



# 1 Dumbbell Cardio HIIT

20 Minutes | Dumbbell



ACTIVITY		TIME	NOTES
EXERCISE 1	<b>Dumbbell Lunge</b>	<b>10 reps/leg</b>	Hinge forward slightly to target the back of the legs
EXERCISE 2	<b>Plank Jacks</b>	<b>30 seconds</b>	Don't drop the low back into an arch
EXERCISE 3	<b>Sumo Squats With 3 second pause</b>	<b>10 reps</b>	Drive the knees out over the pinky toes
EXERCISE 4	<b>Bounds</b>	<b>30 seconds</b>	Land softly on the feet with bent knees.
EXERCISE 5	<b>Reverse plank with leg lift</b>	<b>8/leg</b>	Squeeze the glutes to stabilize the low back

**Perform the exercises back to back. Rest for 30 seconds and repeat for a total of three to four rounds.**

