

20-Min Full Body Crossfit HIIT Home Routine For Beginners

2 Rounds

Exercise	Intense Burts Activity	Rest
Jump Squat	20 seconds	30 seconds
Mountain Climbing	20 seconds	30 seconds
Burpees	20 seconds	30 seconds
Crunches	20 seconds	30 seconds
Squat Pulses Jump	20 seconds	30 seconds
Pushups	20 seconds	30 seconds
Jump Split Squat	20 seconds	30 seconds
Leg Raise	20 seconds	30 seconds
Box Jumps	20 seconds	30 seconds
Lateral Run	20 seconds	30 seconds
High Knees	20 seconds	30 seconds
Air Squat	20 seconds	30 seconds