

Tall Blonde Bell
WORKOUT 1
HIIT

Focus: Cardio / Strength

Time: 21 minutes

No equipment needed

To see a video of how to do a move, click "HOW" The low option will be shown after the high option in the videos

Do each round for 7 minutes with 1 Minute Break in between each round. Go through each move (with as little breaks as possible) and start back to the beginning to the first move until the 5 minutes are up. .

Count how many rounds you do and try to beat it the following week.

Round 1: 7 Minutes

- 25 Quick Lunges LEFT (Option: Drive knee up and off the ground for increased intensity or carry weights.) HOW
- 25 Quick Lunges RIGHT (Option: Drive knee up and off the ground for increased intensity or carry weights.) HOW
- 15 Star Jumps (Option: Take out jump) HOW
- 30 Jacks (Option: get into a squat position when doing the jacks to add intensity) HOW

Round 2: 7 Minutes.

- 30 Jumping Lunges (Option: Traditional Lunges) HOW
- 15 Burpees with Pushup (Option: Walk out the burpee) HOW
- 30 High Knees (Option: March in Place) HOW
- In and out squat jumps (Option: Take out the jump) HOW

Round 3: 5 Minutes (NOT 7 minutes)

- 30 Russian Twists (Option: Feet on the ground) HOW
- 15 V Ups (Option: Keep one leg on the ground) HOW
- 30 Bicycle Crunches HOW

Stretch and Drink a bottle of water.

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