

The Best 20-Minute HIIT Workout Routine That Requires No Equipment

Created by [Murshid Akram](#)

Administrator of the [Thefitnessphantom.com](#)

Article Link - [Thefitnessphantom.com/weekly-hiit-workout-plan/](#)

Day 1 – Monday

Number of Rounds: 2

Exercise	High-Intense activity	Interval
Jumping Jacks	30 seconds	30 seconds
Mountain climbers	30 seconds	30 seconds
Jump Squats	30 seconds	30 seconds
Standard Push-up	30 seconds	30 seconds
High Knees	30 seconds	30 seconds
Crunches	30 seconds	30 seconds
Burpees	30 seconds	30 seconds
Leg Raises	30 seconds	30 seconds
Russian Twist	30 seconds	30 seconds
Floor IYT Raises	30 seconds	30 seconds

Day 2 – Tuesday

Exercise	High-Intense activity	Interval
Jump Squats	30 seconds	30 seconds
Mountain Climbing	30 seconds	30 seconds
High Knees	30 seconds	30 seconds
Push-ups	60 seconds	30 seconds
Lateral Lunges	30 seconds	30 seconds
Crunches	30 seconds	30 seconds
Plank	60 seconds	No Rest
Side Plank	30-sec/side	30 seconds
Squats to Calf Raise	60 seconds	30 seconds
Push-up to Row	60 seconds	30 seconds
Shoulder Tap	60 seconds	30 seconds
Burpees	60 seconds	30 seconds
Mountain Climbing	30 seconds	30 seconds
Sit-ups to Jump	30 seconds	30 seconds
Glutes Bridge	30 seconds	30 seconds
Side to side run	45 seconds	30 seconds
V ups	45 seconds	30 seconds

Day 3 – Thursday

Total Rounds -2

Exercise	High-Intense activity	Interval
Lateral Runs	30 seconds	30 seconds
Push-up	30 seconds	30 seconds
Squats	30 seconds	30 seconds
Mountain Climbing	30 seconds	30 seconds
Bicycle Crunches	30 seconds	30 seconds
Scissor Kicks	30 seconds	30 seconds
Burpees	30 seconds	30 seconds
Split Squat	30 seconds	30 seconds
Push-ups	30 seconds	30 seconds
Plank	30 seconds	30 seconds

Day 4- Friday

Exercise	High-Intense activity	Interval
Jump Squats	30 seconds	30 seconds
Mountain Climbing	30 seconds	30 seconds
High Knees	30 seconds	30 seconds
Push-ups	60 seconds	30 seconds
Lateral Lunges	30 seconds	30 seconds

Exercise	High-Intense activity	Interval
Crunches	30 seconds	30 seconds
Plank	60 seconds	No Rest
Side Plank	30-sec/side	30 seconds
Squats to Calf Raise	60 seconds	30 seconds
Push-up to Row	60 seconds	30 seconds
Shoulder Tap	60 seconds	30 seconds
Burpees	60 seconds	30 seconds
Mountain Climbing	30 seconds	30 seconds
Sit-ups to Jump	30 seconds	30 seconds
Glutes Bridge	30 seconds	30 seconds
Side to side run	45 seconds	30 seconds
V ups	45 seconds	30 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

Please help me grow on social sites:

[Instagram](#)

<https://www.instagram.com/thefitnessphantom/>

Facebook:

<https://www.facebook.com/fitnessphantom>

YouTube:

<https://www.youtube.com/c/MurshidAkram/>

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