



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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THE CALORIE DESTROYER: 12 WEEK FULL HIIT WORKOUT PLAN

If you want to achieve great results, you have to make great commitments. Sculpt the body you want and improve endurance with this 12 week HIIT workout routine!

Link to Workout: <https://www.muscleandstrength.com/workouts/calorie-destroyer-12-week-hiit-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-45 Mins

Equipment: Bodyweight, Dumbbells, Kettle Bells

Target Gender: Male & Female

Author: Roger "Rock" Lockridge

12 Week Full Body HIIT Workout

Exercise	Sets	Reps
Dumbbell Pullover on the Floor or Bench	3	AMRAP 30 - 60s
Push Ups	3	AMRAP 30 - 60s
Squat Jumps	3	AMRAP 30 - 60s
Kettlebell Swings	3	AMRAP 30 - 60s
Mountain Climbers	3	AMRAP 30 - 60s
Burpees	3	AMRAP 30 - 60s
Dumbbell Farmers Carry	3	AMRAP 30 - 60s

