

Travel Tone 30-30 (One to One)

(HIIT Parade #5)

Workout Outline



Traveling? In a hurry? No gym access? You can do this short High Intensity Interval Workout (HIIT) almost anywhere: In a hotel room, at the beach, etc.

The Workout

Pick three exercises. Alternate between the exercises and 30-second rests. Do three rounds. Done!

The exercises can be almost anything: mountain climbers, pushups, burpees, etc. [A guide to this workout is here](#), and you can [search Google for more HIIT exercises](#).

Go as hard as you can in the exercise segments. Feel free to disregard the music's tempo! If you are new to HIIT, back off a bit until your body becomes accustomed to this level of aerobic, and press "pause" whenever you need to.

In the spaces below, write down your three exercises. You'll do each set of three exercises three times. A warning tone will tell you when it's time to begin the next exercise, and I'll tell you which exercise and set number you're about to start. Have fun!

EXERCISE		DURATION
1		30 seconds
	REST	30 seconds
2		30 seconds
	REST	30 seconds
3		30 seconds
	REST	30 seconds