

# TOTAL-BODY HIIT 40-MINUTE WORKOUT

Complete four rounds of through the below circuit, resting or 30 seconds after each superset. Use the first circuit as a warm-up, of sorts, then follow up with three working sets at all-out intensity. This workout should take approximately 40 minutes to complete.

EXERCISE	REPS
DUMBBELL SQUATS	10
BODYWEIGHT JUMP SQUATS	10
<i>REST 30 SECONDS</i>	
SEATED DUMBBELL SHOULDER PRESS	10
DECLINE BENCH PUSHUPS	TO FAILURE
<i>REST 30 SECONDS</i>	
NEUTRAL GRIP CHIN-UPS	10
STANDING DUMBBELL CURLS	12
<i>REST 30 SECONDS</i>	
LYING HAMSTRING CURLS	10
DIPS	TO FAILURE
<i>REST 30 SECONDS</i>	
500 METERS ON THE ROWING MACHINE AS FAST AS POSSIBLE	
<i>REST 2 MINUTES</i>	