

6-MIN H.I.I.T. FITNESS ROUTINE  
**Dynamic Warm-Up**  
 PLAY-IT-SAFE WARM-UP

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

6-MIN H.I.I.T. FITNESS ROUTINE  
**Jump Rope Fitness**  
 AEROBIC CAPACITY

Activity Description	Interval Time
<b>Basic Jump</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Side Turns (L &amp; R)</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Side Turns (L, R, Center Jump)</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Ski Jump (Side-to-Side)</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Basic Jump</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Side Turns (L &amp; R)</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Side Turns (L, R, Center Jump)</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Bell Jump (Front-to-Back)</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds

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

# Plank Fitness

## MUSCULAR FITNESS

Activity Description	Interval Time
<b>Basic Plank</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Jumping Jacks</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Shoulder Tap Plank</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Mummy Jacks</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Leg Lift Planks (R &amp; L)</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Jumping Jacks</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Superman Planks (R &amp; L)</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds
<b>Plank Jacks</b>	<b>30 Seconds</b>
Rest & Transition	15 Seconds