option</b>
<b>EXERCISE 3</b> <b>Single Leg RDL</b>	<b>30 seconds</b>	<b>Flat back, move through hips</b> <b>Do not round</b>
<b>Skaters</b>	<b>20 seconds</b>	<b>Soft landing</b> <b>Use step out jacks for a low-impact option</b>
<b>EXERCISE 4</b> <b>Bridge With Pullover</b>	<b>30 seconds</b>	<b>Glutes squeezed</b> <b>Do not flare ribs</b>
<b>Skaters</b>	<b>20 seconds</b>	<b>Soft landing</b> <b>Use step out jacks for a low-impact option</b>

**Perform the exercises back to back without rest. After the last exercise rest for thirty seconds and repeat for a total of four rounds**

