



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



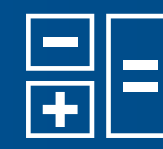
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20 MINUTE HIIT WORKOUT YOU CAN DO ANYWHERE

This 20-minute workout will help you burn calories, increase endurance, improve athleticism, and even challenge you mentally. All you need is just your bodyweight!

Link to Workout: <https://www.muscleandstrength.com/workouts/20-minute-hiit-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 2 Day

Time Per Workout: 20 Mins

Equipment: Bodyweight

Target Gender: Male & Female

Author: Roger "Rock" Lockridge

20 Minute HIIT Workout

Perform this cycle twice, but do the exercises in the reverse order the second time.

Exercise	Time	Rest
Forward Lunge	40 - 50s	10 - 20s
Bodyweight Squat	40 - 50s	10 - 20s
Mountain Climber	40 - 50s	10 - 20s
Running in Place	40 - 50s	10 - 20s
Burpees	40 - 50s	10 - 20s
High Kick	40 - 50s	10 - 20s
Hand Chest Press and Row	40 - 50s	10 - 20s
Sit Up	40 - 50s	10 - 20s
Bicycles	40 - 50s	1 Min