

# Brianne Hogan's At Home HIIT Cardio Workout (Beginners)

After your warm up, perform each four-exercise in Circuit One **once** before moving onto Circuit Two. Complete Circuit Two, and then repeat both circuits twice. Don't forget to rest for 5-10 seconds after each exercise! After you've completed both circuits three times, Cool Down with 5 minutes of stretching.

## Warm Up

- Jumping Jacks – 20 reps
- Arm Circles – 20 reps (10x each direction)
  - High Knees – 20 reps
  - Squats – 10 reps

## Circuit One

Mountain Climbers  
20 reps

Butt Kicks  
30 reps

Snap Jumps  
10 reps

Squats  
10 reps

-Rest- for 30 seconds –

## Circuit Two

Jumping Jacks  
30 reps

Jump Squats  
10 reps

Burpees  
10 reps

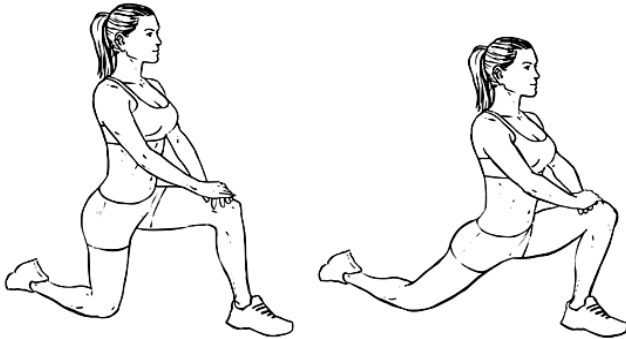
Plank  
-hold for 15 seconds

-Rest- for 30-60 seconds

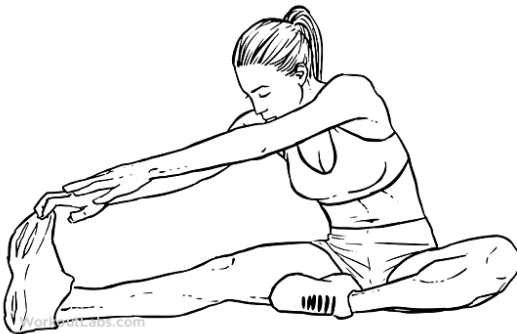
**Complete Workout 3x**

**Stretching** – Hold each stretch for 30 seconds each.

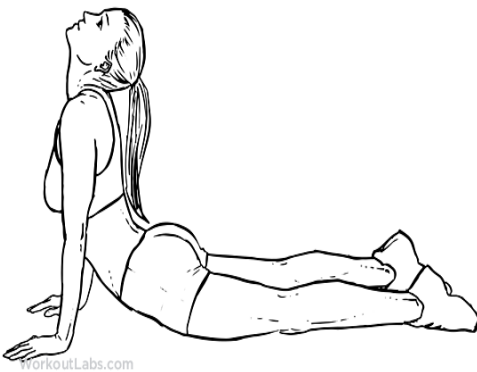
Quad Stretch – Repeat on each leg



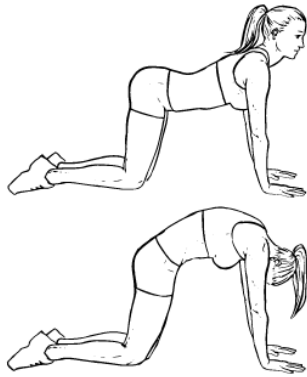
Hamstring Stretch – Repeat on each leg



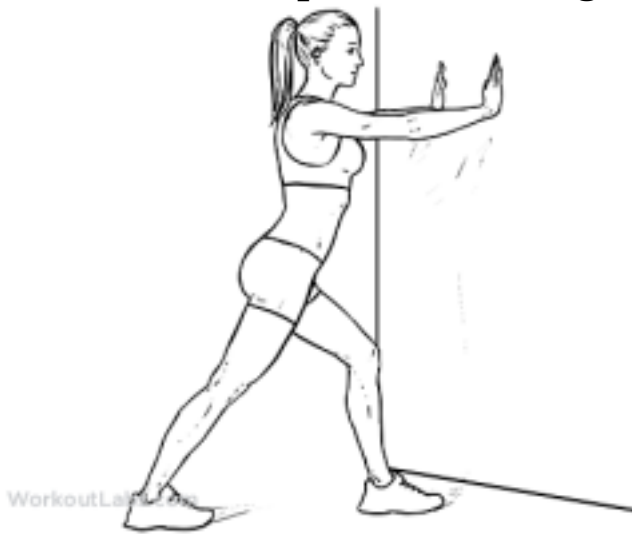
Cobra Ab Stretch



## Cat Stretch



## Calf Stretch – Repeat on each leg



## Full Body Stretch

