



ELIFESTYLE  
FITNESS

# HOME HIIT

## TRAINING PROGRAM

*By Robb*

# 6

**SETS: 2-3**

**REPS: 15-20**

**MOVE FULL BODY CIRCUIT**

**1**



**BODY SQUATS**

**2**



**MOUNTAIN CLIMBER**

**3**



**PUSHUPS**

**4**



**SKATERS**

**5**



**SINGLE LEG  
HIP THRUSTS**

**6**



**FACE DOWN  
AB TWIST**



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