

	INTERVAL TRAINING WORKOUT		
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Equipment Needed	Light/Med/Heavy Dumbbells, mat, barbell (for back, squats--optional), step (optional)		
<b><u>Directions:</u></b>	Complete each movement for 45 seconds, resting 15 seconds in between exercises and 30 seconds between each round. Aim to complete 2-3 rounds		
<b><u>Warm up</u></b>	<b>**Warm up 4 minutes**</b>	4 min	
	light jog in place		
	jumprope		
	squats		
	butt kicks		
	<b>Repeat until 4 minutes is up</b>		
<b>equipment:</b>	step (3-4 risers, optional)		
<b>BLOCK 1</b>	45 seconds each		
	squat jumps*		*option to use STEP for box jumps
	pushups (hands on step option)		
	runner knee drive L (R next round)		
	standing ab crunches		
	30 SECONDS REST		
<b>equipment:</b>	heavy barbell or med/heavy dumbbells		
<b>BLOCK 2</b>	45 seconds each		
	weighted squat pulse		
	backrows (palms up, holding bar or dumbbell)		
	alternating leg raises (core move)		
	skaters		
	30 SECONDS REST		
<b>equipment:</b>	light/med dumbbells		
<b>BLOCK 3</b>	45 seconds each		
	biceps curls with squat		
	triceps kickbacks		
	alternating side planks		
	surfboard jumps		
	30 SECONDS REST		
<b>equipment:</b>	med or heavy DB		

BLOCK 4	45 seconds each		
	donkey kicks (alternating)		option: dumbbells behind knees
	shoulder front raise to side raise		
	bicycle crunches		
	tuck jumps		
	REST 1 MINUTE, THEN REPEAT ALL BLOCKS 1-2 MORE TIMES!		
Cool down:	Be sure to stretch after all blocks are complete!		