

WORKOUT

Without machines



15-MINUTE HIIT

HIIT WORKOUT GUIDE FOR BEGINNERS

High-Intensity Interval Training (HIIT) is an efficient and powerful way to improve cardiovascular health, increase strength, burn fat, and tone muscles – all in just 10 to 15 minutes a day.

Unlike steady-state cardio, HIIT keeps your metabolism elevated, allowing your body to burn calories for up to 24 hours after your workout through a process known as EPOC (Excess Post-Exercise Oxygen Consumption).

Why HIIT works

- Increases calorie burn during and after the workout
- Builds lean muscle and improves endurance
- Requires no equipment – uses your body weight for resistance
- Time-efficient and effective for fat loss and muscle toning
- This beginner HIIT session targets the glutes, legs, thighs, and abs, with a strong focus on cardiovascular endurance and muscular stamina.

How to do it

- Perform each exercise for 20 seconds, then rest for 15 seconds
- Complete 4 rounds per exercise
- Rest for 1 minute between each round
- You can follow the workout in sequence or repeat one movement for a full round

The key is to give your maximum effort during each 20-second work period.

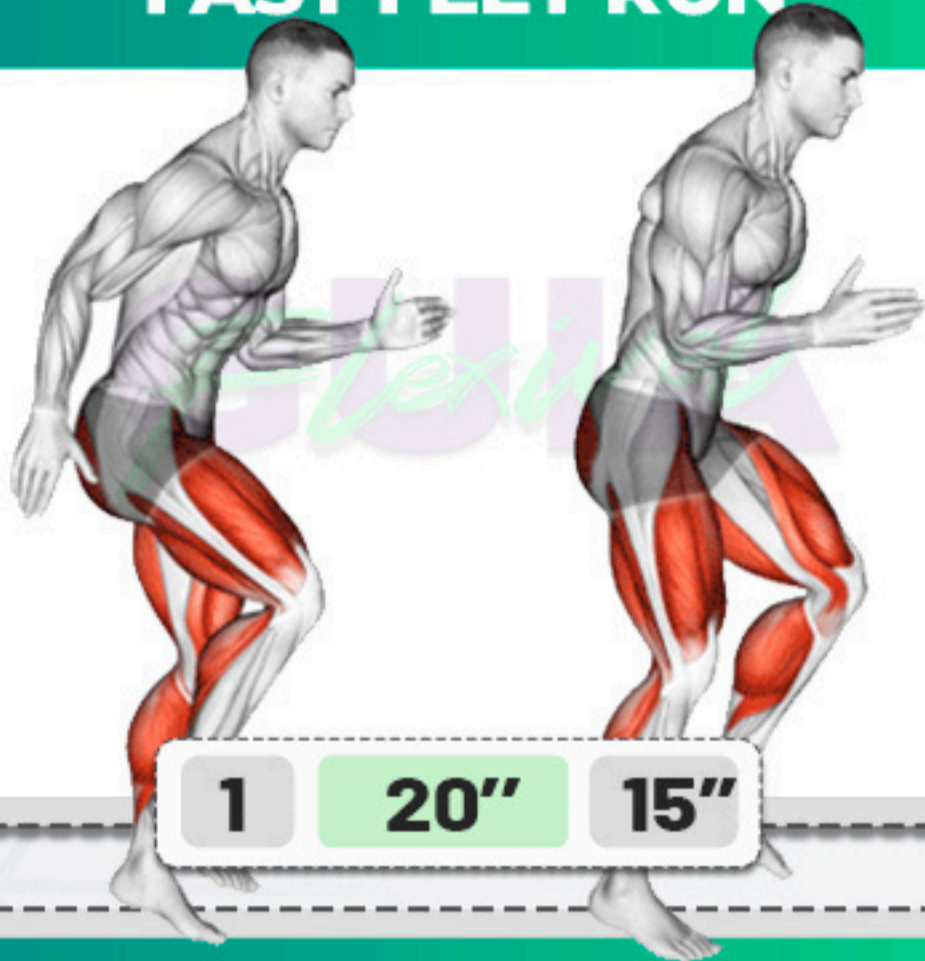
Tips for beginners If you are just starting out, begin with 3 to 4 total rounds. As your fitness improves, you can work up to 7 or 8 rounds over time.

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FLORIDA

15-MINUTE HIIT

FAST FEET RUN



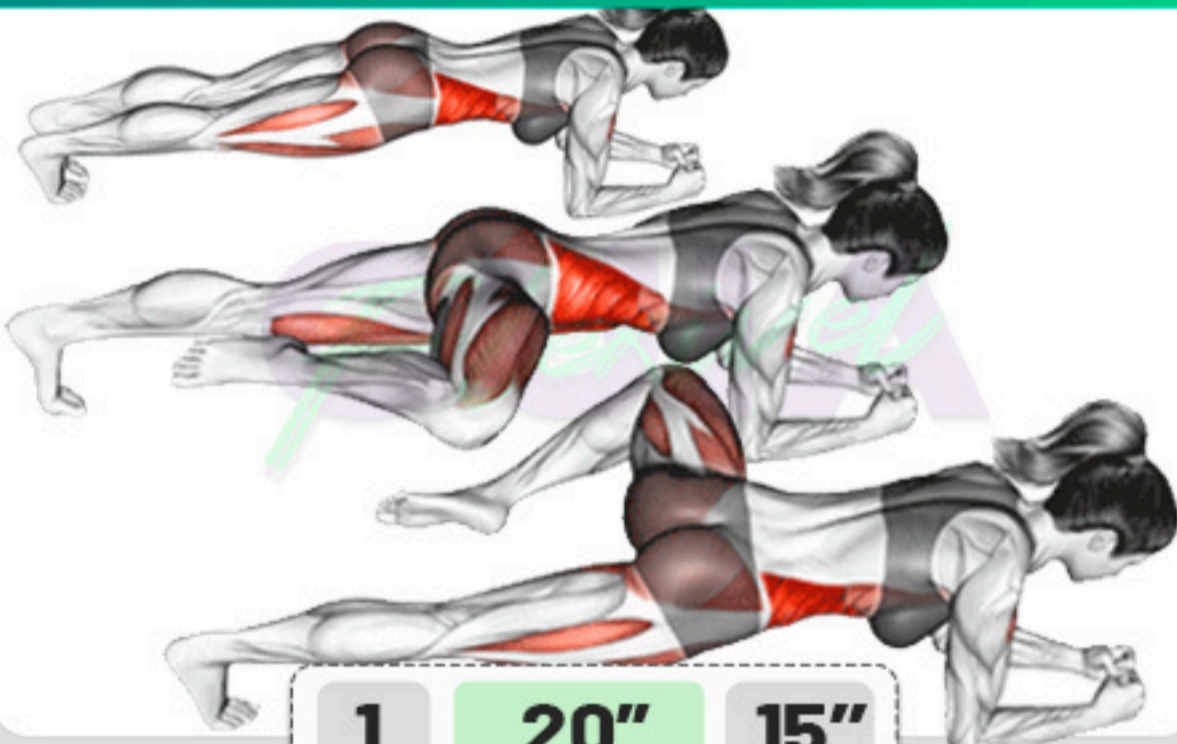
1 20" 15"

SPLIT JUMP SQUAT



1 20" 15"

SPIDER PLANK



1 20" 15"

BEAR CRAWL



2 20 15"

PLYO JACKS



1 20" 15"

MOUNTAIN CLIMBER



1 20" 15"

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