

3 Day Full Body HIIT Workout At Home

Created by Murshid Akram (Administrator of the Thefitnessphantom.com)

Article Links: thefitnessphantom.com/3-day-full-body-workout-at-home

The craze of [high-intensity interval training \(HIIT\)](#) is rising quickly because of the rise in home fitness. The [HIIT workout program has numerous benefits](#), such as better cardiovascular health and weight loss.

You need to perform short intense burst activities with little to no rest between sets in the HIIT program. For example, if you do jumping jacks, do for 30 seconds at a high pace and then rest for 20-30 seconds.

Okay, so let's find out what's in my routine for you. It may be useful for some and may not for a few.

Duration: 20-30 Minutes every alternate day

Difficulty: Beginner to Intermediate

Note: You can change exercise, increase or decrease activity, and interval time depending on your fitness level.

Newbie: 1 round, Elite: 2 rounds, pro: 3 rounds

Day 1

Exercises	Time	Rest/Interval
Jump Squat	6-8 reps	40 seconds
Burpees	6-8 reps	40 seconds
Lateral Squat	10 Squat/side	40 seconds
Stationary Lunges	10 Lunges/side	30 seconds
Knee/Regular Pushup	12 reps	30 seconds
Bench Dips	12 reps	30 seconds
Mountain Climbing	20 seconds	30 seconds
Crunches	20 seconds	30 seconds

Exercises	Time	Rest/Interval
Reverse Crunches	20 seconds	30 seconds
Plank	30-60 sec	30 seconds

Related: [3 Day Compound Workout Routine](#)

Routine Created by Murshid Akram (Administrator of the Thefitnessphantom.com) and for the paid customized routine for yourself, mail at murshid-akram@thefitnessphantom.com

Day 2

Exercises	Time	Rest
Jumping Jacks	15 seconds	30 seconds
High Knees	15 seconds	30 seconds
Burpees	6-8 reps	30 seconds
Step up chair	8-10 reps	30 seconds
Squat	15 reps	30 seconds
Pushups	15 reps	30 seconds
Reverse Crunches	20 seconds	20 seconds
Side Plank	20 seconds	20 seconds
Side Plank Hip Raise	20 seconds	20 seconds

Day 3

Exercises	Time	Rest
Stationary Running	15 seconds	30 seconds
Mountain Climbing	15 seconds	30 seconds
Burpees	6-8 reps	30 seconds
Lateral Lunges	8-10 reps	30 seconds
Floor IYT Raise	6-8 reps	30 seconds
Pushups	15 reps	30 seconds
Tabletop Crunches	30 seconds	15 seconds
Plank	30-60 seconds	20 seconds
Side Plank Hip Raise	20 seconds	20 seconds
Leg Raises	30 seconds	30 seconds

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