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Workouts



Diet Plans



Expert Guides



Videos



Tools

DUMBBELL & BODYWEIGHT HIIT WORKOUT: A REAL CALORIE BURNER

Torch through calories with this partner-based cardio workout. A series of 12 exercises are performed in a back and forth manner, adding reps with each set.

Link to Workout: <https://www.muscleandstrength.com/workouts/dumbbell-bodyweight-hitt-workout-calorie-burner>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 3 Days

Time Per Workout: 45-60 Mins

Equipment: Bodyweight, Dumbbells

Author: Holly Blumenberg

Dumbbell & Bodyweight HIIT Workout

Exercise	Sets	Reps
Single Arm Shoulder Press		See notes below.
Triceps Extensions Behind Head		See notes below.
Bicep Curl		See notes below.
Bent Over Row		See notes below.
Push Ups		See notes below.
Crunch		See notes below.
Wipers		See notes below.
Right Leg Lunge		See notes below.
Left Leg Lung		See notes below.
Sumo Squats		See notes below.
Right Leg Calf Raise		See notes below.
Left Leg Calf Raise		See notes below.

This workout requires at least 2 people to be fun & also for the correct timing of the movements. Participants are face to face across from each other. The first person or group of people does one rep and then the other person or group does one rep. They follow this sequence and do 2 each, then 3 each, and so forth. Stop when you reach 10 reps per set.

