



## 14 Day Fat Burning Furnace Boot Camp Series

### Hiit Training Practice 1

Plenty of Water

Deep Breathing not shown 2 minutes

Warm up not shown 5 minutes

15 Exercises

3 minutes no rest

1 minute Rest between Circuits

#### **Circuit 1**

:22 Video Time Jump Squat

:29 Video Time Toe Jumpers

:38 Video Time Jumping Jacks

#### **Circuit 2**

1:00 Video Time Skaters

1:14 Video Time High Knees

1:27 Video Time Plank Ups & Downs

### **Circuit 3**

1:53 Video Time Deep Squat

2:04 Video Time Mountain Climbers

2:17 Video Time Power Knees

### **Circuit 4**

2:43 Video Time Open Chest Jumping Jack

2:56 Video Time Butt Kicks

3:09 Video Time Burpees

### **Circuit 5**

3:31 Video Time Reverse Crunches

3:52 Video Time Toe Touches

4:07 Video Time Bicycles

4:29 Video Time Plank Hold

Stretch and Hold for 30 Seconds

Thank You!

Music By: Nautic Entertainment LLC

Produced By: Konsider Media Group LLC

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