

40-MINUTE OUTSIDE + HIIT WORKOUT

RUN 1/4 MILE

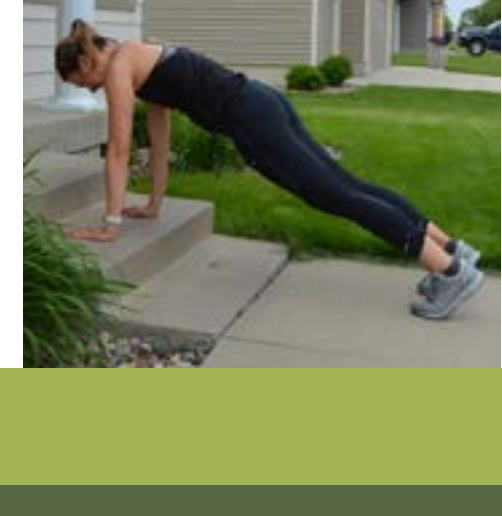
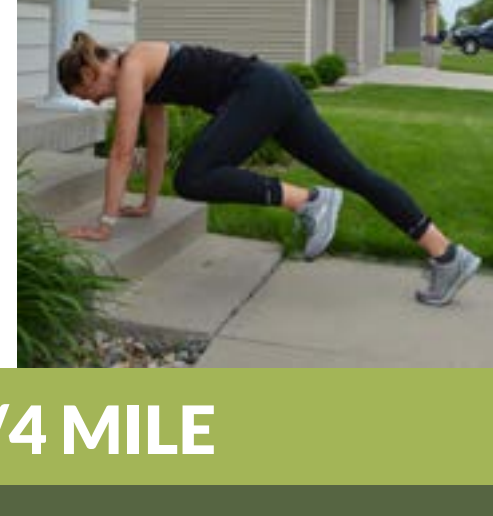
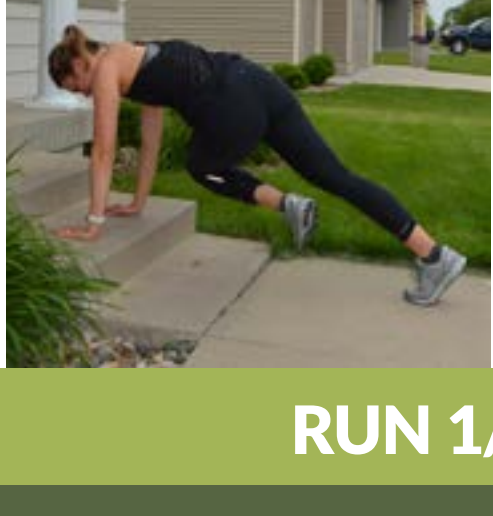
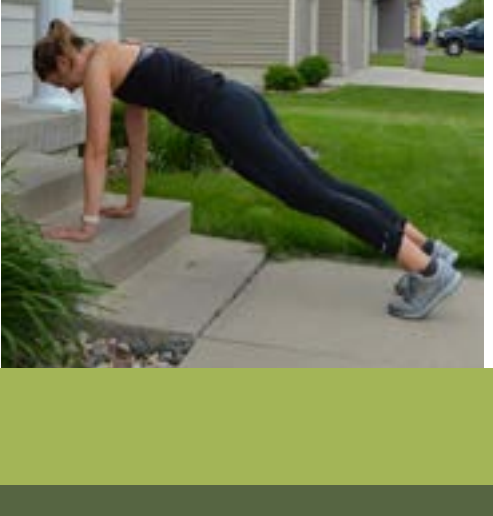
SPLIT LUNGES



INVERTED PUSHUPS

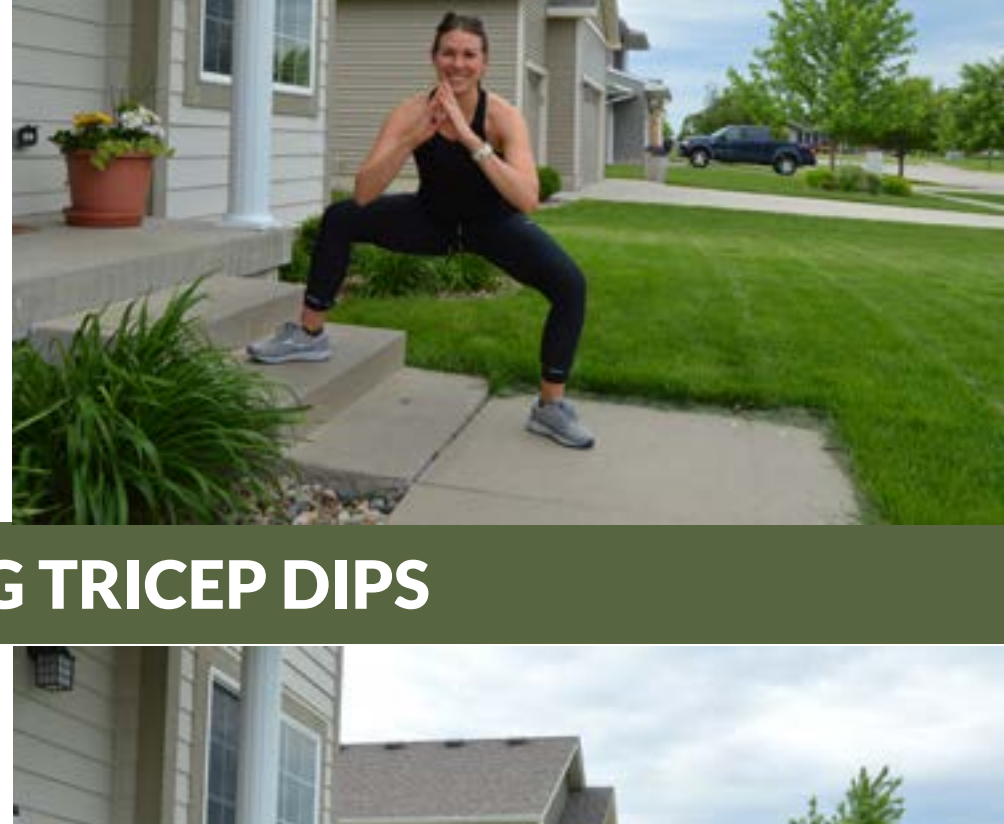


PLANK + CROSS KNEE DRIVER + SPIDER KNEE



RUN 1/4 MILE

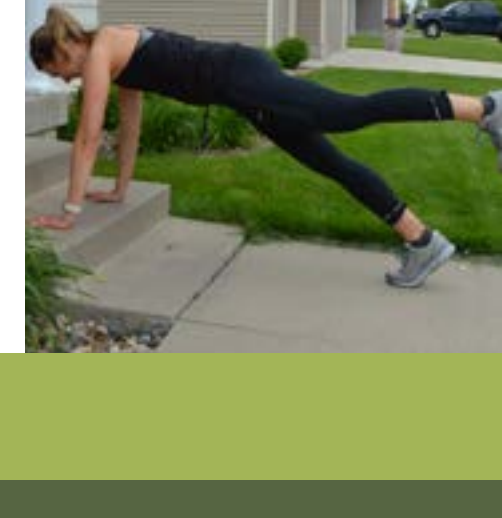
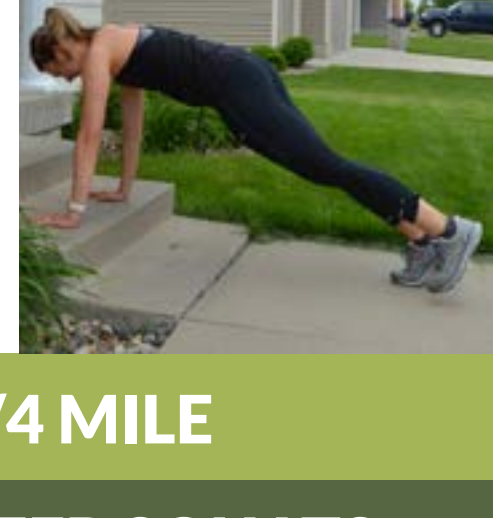
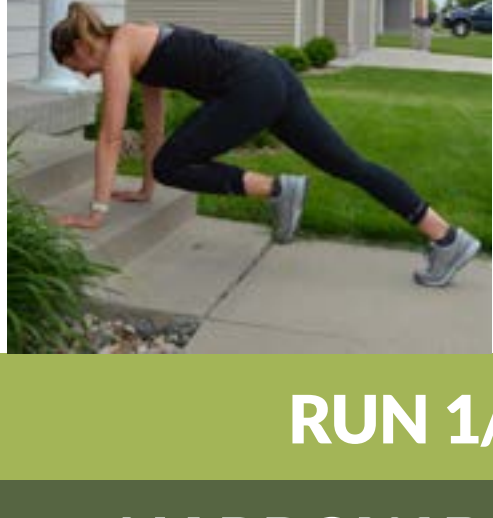
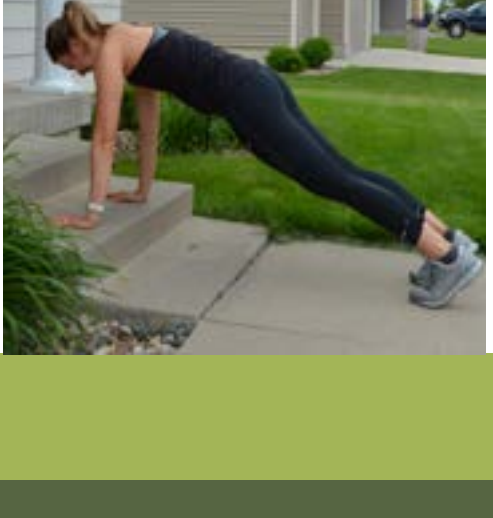
INCLINED SUMO SQUATS



STRAIGHT LEG TRICEP DIPS



PLANK + KNEE DRIVER + GLUTE LIFTS



RUN 1/4 MILE

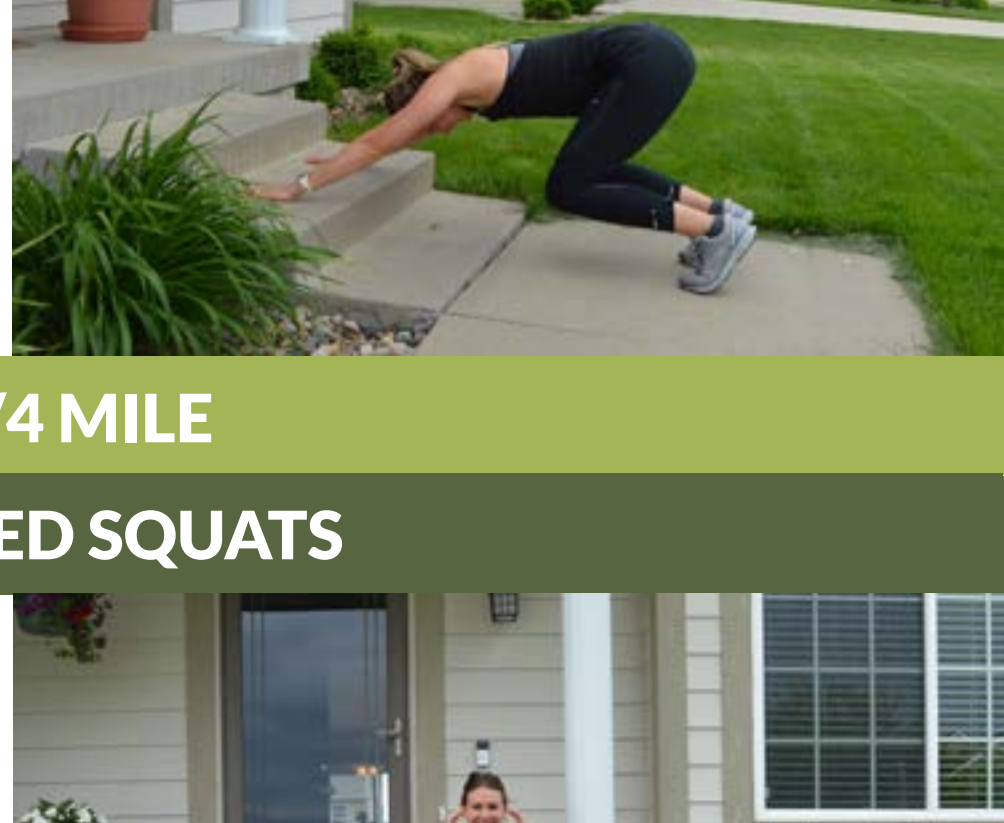
NARROW DEEP SQUATS



INCLINE PUSHUPS



PLANK TO CHILD POSE



RUN 1/4 MILE

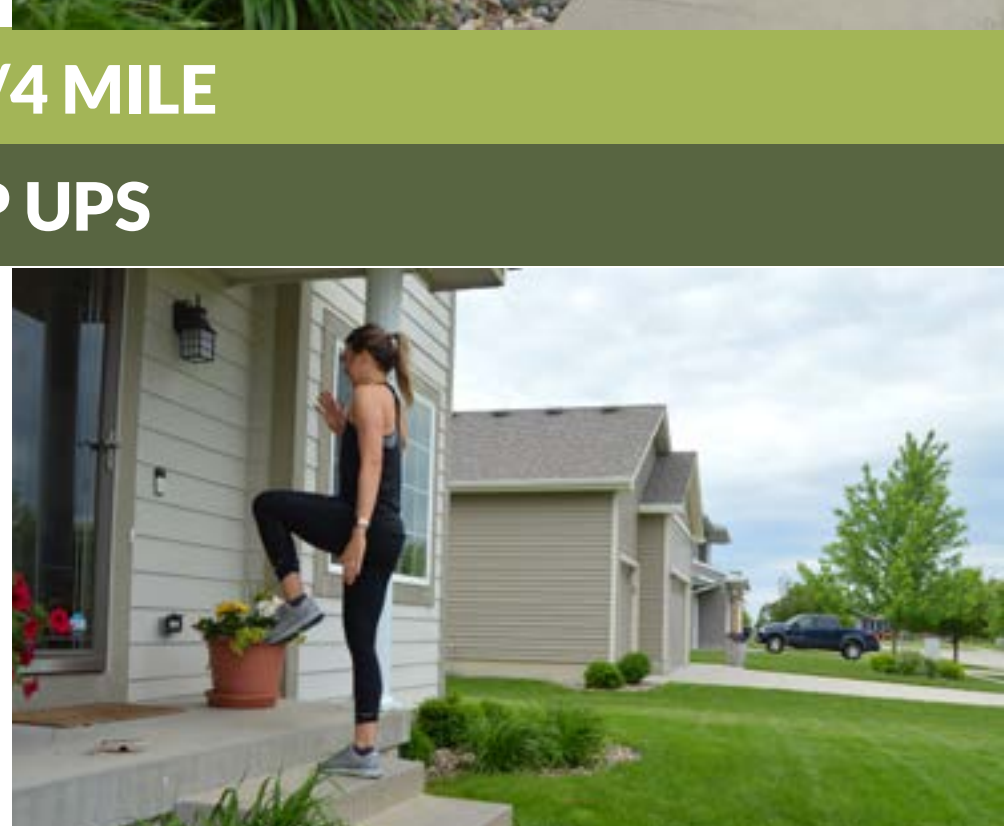
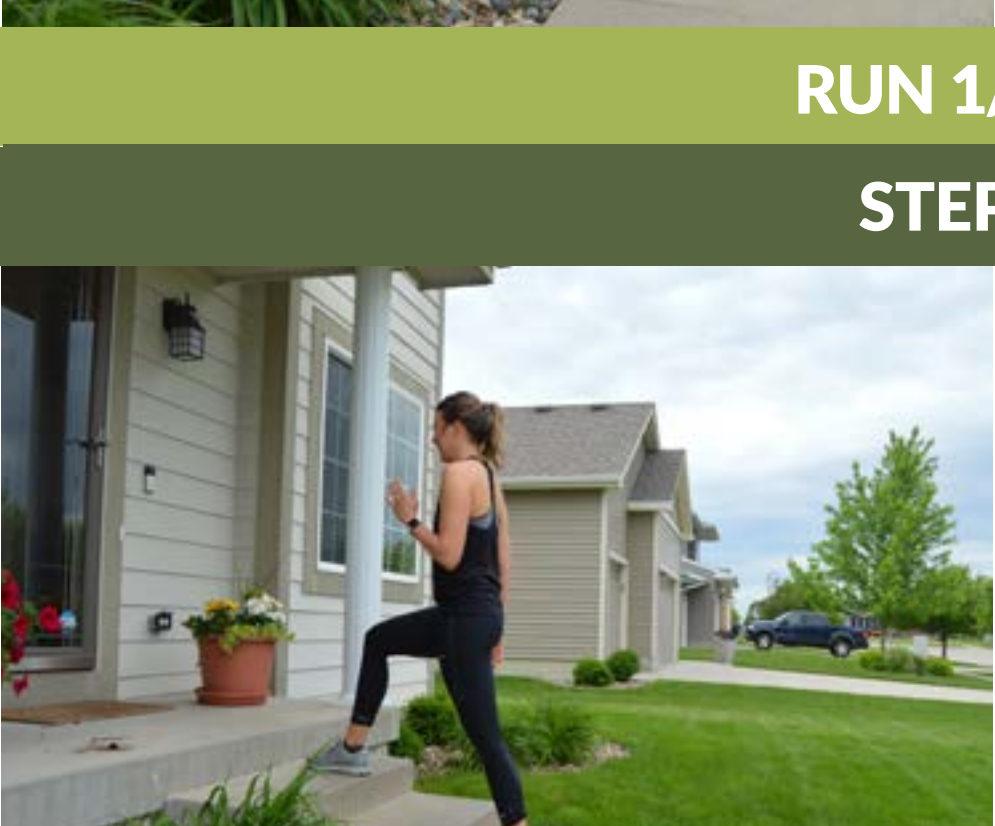
ONE-LEGGED SQUATS



ONE-LEGGED TRICEP DIPS



V-SIT IN/OUTS

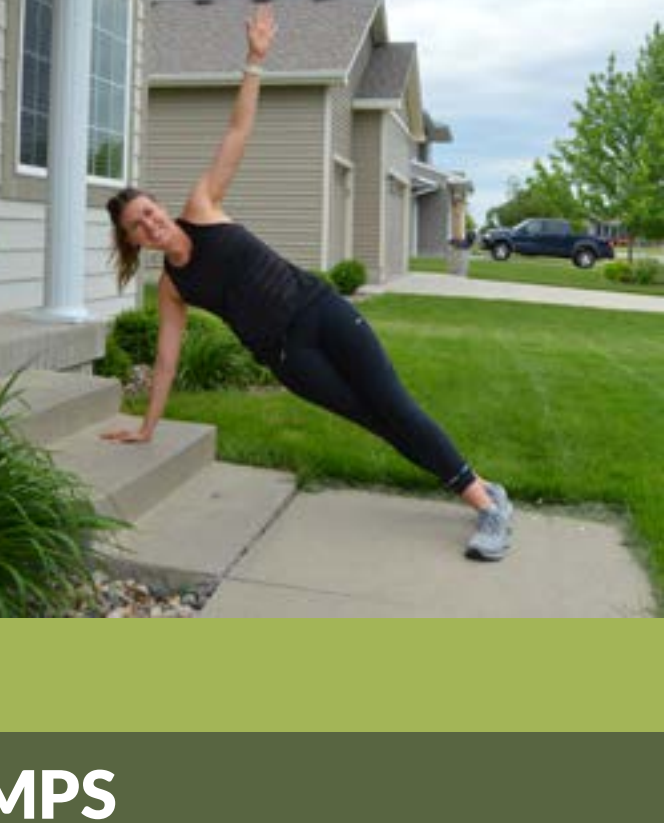
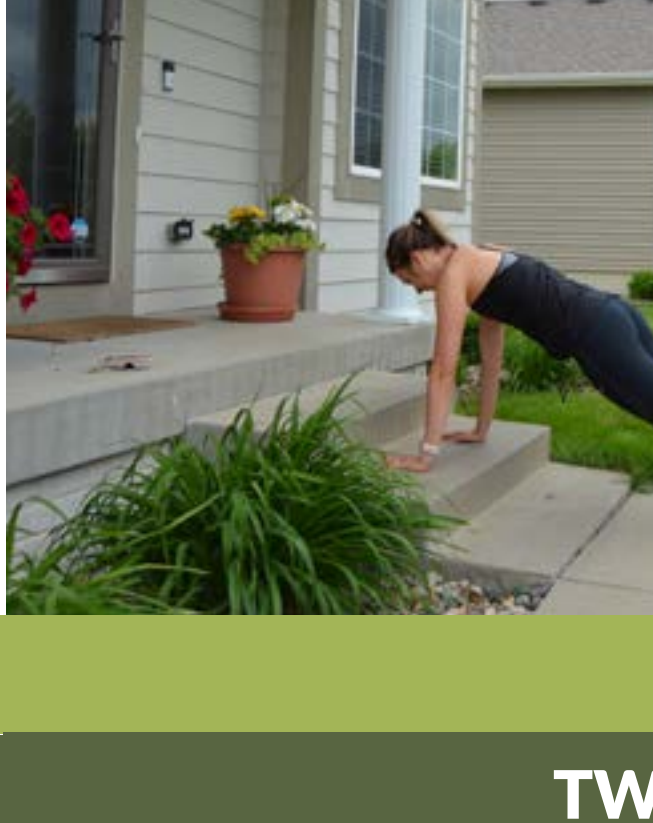


RUN 1/4 MILE

STEP UPS



PUSHUP TAPS

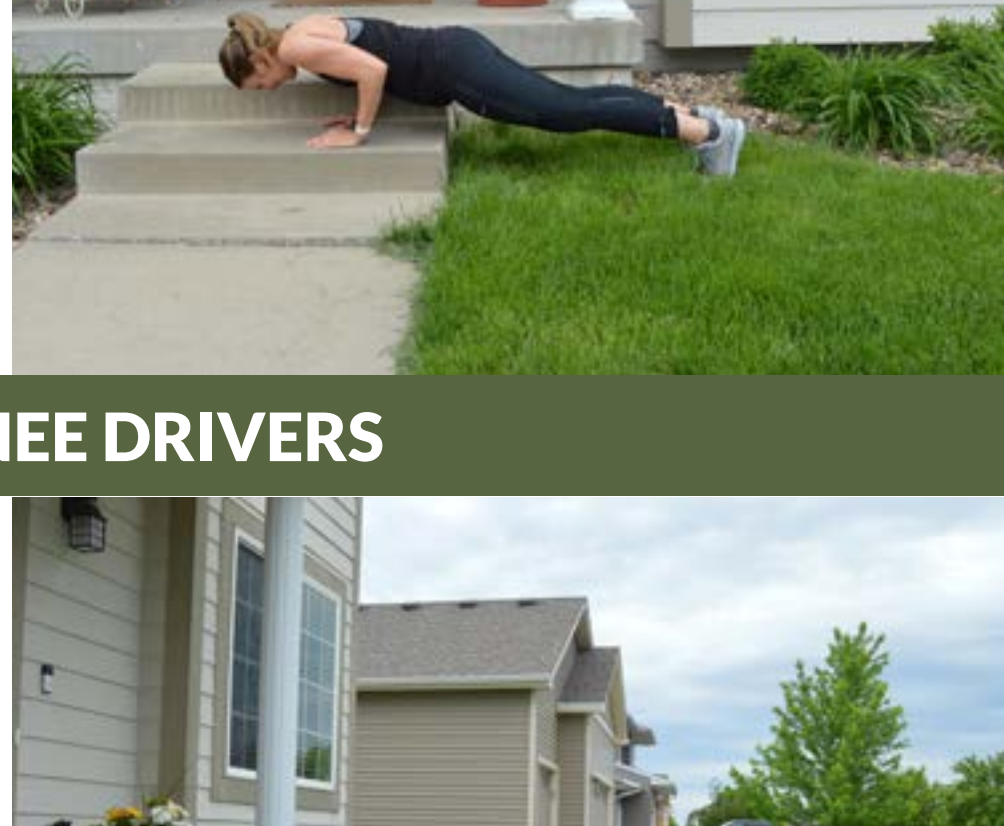


INCLINE PLANK TURNS



RUN 1/4 MILE

TWO-LEGGED SQUAT JUMPS



TRICEP PUSHUPS



PLANK + KNEE DRIVERS

