

FITNESS CHALLENGE

WEEK FOUR



HIIT

HIIT stands for High Intensity Interval Training. This involves high energy movements with short breaks in between each exercise.

In this session you will perform four rounds with different timings, in each round you will do each activity once. After each round give yourself a one minute break.

Round 1: Complete each exercise for 20 seconds, rest in-between each one for 20 seconds

Round 2: Complete each exercise for 25 seconds, rest in-between each one for 25 seconds

Round 3: Complete each exercise for 30 seconds, rest in-between each one for 30 seconds

Round 4: Complete each exercise for 35 seconds, rest in-between each one for 35 seconds

Key Stage 1:

- Squat and Hold
- Arm Swings
- Knee Tucks
- Heel Flicks
- Sideways Jumping
- Star Jumps

You can adapt the session to make it harder by:

- Increasing difficulty of exercises e.g. squat jumps instead of squats
- Increase exercise times/reduce rest times
- Increase number of exercises in each round

Key Stage 2:

- Sit Ups
- Jumping Squats
- High Knees
- Running on the Spot
- Punching Arms in the Air
- Plank
- Tuck Jump
- Press Ups
- Bicycle Crunch
- Mountain Climbers

Here is a video example of each exercise:

CLICK HERE

