

The Best 15-Minute HIIT Weekly Home Workout Plan for Beginners

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Number of exercises to be performed each day – 10

Intensity – Do as fast as possible

Interval: Keep as shorter as you can

Day 1 – Monday

Exercise	High-Intense activity	Interval
Jumping Jacks	20 seconds	40 seconds
Mountain climbers	20 seconds	40 seconds
Jump Squats	20 seconds	40 seconds
Push-up on Knees	20 seconds x 2	40 seconds
High Knees	20 seconds	40 seconds
Crunches	20 seconds	40 seconds
Burpees	60 seconds x 2	60 seconds
Leg Raises	20 seconds	40 seconds
Russian Twist	20 seconds	40 seconds
Floor IYT Raises	30 seconds x 2	30 seconds

HIIT Workout Routine for Beginner

Day 2 – Wednesday

Exercise	High-Intense activity	Interval
Jumping Jacks	20 seconds	40 seconds
Push-ups	AMRAP in 60 seconds	60 seconds
Jumping Split Squat	20 seconds	40 seconds
Side to side run	20 seconds	40 seconds
Lunges	20 seconds	40 seconds
Narrow Push-ups	20 seconds	40 seconds
Squat Thrust	60 seconds	60 seconds
Floor IYT Raises	30 seconds x 2	30 seconds
Crunches	20 seconds	40 seconds
Leg Raises	20 seconds	40 seconds
Russian Twist	20 seconds	40 seconds
Mountain Climbing	20 seconds	40 seconds

Day 3 – Friday

Exercise	Intense Burst Activity	Interval
Squats	20 seconds x 2	40 seconds
Mountain Climbing	20 seconds x 2	40 seconds
Calf Raises	20 seconds x 2	40 seconds

Exercise	Intense Burst Activity	Interval
Lateral Lunges	20 seconds x 2	40 seconds
Toe Touch Crunches	20 seconds x 2	40 seconds
Heel Touch Crunches	20 seconds x 2	40 seconds
Burpees	AMRAP in 60-sec x 2	60 seconds

You may like more articles related to high-intensity interval training (HIIT).

[A Complete Guide To HIIT Boxing Workout Training](#)

[A Complete Guide To The HIIT Lower Body Workout](#)

[HIIT Pilates Workout: Exercises, Routine & Benefits](#)

[Why HIIT Rowing Machine Workout Is The Best?](#)

[7 Benefits Of HIIT Or High-Intensity Interval Training](#)

[HIIT CrossFit Workouts And Workout Plan \(PDF\)](#)

[The 15-Minute HIIT Core Workout](#)

Related: [A Full-Body HIIT Workout At Home- No Equipment](#)

If you want to create a weekly HIIT workout plan for yourself, you can check out a complete [list of exercises](#) so you can incorporate them into a HIIT workout program

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If you want a personalized workout plan for yourself based on fitness level and goal, drop a message.