

15 Minute High Intensity Workout

Getting advanced and want to step things up? Try this high intensity version with advanced bodyweight exercises that you can still do without any equipment. You will no doubt find this more challenging and experience the muscle soreness you've been missing!

Instructions:

This is a circuit-style workout. Using an interval timer, perform each exercise for the prescribed duration without rest. If you are beginner, add 10-15 seconds of rest between exercises to catch your breath. For increased challenge, repeat the circuit additional times.

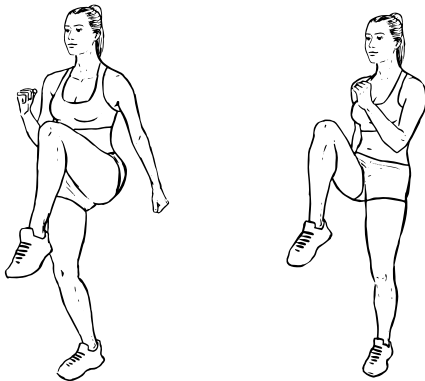
Follow this workout with the included Post-Workout Stretches to kick start recovery, maximize results and help prevent injury.

Exercises in this workout:

- High Knees / Front Knee Lifts
- Burpees / Squat Thrust
- Plank Jacks / Extended Leg
- Jackknife Sit-up / Crunch / Toe Touches
- Diamond / Pyramid / Triceps Push-ups
- Jump Squat
- Lunge / Front Kicks
- Lying Leg Raise / Lift
- Pistol / Single-Leg Extended Arm Squats
- Plank Leg Lift

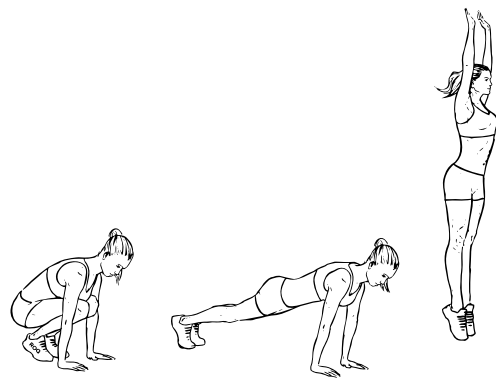
15 Minute High Intensity Workout

High Knees / Front Knee Lifts



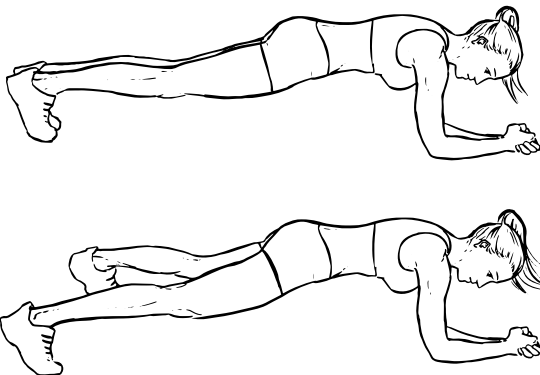
40 seconds

Burpees / Squat Thrust



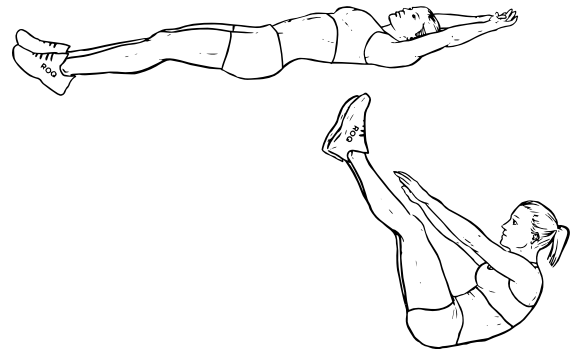
40 seconds

Plank Jacks / Extended Leg



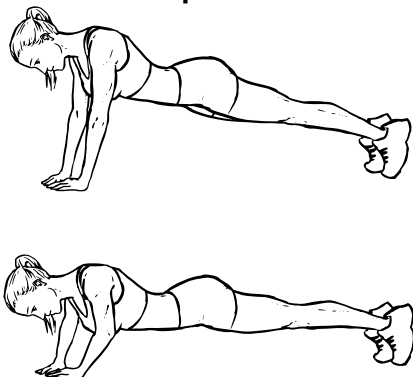
40 seconds

Jackknife Sit-up / Crunch / Toe Touches



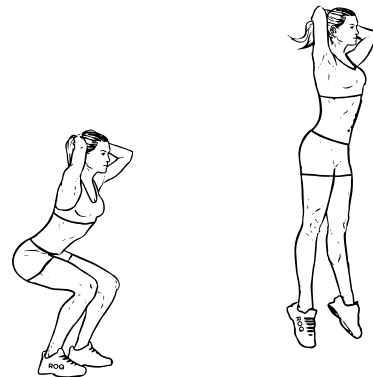
40 seconds

Diamond / Pyramid / Triceps Push-ups



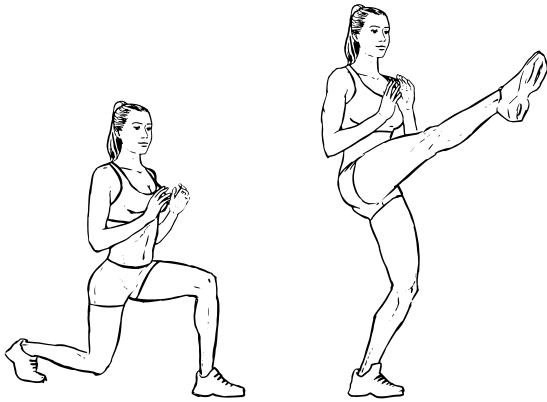
40 seconds

Jump Squat



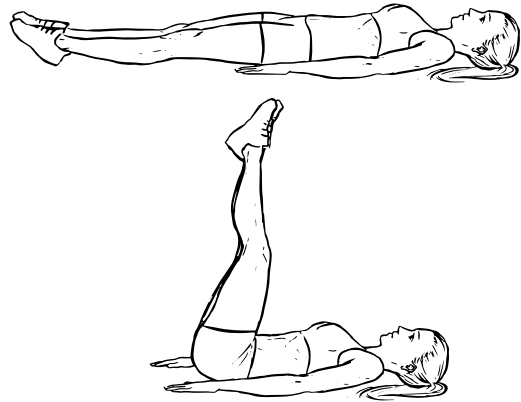
40 seconds

Lunge / Front Kicks



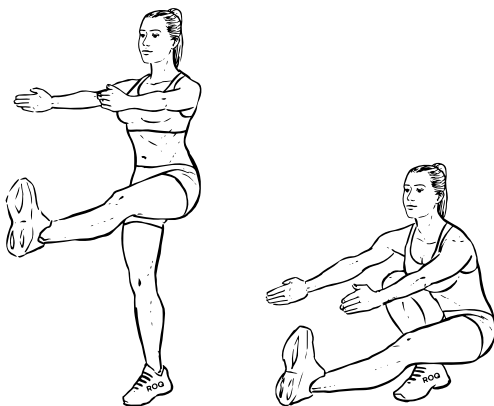
40 seconds

Lying Leg Raise / Lift



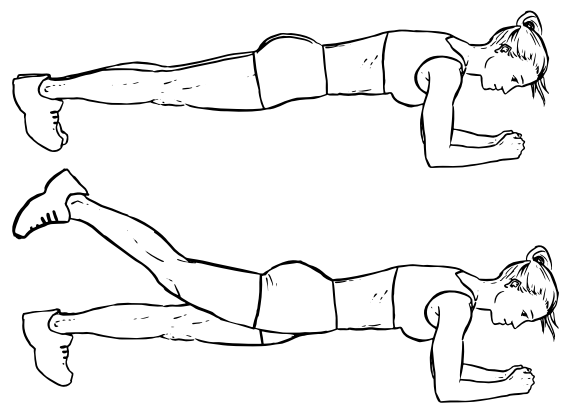
40 seconds

Pistol / Single-Leg Extended Arm Squats



40 seconds

Plank Leg Lift



40 seconds

Post-Workout Stretches

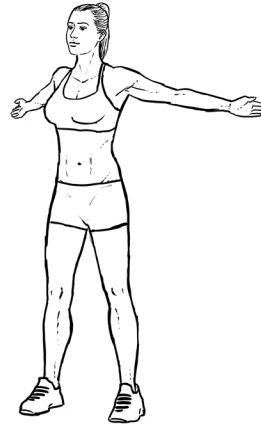
Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout. Using an interval timer (you can download any timer app for your phone or get any small timer), **hold each stretch for 30 seconds, taking 5 seconds to get into the next position.**



Neck × 2



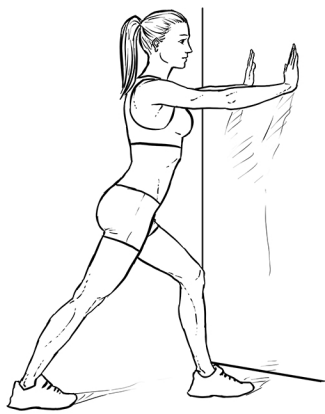
Shoulders × 2



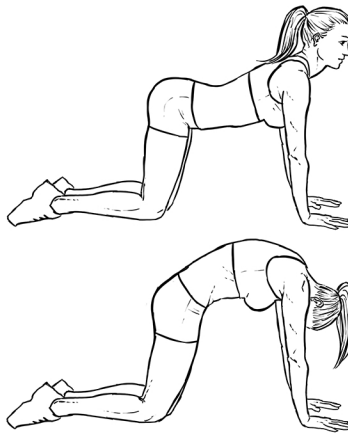
Chest



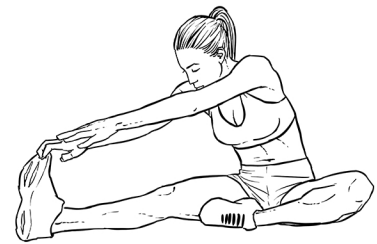
Quadriceps × 2



Calves × 2



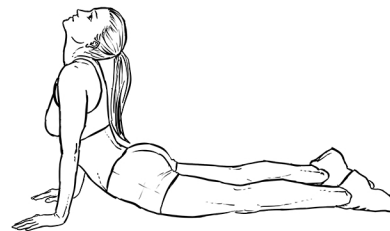
Back



Hamstrings × 2



Lower Back × 2



Abdominals Skip if you have back problems