

## HIIT-TABATA Dynamic Intro

## JUMP SQUAT

To initiate the squat, start with your feet shoulder width apart facing forward then hinge at the hips, push your bottom back lowering yourself down. Remember to keep your weight in your heels. Next you will press your feet down into the ground and jump off the floor. When you land, allow your knees to bend ~45 degrees, then drop back down into a squat and repeat.



## JUMPING JACK

From a standing position with feet together and arms at your sides, jump to a position with your feet apart and your hands can touch over your head and repeat.



## MOUNTAIN CLIMBER

Starting from a high plank position (using your hands to support body not elbows), drive one knee forward towards your chest, then return to high plank position and drive the other knee forward, repeat. You can adjust the intensity of this exercise by how high and fast to drive your knees forward.

