

Cardio Strength 30 Minute HIIT Workout

30 seconds each exercise, complete 3 sets of each round, taking a minute rest in between rounds.

Round One

1. Static - Shoulder Press
2. Multi Muscle - Curtsey Lunge + Delt Raise
3. Cardio - Lunge Jumps

Round Two

1. Static - Dumbbell Bicep Curl
2. Multi Muscle - Squat + Hammer Curl
3. Cardio - Star Jumps

Round Three

1. Static - Standing Dumbbell Chest Press
2. Multi Muscle - Pushups
3. Cardio - Burpees

Round Four

1. Static - Tricep Extension
2. Multi Muscle - Tricep Kickbacks + Runners
3. Cardio - Scissor Runs

Round Five

1. Static - Dumbbell Back Fly
2. Multi Muscle - Sumo Squat + Upright Row
3. Cardio - Speed Skaters