



The Fit 15 Generator:

10 Minute HIIT Workout + 5 Minute Foam Rolling

10 Minute HIIT Workout

Create your 10-minute HIIT workout using the template below.

1. Choose the type of routine and the number of different exercises.
2. Select the types of exercise movements.
3. Set a timer (if needed) and get your workout done!

Routine Type: <input type="checkbox"/> AMRAP <input type="checkbox"/> Min. Intervals <input type="checkbox"/> 30 Sec. Intervals							
# Of Different Exercises:		2	3	4	5	10	20
<input type="checkbox"/> Burpees***	<input type="checkbox"/> Pushups**	<input type="checkbox"/> Planks**	<input type="checkbox"/> Pull Ups***	<input type="checkbox"/> Jumping Jacks*			
<input type="checkbox"/> Air Squats*	<input type="checkbox"/> Dive Bomber Pushups***	<input type="checkbox"/> Side Planks***	<input type="checkbox"/> Chair Dips**	<input type="checkbox"/> Mountain Climbers**			
<input type="checkbox"/> Lunges*	<input type="checkbox"/> Release Pushups**	<input type="checkbox"/> Wall Sit**	<input type="checkbox"/> Sit Outs**	<input type="checkbox"/> Hollow Rocks**			
<input type="checkbox"/> Side Lunges*	<input type="checkbox"/> Walk Out Pushups***	<input type="checkbox"/> Superman**	<input type="checkbox"/> Sit Ups*	<input type="checkbox"/> Bridges*			

Level of Intensity = *

5 Minute Foam Rolling

After completing your 10-minute HIIT workout, you will want to do at least 5 minutes of foam rolling to aid with muscle relaxation and relieve tension. Be sure to focus on the following:

Lower and upper back

Hamstrings

Calves

Inner thighs

Right and left sides of legs

Glutes

Quadriceps

Full spine