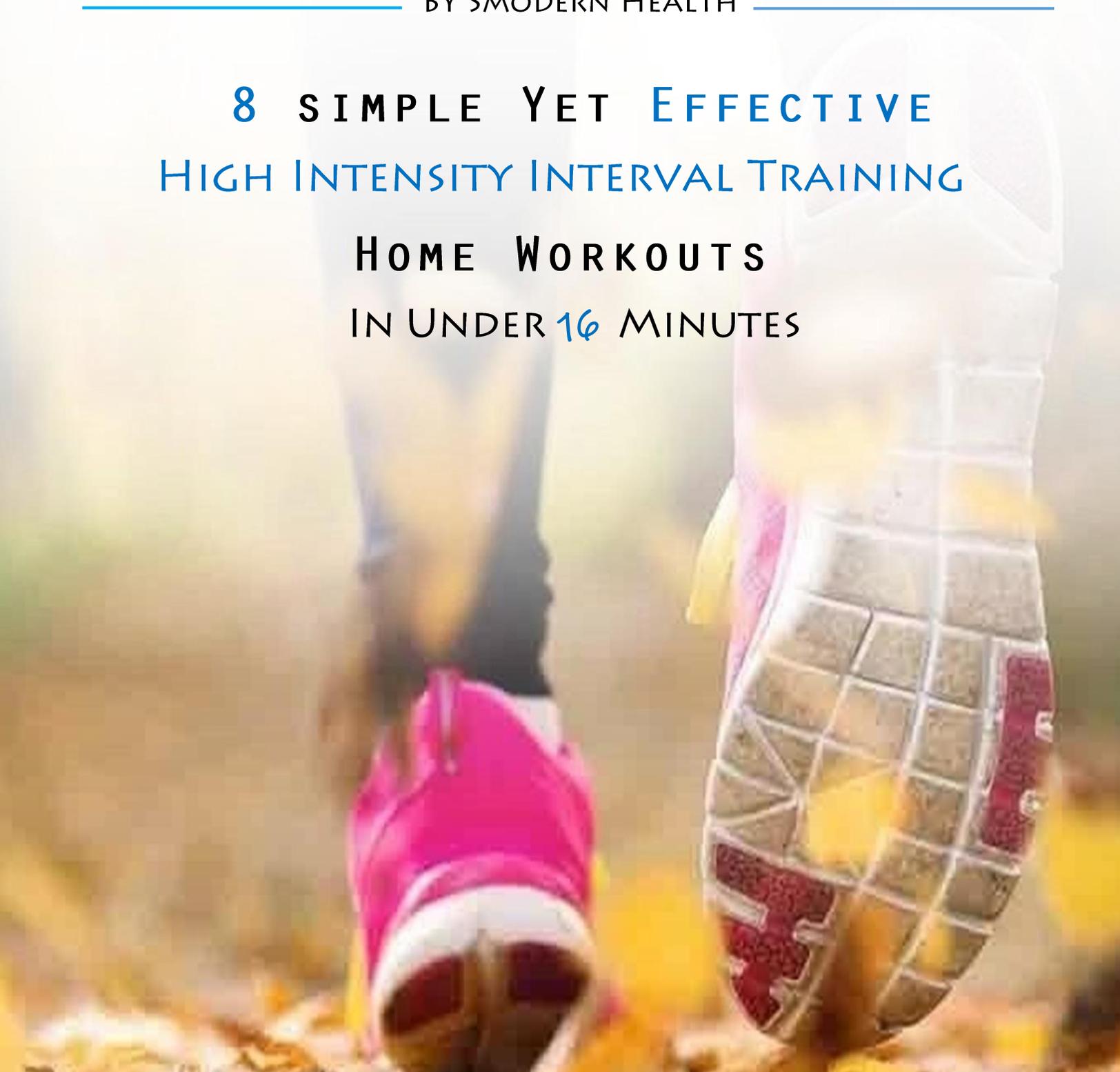


Smmodern Workouts

BY SMODERN HEALTH

**8 SIMPLE YET EFFECTIVE
HIGH INTENSITY INTERVAL TRAINING
HOME WORKOUTS
IN UNDER 16 MINUTES**



NOTE: IF YOU SUFFER FROM ANY MEDICAL CONDITION E.G DIABETES, HYPERTENSION E.T.C CONSULT YOUR DOCTOR BEFORE BEGINNING.

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By Smoern Heath

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By Smoern Health

THE PERFECT 16-MINUTE HIIT WORKOUT

Hey there! Welcome to the workout section. Before we begin, please ensure you have gone through the HIIT basics. If you haven't done so, please [click here!](#)

Here, we are going to show you the most effective fat-burning workout that will only take you **16 minutes! No equipment needed.** These simple workouts will help you get in shape and keep fit all year round! Before we get started, there are 3 ways you can perform these workouts.

3 WAYS YOU CAN PERFORM THESE WORKOUTS

OPTION 1: SELECT ALL 8

Select 8 of the workouts and follow the 30/90 rule (30 seconds + recover 90 seconds x 8 times = 16 minutes)

OPTION 2: SELECT 4 AND REPEAT THEM TWICE

Select 4 of the workouts and follow the 30/90 rule. Repeat each of the four workouts twice

OPTION 3: SELECT 2 AND REPEAT THEM FOUR TIMES

Select 2 of the workouts and follow the 30/90 rule. Repeat the workout four times

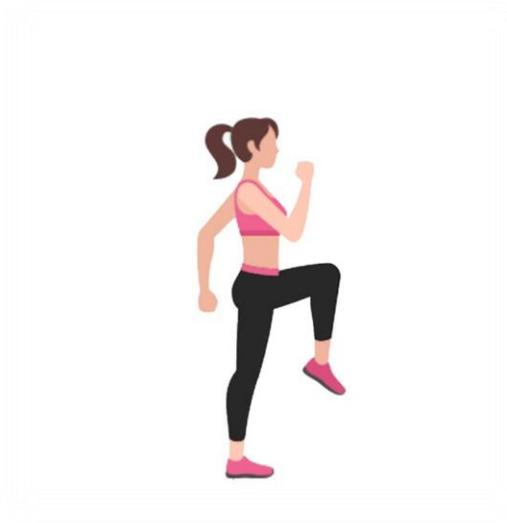
- ✓ Always begin with a warm-up and conclude with stretching as shown below
- ✓ Whichever of the workouts you choose to combine is totally ok!

By Smo^oderⁿ Health

1. HIGH STEPPING

Instructions

- Keep your upper body upright and run in place while pulling your knees as high as you can



2. JUMPING JACKS

Instructions

- Begin with your arms at your sides and your feet together
- Then jump upwards with your hands overhead and your feet together
- Return to your starting position and repeat



3. JUMPING SQUATS

Instructions

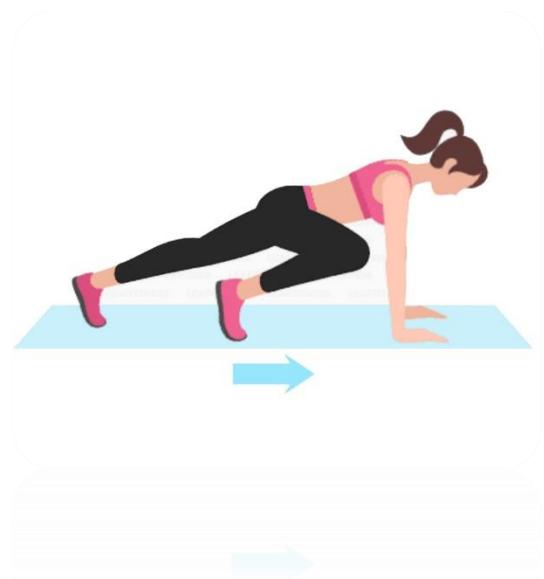
- Begin in your squat position, then jump up using your abdominal muscles for strength
- Return to your starting position and repeat



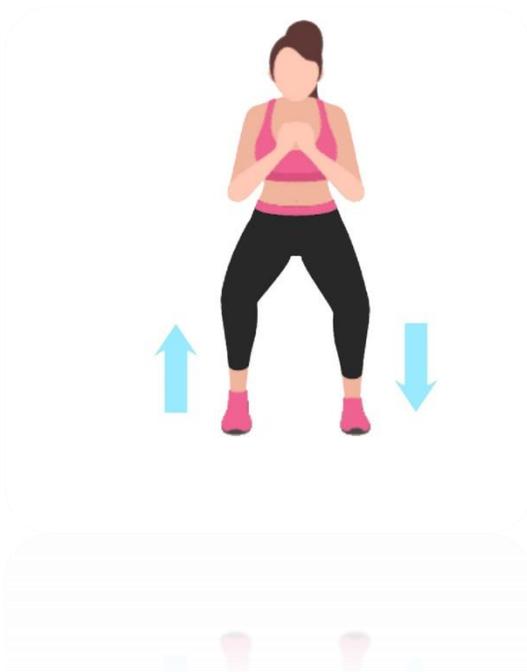
4. MOUNTAIN CLIMBERS

Instructions

- Start in the pushup position
- Keep your left leg straight and bend your right knee toward your chest, then quickly switch from one leg to another



5. QUICK FEET



Instructions

- Stand with your feet shoulder width apart.
- Slightly bend your legs and lean your upper body forward

Instructions

- Pretend you're holding a skipping rope with your arms at your sides
- Jump while rotating your wrists as if you were skipping an actual rope

Alternatively, you can use an actual rope if you wish.

6. SKIPPING WITH NO ROPE



7. SQUAT REACH-UPS

Instructions

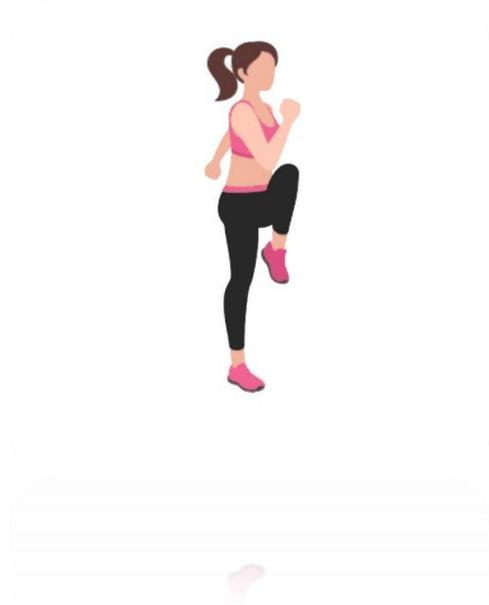
- Stand with your feet slightly wider than shoulder width apart, fingers pointed toward the ceiling/sky, palms facing each other, and elbows bent
- Lower your body until your thighs are parallel to the floor
- Straighten your right leg and turn your body to the left as you come up
- Lift your right heel and reach and stretch your right arm to the left
- Return to the starting position and repeat with the other side



8. BICYCLE CRUNCHES

Instructions

- Stand with your knees shoulder width apart while bringing your knee to your opposite elbow
- Return to the starting position and repeat with the other side

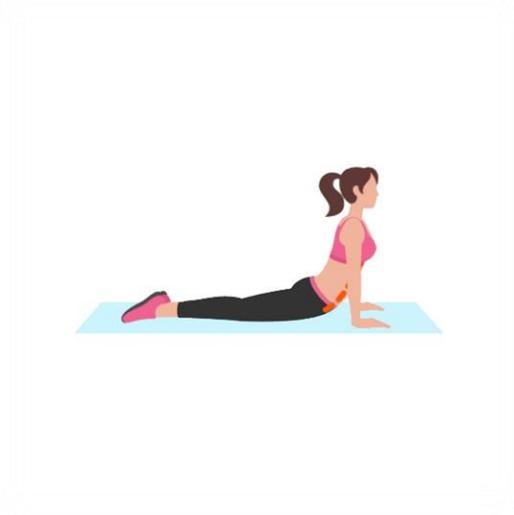


After Workout Stretches

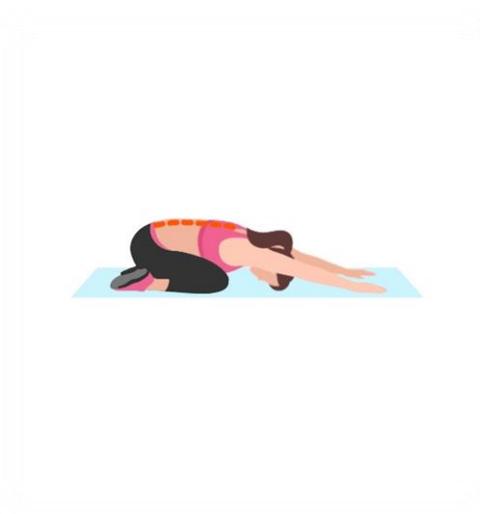
1. COBRA STRETCH

Instructions

- Lying down on your stomach, bend your elbows with your hands beneath your shoulders
- Push your chest upward off the ground as far as you can.
- Hold this position for 30 seconds



2. CHILD'S POSE



Instructions

- Start with your hands and knees on the floor. Place your hands a bit forward, widen your toes and put your knees together
- Take a breath, then exhale and sit back. Try to make your butt touch your heels.
- Relax your elbows and make your forehead touch the floor and try to lower your chest close to the floor.
- Hold this position for 30 seconds

3. KNEE TO CHEST RIGHT

Instructions

- Lie on your back with your legs extended
- Lift your right knee and grab it with both hands
- Pull your right knee towards your chest as much as you can while keeping your left leg straight on the ground
- Hold this position for 30 seconds



4. KNEE TO CHEST LEFT



Instructions

- Lie on your back with your legs extended
- Lift your left knee and grab it with both hands
- Pull your left knee towards your chest as much as you can while keeping your right leg straight on the ground
- Hold this position for 30 seconds

We hope you enjoyed the Workouts

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Ways to get in shape

By Smoern Heath