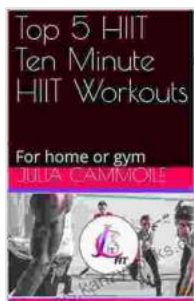


Top Ten Minute HIIT Workouts to Get You Fit Fast

If you're short on time but want to get a great workout, HIIT (high-intensity interval training) is a great option. These workouts are designed to be quick and effective, so you can get the most out of your time.



Top 5 Ten Minute HIIT Workouts: For home or gym

by Julia Cammoile

★★★★☆ 4.3 out of 5

Language : English

File size : 2265 KB

Screen Reader : Supported

Print length : 272 pages

Lending : Enabled



HIIT workouts involve alternating between short bursts of high-intensity exercise and brief periods of rest. This type of training helps to improve your cardiovascular fitness, burn calories, and build muscle.

The best 10-minute HIIT workouts are those that are challenging but still achievable. You should be able to complete the workout without having to stop or rest for extended periods of time.

Here are ten of the best 10-minute HIIT workouts that will help you get fit fast:

1. **Burpee workout:** A burpee is a full-body exercise that works your legs, core, and upper body. To do a burpee, start by standing with your feet shoulder-width apart. Lower into a squat position, then place your hands on the ground in front of you. Jump your feet back into a plank position, then do a push-up. Jump your feet back to your hands, then stand up and jump up, reaching your arms overhead. Repeat for 10 repetitions.
2. **Jumping jack workout:** Jumping jacks are a great way to get your heart rate up. To do a jumping jack, start by standing with your feet together and your arms at your sides. Jump your feet apart while simultaneously raising your arms overhead. Jump your feet back together and lower your arms to your sides. Repeat for 10 repetitions.
3. **High knees workout:** High knees are a great way to work your legs. To do a high knee, start by standing with your feet shoulder-width apart. Raise your right knee up to your chest, then lower it back down. Repeat with your left knee. Continue alternating legs for 10 repetitions.
4. **Plank workout:** A plank is a great way to work your core. To do a plank, start by lying on your stomach. Raise yourself up onto your forearms and toes, keeping your body in a straight line from your head to your heels. Hold for 30 seconds, then rest for 30 seconds. Repeat for 10 repetitions.
5. **Push-up workout:** Push-ups are a great way to work your upper body. To do a push-up, start by lying on your stomach. Raise yourself up onto your hands and toes, keeping your body in a straight line from your head to your heels. Lower your chest towards the ground, then push back up to the starting position. Repeat for 10 repetitions.

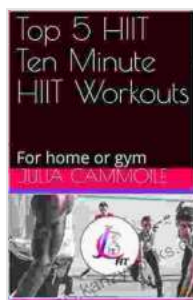
6. **Squat workout:** Squats are a great way to work your legs and buttocks. To do a squat, start by standing with your feet shoulder-width apart. Lower your body down towards the ground by bending your knees and hips. Keep your chest up and your knees aligned with your toes. Return to the starting position. Repeat for 10 repetitions.
7. **Lunge workout:** Lunges are a great way to work your legs and buttocks. To do a lunge, start by standing with your feet shoulder-width apart. Take a step forward with your right leg and lower your body down by bending your right knee. Keep your left leg straight and your left heel on the ground. Return to the starting position and repeat with your left leg. Continue alternating legs for 10 repetitions.
8. **Mountain climber workout:** Mountain climbers are a great way to work your core and legs. To do a mountain climber, start by lying on your stomach. Raise yourself up onto your hands and toes, keeping your body in a straight line from your head to your heels. Bring your right knee up to your chest, then lower it back down. Repeat with your left knee. Continue alternating legs for 10 repetitions.
9. **Russian twist workout:** Russian twists are a great way to work your core. To do a Russian twist, sit on the ground with your knees bent and your feet off the ground. Lean back slightly and place your hands behind your head. Twist your torso to the right, then to the left. Continue twisting for 10 repetitions.
10. **Bicycle crunch workout:** Bicycle crunches are a great way to work your core and legs. To do a bicycle crunch, lie on your back with your hands behind your head. Lift your legs up off the ground and bend your knees. Bring your right elbow to your left knee and simultaneously extend your right leg. Return to the starting position and repeat with

your left elbow and right knee. Continue alternating sides for 10 repetitions.

These are just a few of the many great 10-minute HIIT workouts that you can do to get fit fast. If you're new to HIIT, start by doing a few workouts each week and gradually increase the frequency and intensity of your workouts as you get stronger.

Tips for getting the most out of your HIIT workouts

- Warm up before your workout with 5-10 minutes of light cardio, such as walking or jogging.
- Choose exercises that you can do with good form. If you're not sure how to do an exercise, ask a personal trainer for help.
- Work at a high intensity during your intervals. You should be working hard enough that you can't talk but you can still breathe.
- Rest completely during your rest intervals. This will allow your body to recover so that you can work hard during your next interval.
- Cool down after your workout with 5-



Top 5 Ten Minute HIIT Workouts: For home or gym

by Julia Cammoile

★★★★☆ 4.3 out of 5

Language : English

File size : 2265 KB

Screen Reader : Supported

Print length : 272 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK



Unveiling the Tapestry of Human History: Archaeology, History, and Ethnography

Embark on an extraordinary journey through time and across cultures with the captivating book, "Archaeology, History, and Ethnography." This masterpiece unravels the...



Meditations On Living, Dying, And Loss: A Journey Through Life's Profound Transitions

In the tapestry of human existence, life, death, and loss are inseparable threads, interwoven into an intricate and enigmatic dance. Our journey through this mortal realm...