



**RESISTANCE BAND HIIT**

**30 MINUTES**

**ALL LEVELS FULL  
BODY**



**⚡ WARM-UP (3 MINUTES)**

**BAND PULL-APARTS – 30 SEC**  
**MARCH IN PLACE WITH OVERHEAD BAND REACH – 30 SEC**  
**BAND GOOD MORNINGS – 30 SEC**  
**HIGH KNEES (BODYWEIGHT) – 30 SEC**  
**ARM CIRCLES + SHOULDER ROLLS – 30 SEC**  
**SQUAT TO OVERHEAD REACH – 30 SEC**

**🔄 FORMAT:**

- **HIIT STYLE: 40 SEC WORK / 20 SEC REST**
- **2 CIRCUITS**
- **COMPLETE EACH CIRCUIT 3 TIMES**
- **REST 1 MIN BETWEEN CIRCUITS**

**EXERCISEDURATION**

**1. SQUAT + RESISTANCE BAND FRONT RAISE 40 SEC**  
**2. BANDED ROWS (ANCHOR UNDER FEET) 40 SEC**  
**3. RESISTANCE BAND DEADLIFTS 40 SEC**  
**4. OVERHEAD SHOULDER PRESS 40 SEC**  
**5. RESISTANCE BAND SIDE STEPS 40 SEC**

**EXERCISEDURATION**

**1. BANDED JUMP SQUATS OR SQUATS 40 SEC**  
**2. BANDED PUNCHES (IN SQUAT POSITION) 40 SEC**  
**3. BICYCLE CRUNCH WITH BAND (AROUND FEET) 40 SEC**  
**4. STANDING BAND OBLIQUE CRUNCH (ALT. SIDES) 40 SEC**  
**5. PLANK BAND PULL-THROUGHS (OPTIONAL) 40 SEC**

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**COOL DOWN (3 MINUTES)**

- **STANDING FORWARD FOLD – 1 MIN**
- **SHOULDER STRETCH ACROSS BODY – 30 SEC EACH ARM**
- **CAT-COW STRETCH (ON FLOOR) – 1 MIN**
- **DEEP BREATHING – 30 SEC**