

# ACTIVE AT HOME

## HIIT #3 (45min)(Legs/Triceps)

Equipment: 2 weights & mat, Optional: large fitness ball

Warm up: 3-5mins of cardio around your house/stairs

### Set 1 Legs: Weights (2 Rounds)

- Dumbbell Squats: (2X10reps) wrists face inside
- Dumbbell Lunges: (2X12reps) wrists face inside
- Pop Squats: (2X15reps)
- Jumping Lunges: (2X15reps) alternate in scissor motion

### Set 2 Legs: Weights, ball (2 Rounds)

- Curtsy Lunge into reverse lunge: (2X12reps)
- Straight Legged Deadlift with weights: (2X10reps)
- Swiss ball leg curls to failure: heels on top of ball, arms straight out, pull ball

### Set 3 Triceps: Weights (2 Rounds)

- Split squats with dumbbells (2X15reps) scissor legs in lunge
- Band Standing Tricep Extension: (2X15reps) Band under 1 foot behind you
- Tricep Kickbacks with dumbbells: (2X12reps) hinge with weight at shoulder pull back
- Overhead dumbbell tricep extension (2X20reps)

### Set 4 Chest/Shoulders: Weights (2 Rounds)

- Weights: 6 Way: (2X15reps)
  - standing wrists facing quad, pull weights up, elbows to shoulders/ears
  - hinge, wrists face shins, pull up elbows in line with shoulders
  - standing wrists facing quad, pull weights up to face, wrists to face
  - standing wrists facing face, squat with wrists at face, shoulder press wrists face out
  - standing wrists overhead facing mirror, squat, bring down to shoulder press
- Plank, pushup, weighted row

### Core (15mins): Mat, Ball (2 Rounds)

- 15 Crunches
- 15 Leg raises
- 15 Oblique crunches
- Ball plank, hold plank ball against wall
- Glute Hip Bridge on ball
- Ab pull ball in with shins
- Feet against wall; groin on ball, squeeze glutes lift torso
- Lay down feet flat on ground reach finger tips, pull into v sit hold option straighten legs
- V-Sit reach & pulse
- Jackknife Windmill

### Cool Down: 30 Sec per side

- Calf stretch: Heel to floor, toe up on wall, lean into wall
- Quad stretch: Cradle foot in same side hand, press hips forward, hold wall for balance
- Hamstring Stretch: Forward fold, keep slight knee bend
- Arm Stretch: Bring one arm across chest, press into extended forearm with opposite hand
- Shoulder/Chest stretch: Clasp hands behind back or reach behind back and press down/away from body
- Child's Pose: Kneel onto floor, knees wide, big toes touch, sit glutes toward heels, reach hands straight forward, let forehead rest on floor, relax head and arms
- Breathe: Deep inhales & deep exhales

**GREAT WORKOUT!**