

FITFLOAT HIIT: 50 MINUTE SEQUENCE

WARM UP PHASE: 5 MINUTES

Neck circles & shoulder rolls - 30 seconds
Cross Body Toe Touches - 30 seconds
Arm Circles (forward, backward, cross body) - 1 minute
Rock the board - 30 seconds
Static Squat - 15 seconds
Run in Place - 30 seconds
Repeat 3x

Static Lunge w/jabs - 30 seconds
Open Arm Chair Twist - 30 seconds
Chest opener in squat to fold - 15 seconds
Repeat 3x

EFFORT PHASE: 2 ROUNDS

30 secs effort/30 sec break (beginner)

45 secs effort/15 sec break (intermediate/advanced)

1. Mountain Climbers
2. Squats (Optional Jump Squats or Medicine Ball Passes)
3. Fire Hydrants - 15 seconds per side
4. Static Lunges, 15 seconds per side
5. Forearm Plank w/alt. toe taps into the water
6. Burpees
7. Bicycle Crunches
8. Tricep Dips, Bent Knees or Straight Legs
9. Hip Lifts/Glute Bridge Option: Single Leg for 15 sec each
10. Push-ups

COOL DOWN PHASE

1. Hamstring Stretch (Seated Forward Fold)
2. Seated cobbler
3. Shoulder Stretch
4. Tricep Stretch
5. Chest Stretch
6. Supine Twist