

An Ultimate 30-Minute Full Body Advanced HIIT Workout Plan At Home

Created by [Murshid Akram](#)

Administrator of the [Thefitnessphantom.com](#)

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Day 1 – Monday

Circuit 1

1. **Jumping Jacks** – 60 seconds activity, 30 seconds rest
2. **Pushups** – As many pushups as possible in 60 seconds followed by 30 seconds rest
3. **Squats** – AMRAP in 60 seconds, rest 30 seconds
4. **Mountain Climbers** – 60 seconds work, 30 seconds rest
5. **Crunches** – Do as many crunches as possible for 30 seconds followed by 30 seconds rest.

Circuit 2

1. **Burpees** – AMRAP in 60 seconds, 30 seconds rest
2. **Shoulder Tap** – Do as fast as you can for 60 seconds then rest for 30 seconds
3. **Lateral Lunges** – 60 seconds work, 30 seconds rest
4. **Leg Raises** – 60 seconds activity, 30 seconds rest
5. **Glute Bridge** – 60 seconds work with 30 seconds interval

Circuit 3

1. **Russian Twist** – 60 seconds, 30 seconds rest
2. **Front Kicks** – 60 seconds, 30 seconds rest
3. **Floor IYT Raises** – 60 seconds, 30 seconds rest
4. **Plank** – 2 minutes, 30 seconds rest
5. **Side Plank** – 60 seconds / each side

Circuit 4

- **Sumo Squats** – 60 seconds activity, 30 seconds rest
- **Calf Raises** – 60 seconds activity, 30 seconds rest
- **V ups** – 60 seconds activity, 30 seconds rest
- **Heel Touch Crunches** – 60 seconds activity, 30 seconds rest
- **Jumping Jack** – 60 seconds activity, 30 seconds rest

Also, Check out: [The 15-Minute HIIT Core Workout](#)

Day 2 – Tuesday

Circuit 1

60 seconds intense movement, 30 seconds rest

1. Jump Squats
2. Mountain Climbing
3. High Knees
4. Pushups
5. Lateral Lunges

Circuit 2

60 seconds high intense workout, 30 seconds rest

1. Crunches
2. Plank
3. Side Plank
4. Squats to Calf Raise
5. Pushup to Row

Circuit 3

Do exercise for 60 seconds each with 30 seconds intervals between workouts.

1. Shoulder Tap
2. Burpees
3. Mountain
4. Sit-ups to Jump
5. Glutes Bridge

Circuit 4

60/30

1. Tuck Jump
2. Front Kicks
3. Leg Kickback
4. Pile Squat
5. Plank

Day 3 – Wednesday

Do intense burst activity for sixty seconds with 30 seconds rest.

Circuit 1

1. Burpees
2. Lunges
3. Squat Thrust
4. V ups
5. Floor Dips

Circuit 2

60/30

1. Mountain Climber
2. Sits up
3. Russian Twist
4. Toe Touch Crunches
5. Heel Touch Crunches

Circuit 3

60/30

1. Burpee
2. Squats
3. Squats Thrust
4. Push-ups
5. Glute Bridge

Circuit 4

60/30

1. Plyo Lunges
2. Frog Jumps
3. Front Kicks
4. Shoulder Tap
5. High Knees

Day 4 – Friday

60/30

Circuit 1

1. Jumping Jacks
2. Pushups
3. Squats
4. Mountain Climbers
5. Crunches

Circuit 2

60/30

1. Burpees
2. Shoulder Tap
3. Lateral Lunges
4. Leg Raises
5. Glute Bridge

Circuit 3

60/30

- Russian Twist
- Front Kicks

- Floor IYT Raises
- Plank
- Side Plank

Circuit 4

60/30

- Sumo Squats
- Calf Raises
- V ups
- Heel Touch Crunches
- Jumping Jack

Day 5 – Saturday

Circuit 1

Do intense burst activity for sixty seconds and take 30 seconds rest.

1. Jump Squats
2. Mountain Climbing
3. High Knees
4. Pushups
5. Lateral Lunges

Circuit 2

60/30

1. Crunches
2. Plank
3. Side Plank
4. Squats to Calf Raise
5. Pushup to Row

Circuit 3

Do exercise for 60 seconds each with 30 seconds intervals between workouts.

1. Shoulder Tap
2. Burpees
3. Mountain
4. Sit-ups to Jump
5. Glutes Bridge

Circuit 4

60/30

1. Tuck Jump
2. Front Kicks
3. Leg Kickback
4. Pile Squat

5. Plank

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

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

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[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.