



8 MINUTE HIIT BURNER

Give this workout a try. It's fast, simple, and requires zero equipment.

FitSpark



8-MINUTE HIIT BURNER

Format: 30 seconds ON / 30 seconds OFF
8 exercises • 1 round • Total = 8 minutes

High Knees

Demo

Squat to Knee Drive

Demo

Mountain Climbers

Demo

Lateral Shuffle Taps

Demo

Plank Jacks

Demo

Reverse Lunge to Hop (switch legs each round)

Demo

Burpees (or Step-Back Burpees)

Demo

Speed Skaters

Demo

Work up to two, and then three rounds

***Always warm up and cool down**

