

Roxy's Home HIIT Workout

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Hi I'm Roxy and I'm a London based Personal Trainer and Fitness Instructor.

This is a short full body high intensity interval training (HIIT) workout, involving strength and cardio exercises that will increase your heart rate, burn calories and get you sweating. Take it at your own pace and ensure to adequately warm up, cool down and stretch your muscles.

Check out my Instagram page for video demonstrations of this workout, as well as warm up, cool down and stretching tutorials, and other home exercises to try!

From June 2020 onwards until further notice I will also be delivering socially distanced Personal Training sessions in parks within the borough of Waltham Forest. For more booking information please email me or visit my website – limited booking slots available.

The Workout

Set 1

- 30 seconds: Fast Squats
- 10 seconds: Rest
- 30 seconds: Jumping Jacks
- 10 seconds: Rest and repeat the set one more time.

Set 2

- 30 seconds: Shoulder Taps (or Push Ups)
- 10 seconds: Rest

Set 3

- 30 seconds: Half Seated Scissor Kicks
- 10 seconds: Rest
- 30 seconds: Lying Leg Raises
- 10 seconds: Rest and repeat the set one more time.

Set 4

- 30 seconds: Fast Squats
- 10 seconds: Rest

Exercise Step by Steps

Fast Squats



- Start by standing with your feet slightly wider than hip-width apart and toes turned out slightly.
- Engage your core and keep your chest lifted and back flat as you shift your weight into your heels. As you do so, bend your knees and push your hips back to lower into the squat. The aim is to bring your hips far enough back so that your knees do not go over your toes as you are squatting downwards.
- Push through your heels to return to your starting position – as you do so squeeze your bum at the top of the movement. Repeat your squats quickly whilst maintaining the correct form throughout – slow it down if needed.

Jumping Jacks



- Stand upright with your arms by your sides.

- Bend your knees slightly and take



a jump, spreading your legs to a wide stance (as shown) whilst stretching your arms out and over your head.

- Jump your legs back in to return to the starting position.

Shoulder Taps



- Begin in a high plank position, with palms flat on the floor, hands shoulder-width apart, wrists directly under shoulders and core engaged. This is your starting position.
- Without rocking your hips, lift your right hand to tap your left shoulder and then return to your starting position. Then immediately repeat the movement with your left hand tapping your right shoulder.
- Continue alternating hands and carrying out the exercise, keeping your core tight and hips stable as you do so.

Mountain Climbers



•Begin in a high plank position, with palms flat on the floor, hands shoulder-width apart, wrists directly under shoulders and core engaged. This is your starting position.

- Keeping your core tight and back flat, bring your right knee to your chest.
- Then while returning to the starting position, quickly bring your left knee to your chest.
- Continue to alternate your legs as quickly as possible, whilst maintaining your form.

Half Seated Scissor Kicks



- Start with sitting on the mat with your legs extended, resting back on your elbows for support, and palms flat by your sides.
- Lift both legs a few inches from the mat. With your core tight and neck relaxed, lift one leg up high and keep the other leg close to the mat, then swap the legs around.
- Continue interchanging your legs to create a scissor motion – the slower you change legs the more challenging the exercise will feel.

Lying Leg Raises



• Lie

on your back face up with your arms by your sides and your feet hovering a few inches from the mat. If you need extra lower back support, place your hands underneath your bum.

- Use your core to slowly raise your legs up together and stopping when your legs are about vertical with the floor (creating a 90 degree angle with your body).
- Then, slowly lower your legs back down to the start position, keeping your back flat.

Lateral Jumps



- Lean over to your left side, with your left leg bent, right leg straight – position your hands over the same side as your bent leg (as shown in the photos).
- Hop your left foot in to meet the right foot and quickly shift your weight over to the right side, bending your right leg and straightening your left leg as you do so. Ensure to transfer your hands over that side too in order to help keep your balance.
- Continue interchanging legs, starting with performing the exercise slowly until you feel comfortable to speed it up.