

Do Life Fit 24 Day Challenge

Phase 2

Day 23 – HIIT (High Intensity Interval Training) UPPER BODY

- *Perform each exercise for 40 second, taking a 20 second break in between each exercise.*
- *Complete 2 to 3 full rounds.*
- *After doing a full round, take a 1 to 2-minute break before doing another round again.*

1. 40 seconds jumping jacks.
2. 40 seconds alternating plank to push-up position.
3. 40 seconds skipping rope (or the action of skipping rope if you cannot do with the actual skipping rope).
4. 40 seconds push-ups plus back row with dumbbells.
5. 40 seconds front jabs in a wide squat position.
6. 40 seconds triceps kick backs.
7. 40 seconds burpees.
8. 40 seconds bicep curls.
9. 40 seconds mountain climbers.
10. 40 second upright dumbbell rows.

- *STRETCH*
- *DO NOT FORGET TO DRINK PLENTY OF WATER*