



**ABS & CORE HIIT**

**20 MINUTES**

**ALL LEVELS  
BODYWEIGHT**



**⚡ WARM-UP (2 MINUTES)**

**TORSO TWISTS – 30 SEC**

**HIGH KNEES (LIGHT PACE) – 30 SEC**

**ARM REACHES + SIDE BENDS – 30 SEC**

**BIRD DOG (SLOW & CONTROLLED) – 30 SEC**

**EXERCISEDURATION**

**1. PLANK SHOULDER TAPS**

**40 SEC**

**2. FLUTTER KICKS**

**40 SEC**

**3. BICYCLE CRUNCHES**

**40 SEC**

**4. MOUNTAIN CLIMBERS**

**40 SEC**

**5. DEAD BUG**

**40 SEC**

**EXERCISEDURATION**

**1. PLANK TO ELBOW (UP-DOWN PLANKS)**

**40 SEC**

**2. LEG RAISES**

**40 SEC**

**3. HEEL TAPS (ON BACK, KNEES BENT)**

**40 SEC**

**4. SIDE PLANK REACH-UNDERS (RIGHT)**

**40 SEC**

**5. SIDE PLANK REACH-UNDERS (LEFT)**

**40 SEC**

**🔄 FORMAT:**

- **CIRCUIT STYLE**
- **40 SECONDS WORK / 20 SECONDS REST**
- **2 CORE CIRCUITS**
- **REPEAT EACH CIRCUIT 2 TIMES**

**🧘 COOL DOWN (2 MINUTES)**

- **COBRA STRETCH – 30 SEC**
- **SEATED FORWARD FOLD – 30 SEC**
- **CHILD'S POSE – 30 SEC**
- **SUPINE TWIST – 30 SEC EACH SIDE**