


Remember to adjust the weight according to your ability and fitness level. And don't forget to warm up before your workout and stretch afterward.

## 20-MIN HIT INTERVAL TRAINING EVERY DAY +

**MONDAY**




**REVERSE ROW**

**SETS** 4

**REPS** 12

10 Sec  
INTERVALS

**MONDAY**



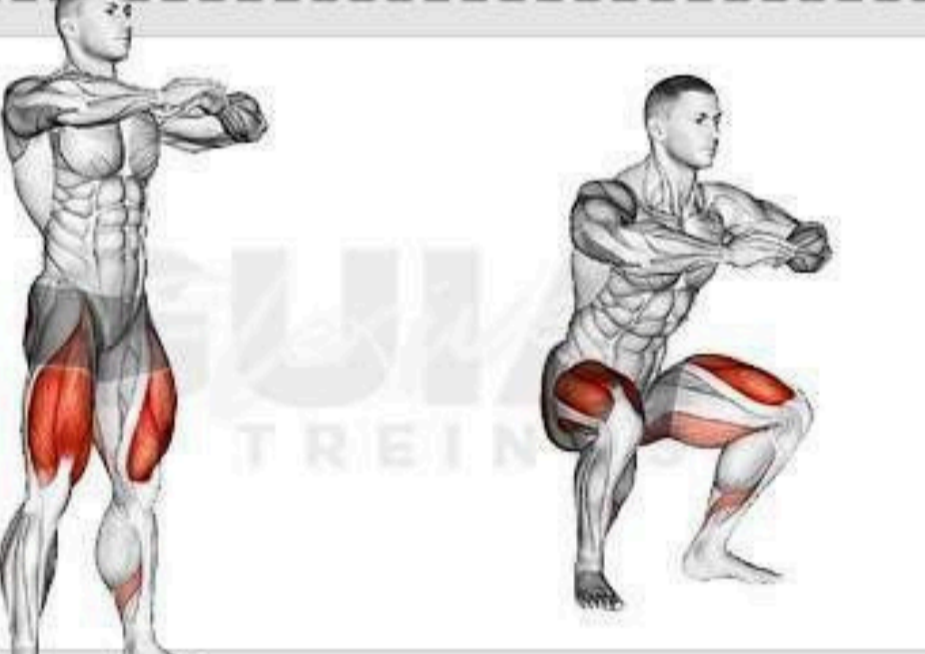
**DUMBBELL SQUAT**

**SETS** 4

**REPS** 10

10 Sec  
INTERVALS

**TUESDAY**



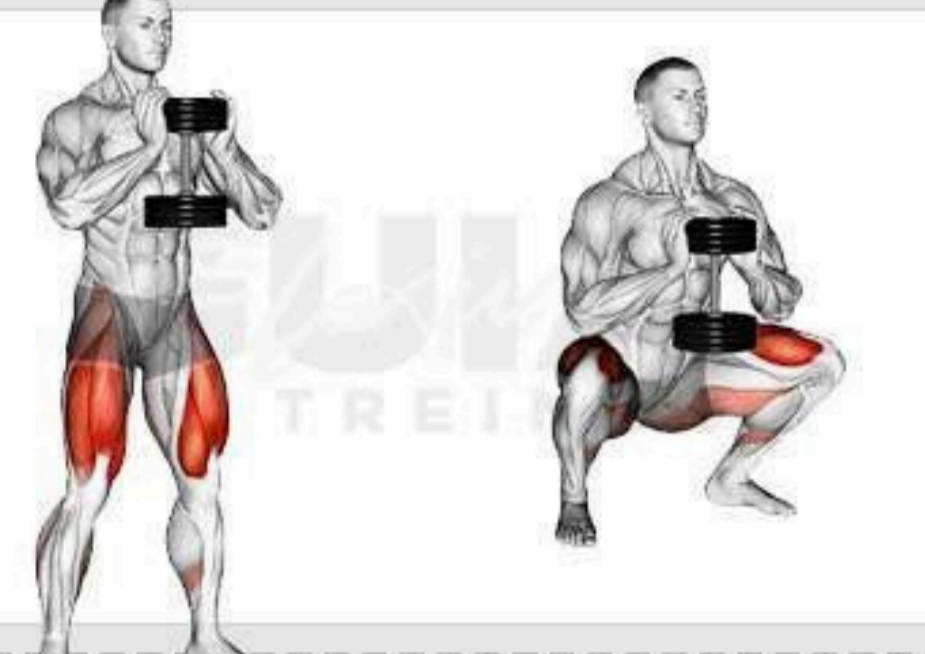
**SQUAT**

**SETS** 4

**REPS** 12

10 Sec  
INTERVALS

**TUESDAY**



**SQUAT WITH CUP**

**SETS** 4

**REPS** 12

10 Sec  
INTERVALS

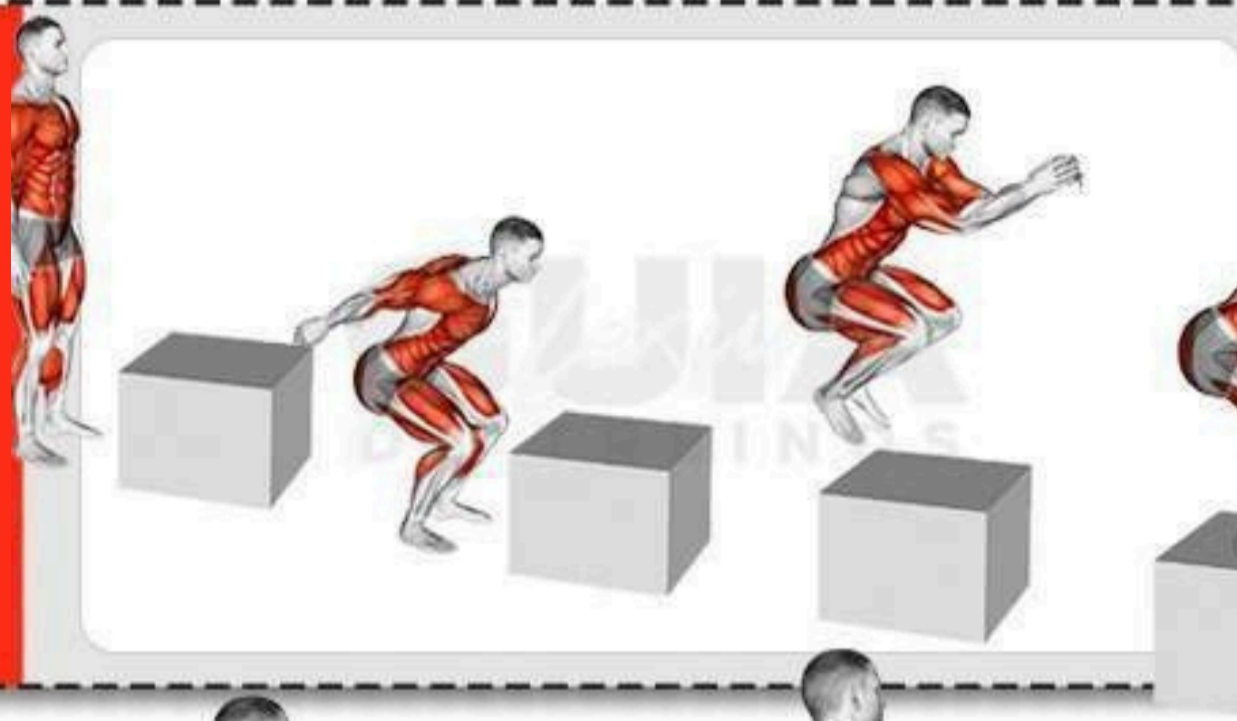
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## 20-MIN HIT INTERVAL TRAINING EVERY DAY +

WEDNESDAY



### JUMP BOX

SETS

4

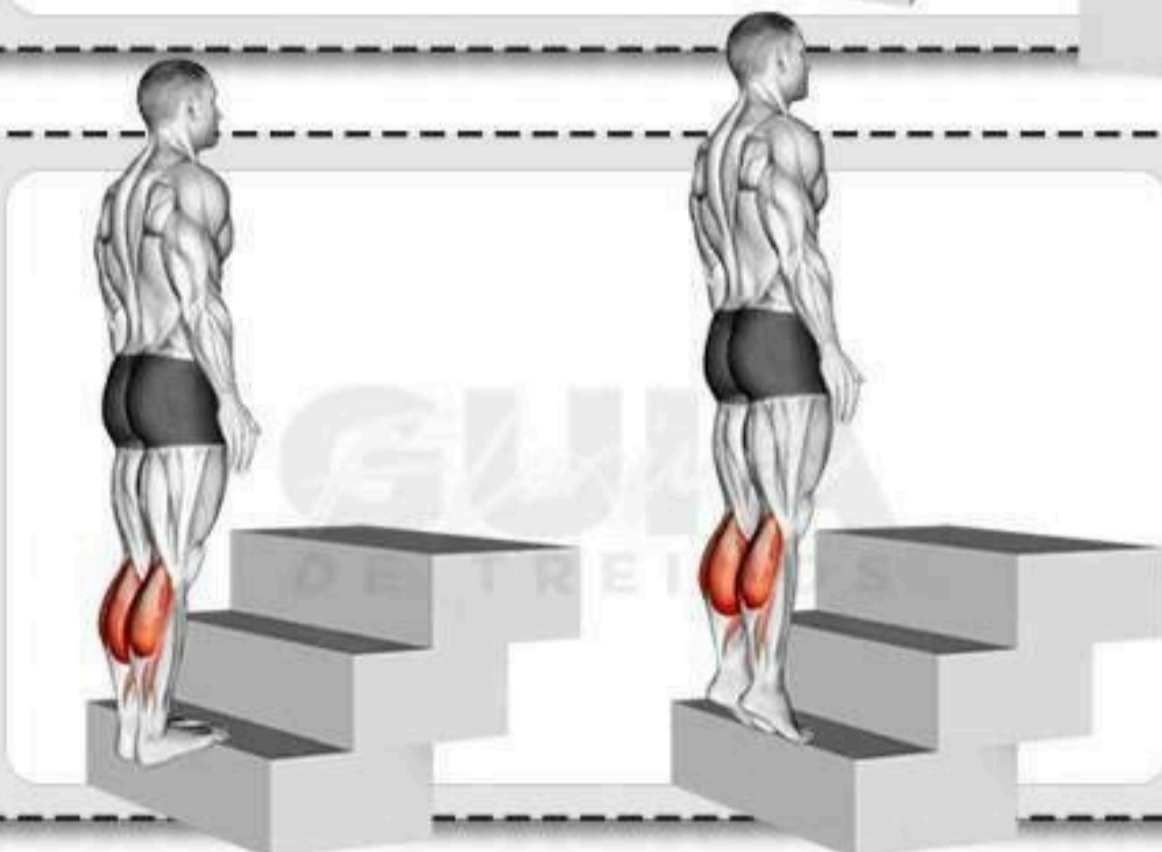
REPS

12



INTERVALS

WEDNESDAY



### CALVES

SETS

4

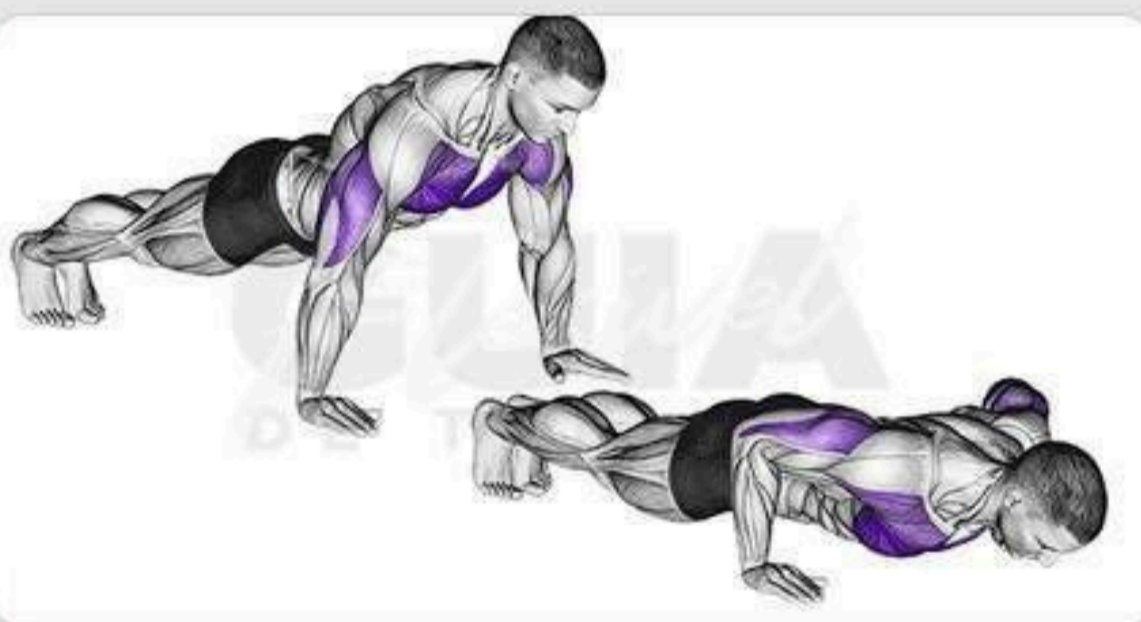
REPS

10



INTERVALS

THURSDAY



### ARM FLEXION

SETS

4

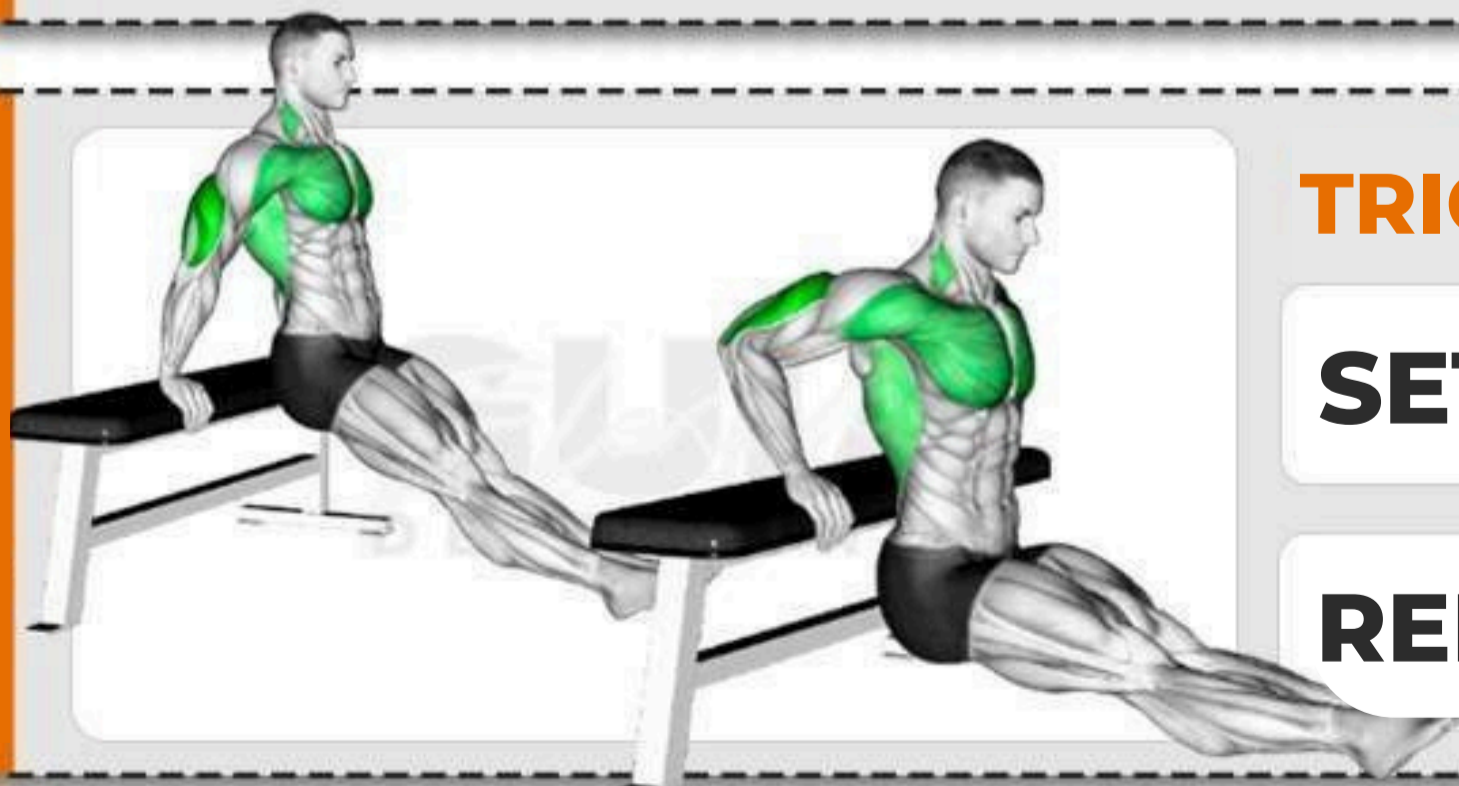
REPS

30s



INTERVALS

THURSDAY



### TRICEPS ON THE BENCH

SETS

4

REPS

30s



INTERVALS

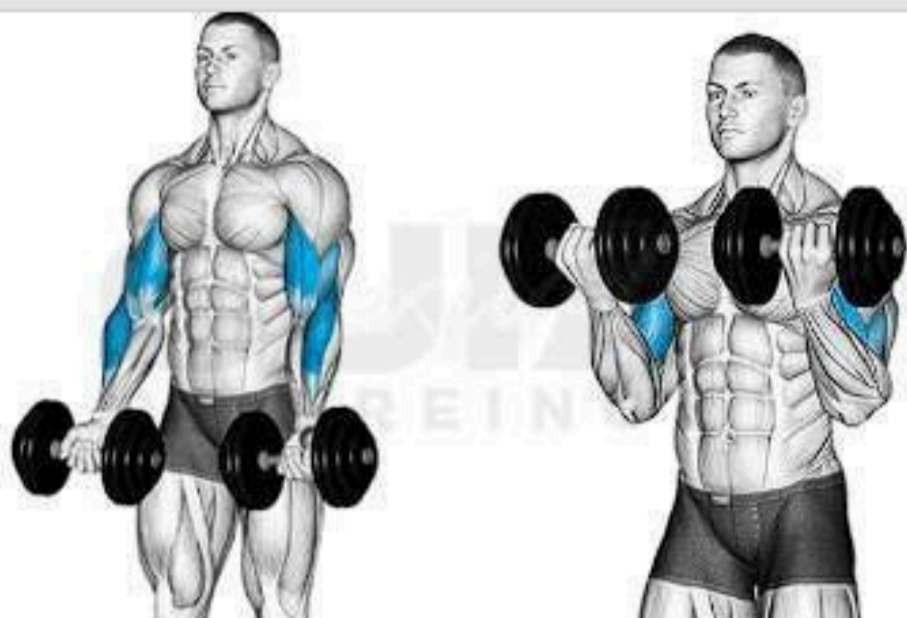
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## 20-MIN HIT INTERVAL TRAINING EVERY DAY +

FRIDAY



### DUMBBELL CURLS

SETS

4

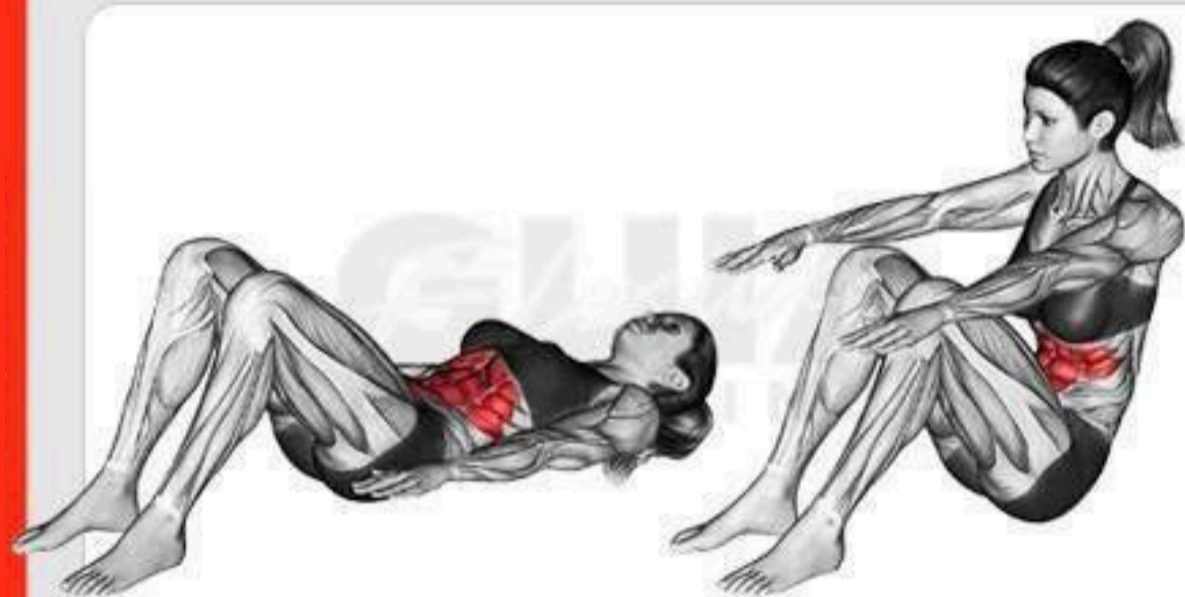
REPS

12



5:30  
INTERVALS

FRIDAY



### ABDOMINAL ROWER

SETS

4

REPS

15



3:15  
INTERVALS

SATURDAY



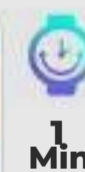
### SQUATS WITH JUMPS

SETS

4

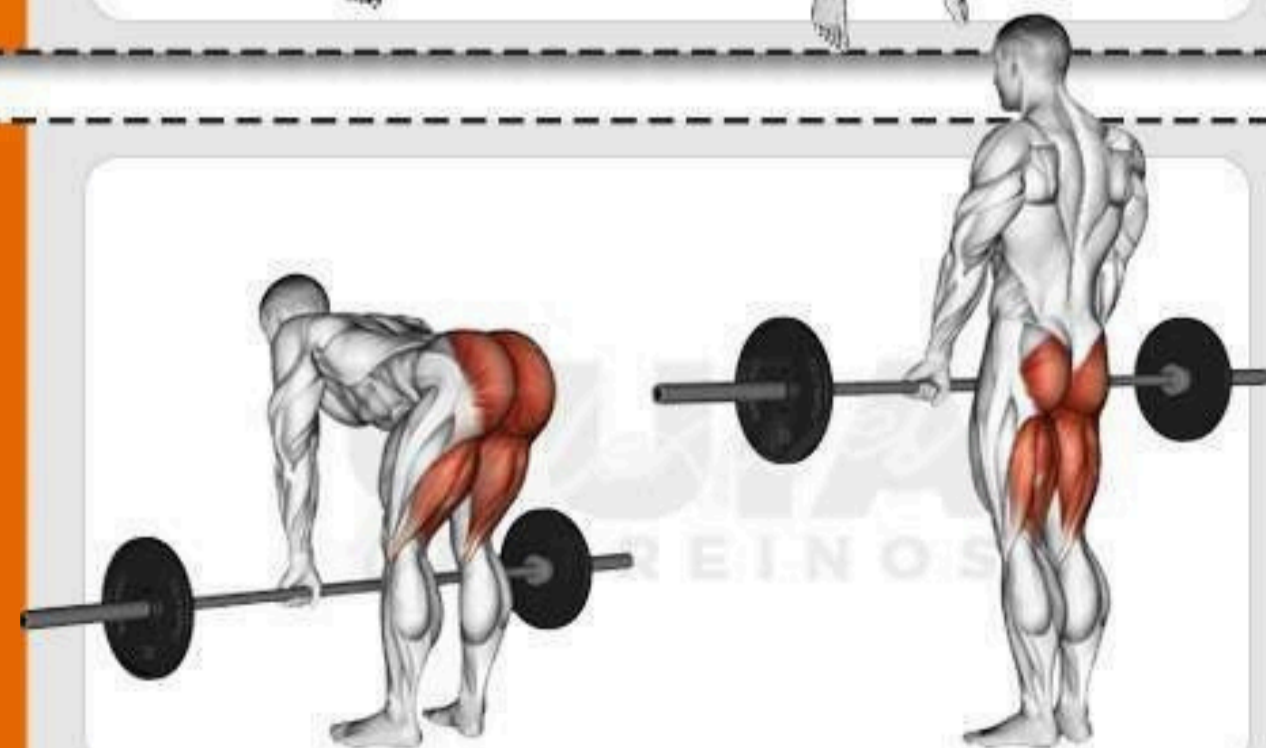
REPS

12



3:15  
INTERVALS

SATURDAY



### STIFF

SETS

4

REPS

12



5:30  
INTERVALS

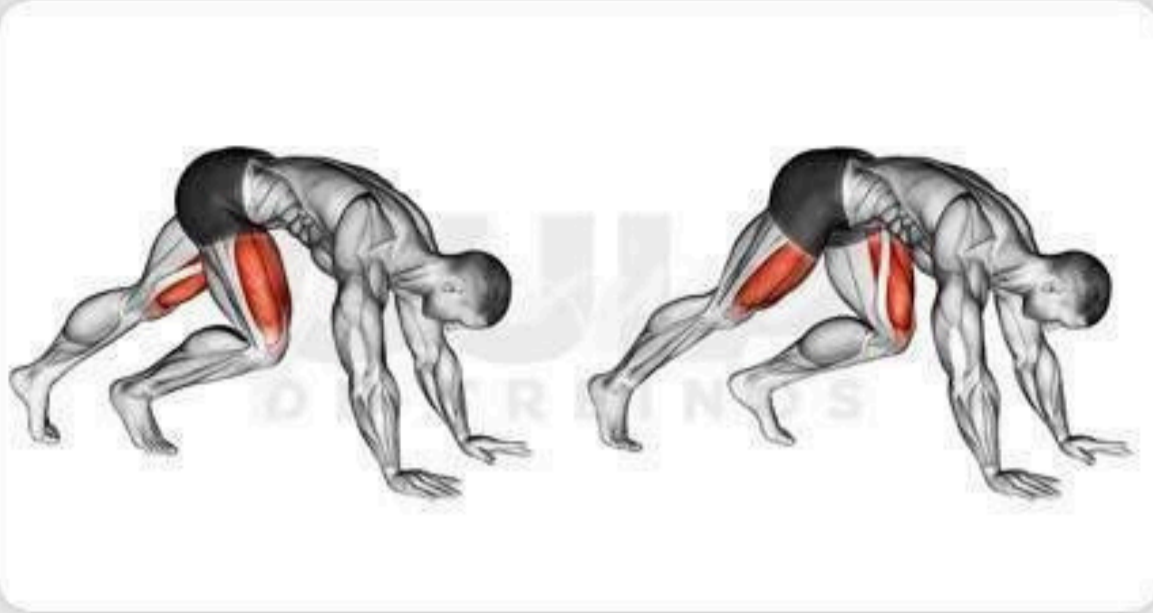
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## 20-MIN HIT INTERVAL TRAINING EVERY DAY +

FRIDAY



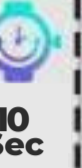
### MOUNTAIN

SETS

3

REPS

30seg



INTERVALS

FRIDAY



### ABDOMINAL ROWER

SETS

3

REPS

10-15



INTERVALS

SATURDAY



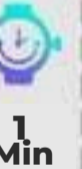
### SQUATS WITH JUMPS

SETS

3

REPS

20



INTERVALS

SATURDAY



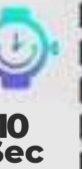
### STIFF

SETS

3

REPS

10 - 15



INTERVALS

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