

HIIT Cardio + Core

The workout: This workout is a combination of cardio and core work, split into intervals. Select a cardio option when “cardio of choice” is written in the workout. You may alternate between cardio options or stick to just one option per session.

Do each of the exercises in order for 45 seconds with a 15 second break between each exercise. Complete 1-2 times for a quick 10-20 minute workout or 3-4 times to increase intensity! Take 1-2 minute break between each set.

What you need: Body weight or dumbbells

Cardio options: Mountain climbers, pushups, burpees, jumping jacks, jumping lunges

SET 1 (45 seconds each)

- **Cardio of choice**
Challenging pace for 45 seconds
- **Front plank to side plank**
Works the core front, side and back

[Watch: how to do a front to side plank](#)

SET 2 (45 seconds each)

- **Cardio of choice**
Challenging pace for 45 seconds
- **Deadbugs**
Works core stability and helps support the low back

[Watch: how to do a deadbug](#)

SET 3 (45 seconds each)

- **Cardio of choice**
Challenging pace for 45 seconds
- **Russian Twists**
Works obliques and rotational control.

[Watch: how to do a Russian twist](#)

SET 4 (45 seconds each)

- **Cardio of choice**
Challenging pace for 45 seconds
- **Plank with weight drag**
Works anti-rotation & core stability.

[Watch: how to do a plank drag](#)

SET 5 (45 seconds each)

- **Cardio of choice**
Challenging pace for 45 seconds
- **Leg raise**
Works core and hip flexor strength

[Watch: how to do a leg raise](#)
