

## DIFFICULTY

BEGINNER : 1 SET  
INTERMEDIATE : 2 SET  
ADVANCED : 3 SET

# HIT WORKOUT

fitnessprogramer.com

1



**BUTT KICK**

**20 SEC**



**10 SEC REST**

2



**MOUNTAIN CLIMBER**

3



**PUSH-UP TOE TOUCH**

**20 SEC**



**10 SEC REST**

4



**SKATER**

5



**BICYCLE CRUNCH**

**20 SEC**



**10 SEC REST**

6



**JACK BURPEES**

7



**LUNGE**

**20 SEC**



**60 SEC REST / 1 ROUND**

8



**BIRD DOG**

# Hiit 1

**Lei Huang**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Lei Huang'.

## Hiit 1:

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