

# Faisal's Lower Body Blaster HIIT Workout

HIIT workouts count time, not repetitions. Perform each of the following exercises repeatedly for:

**Beginners—20 seconds followed by 40 seconds of rest**  
**Intermediate—30 seconds followed by 30 seconds of rest**  
**Advanced—40 seconds followed by 20 seconds of rest**

Aim to do the circuit three nonconsecutive days a week.

**AIRPLANES** Stand straight and extend arms out to the sides. With control, shift weight onto right foot, hinge body forward at the waist and lift left leg back until parallel to the floor. Hold for a beat, return to start and switch sides. Repeat, alternating legs.

**JUMPING JACKS** Stand with feet together, hands down at sides. In one motion, jump feet apart and raise arms above head. Immediately reverse the motion, jumping back to starting position. Repeat continuously.

**LATERAL BEAR CRAWLS** Begin in a push-up position, step feet forward until knees are bent at 90-degree angles, directly under hips and close to the floor. Contract abs, keep back straight and walk left hand and foot to the left a few inches, then walk right hand and right foot to the left. You should be in the starting position again. Now reverse the pattern. Continue moving side-to-side.

**CURTSY LUNGES** Stand with feet hip-width apart. Step right leg toward the left, bringing it behind left leg into the lunge. At the same time, raise arms to join hands in front of chest. Try to tap right knee to the floor, then return to standing. Repeat, alternating legs.

**BRIDGE RAISES** Lay on back with hands by sides, knees bent and feet flat. Contract abs and glutes and raise hips to form a straight line from knees to shoulders. Hold for a beat and return to start. Repeat.

**PLANK LEG RAISES** Begin in a straight arm plank position. Keeping upper body still,

contract abs and lift right leg off ground. Return to start and lift left leg off ground. Repeat, alternating legs.

**QUICK FEET** Stand with feet shoulder-width apart and arms at sides. Hinge forward at the waist slightly and run in place on your toes as quickly as you can.

**DROP SQUATS** Stand with feet close together, then jump them outward to drop into a squat (press bottom toward heels). Jump feet back together to return to standing. Repeat. Tip: For a deeper squat, touch the floor between your legs, alternating sides.

**REVERSE LUNGES** Stand with feet hip-width apart. Step back with right foot and lower hips to bring left knee toward the floor, so that both knees are bent at a 90-degree angle. Press your weight down through right heel as you push back up to the starting position. Repeat, alternating legs.

**TUCK JUMPS** Stand with feet shoulder-width apart. Jump knees up as high as you can, trying to touch knees to palms. Land and repeat continuously.

## FAISAL'S PRO TIP

"An awesome workout first thing ensures your day begins on a high. Set your alarm 15 minutes early and smash out a sweat fest before breakfast." —Faisal