6-MIN H.I.I.T. FITNESS ROUTINE

**Dynamic Warm-Up**

PLAY-IT-SAFE WARM-UP

|  |  |
| --- | --- |
| **Activity Description** | **Interval Time** |
| **March In Place** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **March In Place w/Elbow Touches** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Jog In Place** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Jog In Place with High Knees** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Perfect Form Jumping Jacks** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Perfect Form Mummy Jacks** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Invisible Jump Ropes** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Waist-High Toe Touches** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |

6-MIN H.I.I.T. FITNESS ROUTINE

**Jump Rope Fitness**

AEROBIC CAPACITY

|  |  |
| --- | --- |
| **Activity Description** | **Interval Time** |
| **Basic Jump** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Side Turns (L & R)** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Side Turns (L, R, Center Jump)** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Ski Jump (Side-to-Side)** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Basic Jump** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Side Turns (L & R)** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Side Turns (L, R, Center Jump)** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Bell Jump (Front-to-Back)** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |

6-MIN H.I.I.T. FITNESS ROUTINE

**Plank Fitness**

MUSCULAR FITNESS

|  |  |
| --- | --- |
| **Activity Description** | **Interval Time** |
| **Basic Plank** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Jumping Jacks** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Shoulder Tap Plank** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Mummy Jacks** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Leg Lift Planks (R & L)** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Jumping Jacks** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Superman Planks (R & L)** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |
| **Plank Jacks** | **30 Seconds** |
| Rest & Transition | **15 Seconds** |