

7 Minute Animal HIIT

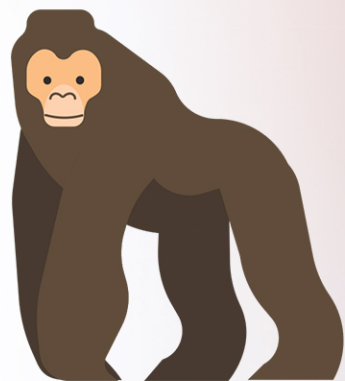
DO EACH ANIMAL MOVE AS MANY TIMES AS YOU CAN IN 45 SECONDS. TAKE A 15 SECOND BREAK IN BETWEEN.



HOP, HOP, HOP LIKE A FROG



HANDS AND FEET ON THE FLOOR
HIPS HIGH, WALK LEFT AND RIGHT



LOW SUMO SQUAT, THEN USE YOUR
HANDS TO BALANCE AND SHUFFLE
AROUND THE ROOM



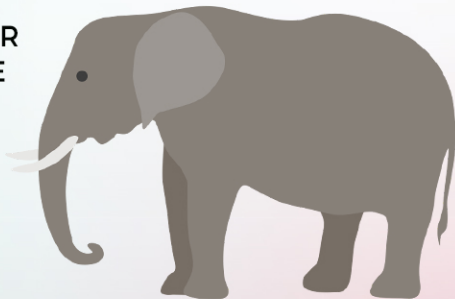
RUN IN PLACE AS FAST AS YOU CAN!



JUMP UP AND DOWN WITH YOUR
ARMS AND LEGS SPREAD WIDE



SIT AND PLACE YOUR PALMS ON
THE GROUND BEHIND YOU. LIFT YOUR
HIPS AND CRAWL ON YOUR
HANDS AND FEET



MARCH IN PLACE STOMPING THE GROUND
WITH ALL YOUR STRENGTH