

BOOST'S HOLIDAY HIIT WORKOUT

1 MIN WORK 1 MIN REST

TRY IT...

SQUATS

PUSH UPS

STAR JUMPS

SIT UPS

LUNGES

WIDE GRIP PUSH UPS

HIGH KNEES

CRUNCHES

JUMP SQUATS

CLOSE GRIP PUSH UPS

BOX JUMPS

MOUNTAIN CLIMBERS

JUMPING SPLIT LUNGES

CLOSE PUSH UPS

SPRAWLS

ALTERNATING JACKKNIVES

SUMO SQUATS

ALTERNATING PLANK UPS

BURPEES

BUTTERFLY SIT UPS

SPRINTS

PLANK
