

# HIIT Workout 2.0



militant wellness  
- From Serving to Service -

Day 1

**Instructions: Perform 4 sets of 12 for each exercise**

Wide push ups  
Chest press (bands with handles)  
Trunk extension  
Seated row ( with bands)  
Shoulder press ( with bands)  
Side lateral raise ( bands with handles)  
Bicep curls ( with bands on stability ball)  
Tricep dips ( on chair)  
Lateral plank walks

Day 2

**Instructions: Perform 3x's for 2 minutes for each activity**

Push ups  
Jumping jacks  
Burpees  
Sumo squats  
Side alternate lunges  
Crunches ( on stability ball)  
Diamond push ups

Day 3

**Instructions: Perform 3x's for 2 minutes for each activity**

Mountain climbers  
Push ups  
Burpees  
Squats  
Lunges (with weights)  
Crunches

Day 4

**Instructions: 3 sets of 12 for each exercise**

High knees  
Kettlebell Pistol Squat (use kettlebell)  
Donkey Kicks (12 on each leg)  
Planks  
Side crunches (on stability ball)

Day 5

**Instructions: 4 sets of 12 for each exercise**

Bent over band lat Pull down ( with bands)  
Alternate Kettlebell Shoulder Press (use kettlebell)  
Bicep curls ( weights)  
Tricep extension ( weights)  
Side planks