

THE ULTIMATE 5 DAY HIIT WORKOUT ROUTINE AT HOME

Created by: [Murshid Akram](#)

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If you're looking for an easy-to-follow and effective HIIT workout program that you can do at home without equipment, this article is for you.

I've shared the ultimate 5-day HIIT workout routine for those who want to enhance their cardiovascular health and improve body composition by spending as little as 20 minutes a day.

[High-intensity interval training \(HIIT\)](#) is a workout program where exercises are performed at a quick pace for a specific time, followed by a short interval.

Anyone who wants to [increase weight loss](#) or keeps themselves fit and active can perform HIIT to achieve their fitness goal.

However, it is a challenging workout training that requires decent endurance and speed. So, make sure to take a professional's help before performing this program, especially if you have any health issues.

Routine

In this routine, I've included equal [exercises for each muscle group](#), from legs and core to chest and back.

This program is based on the [Every Minute On the Minute \(EMOM\)](#) method where each exercise is performed for one minute (including the rest time).

For example, if you perform 30 pushups in 30 seconds, then you'll have 30 seconds of rest time before moving to other exercises.

Each session will last for 20 minutes, meaning you'll train 100 minutes per week. And it will be enough for you to [enhance your cardiovascular](#) fitness and keep you fit.

This program will help you burn 250 to 300 calories per session, plus it has the [after-burn effect](#), meaning your body will keep shedding calories even after a few hours of training.

Let's see how to do the HIIT workout 5 days a week.



Day 1 – Monday

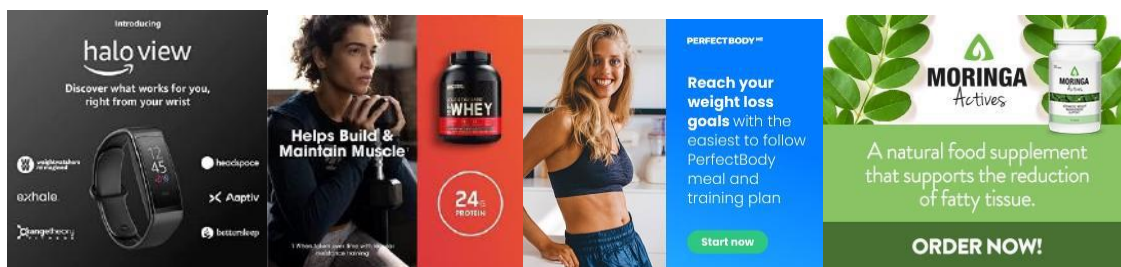
Round 1	Round 2	Round 3
Alternate Heel Tap	Squat Pulses to Jump	Shoulder Tap
Push-ups to Plank	Flutter Kicks	Forearm to High Plank
Lunge Front Kick	Plank Ankle Taps	Curtsy Lunge
Pushups	Situps	Pulse up
Crossbody Mt. Climber	Inchworm	Reverse Crunches
Kneeling Jump to Squat	Diver Pushup	Crossbody Mt. Climber

Day 2 – Tuesday

Round 1	Round 2	Round 3
Sprint in Place	Skater Jump	Squat Jump
Grappler Pushups	Russian Twist	Reverse Crunches
Alternate Heel Taps	Side Plank Hip Dip	Sit Outs
Curtsy Lunge	Pushups	Clap Pushup
Plank Ankle Taps	Pushup Jack	Flutter Kicks
Pulse up	Kneeling Squat Jump	Shoulder Taps

Day 3- Wednesday

Round 1	Round 2	Round 3
Sprint in Place	Ankle Hops	Squat Heel Tap
Lunge Front Kick	Grappler Pushup	Knee Tap Pushup
Kneeling Squat Jump	Bicycle Crunch	Situps
Shoulder Taps	Jumping Lunges	Ankle Hops
Squat Jump	Sit Outs	Reverse Crunches
Pushup Jack	Forearm to High Plank	Reverse Lunges to Kick



Day 4 – Friday

Round 1	Round 2	Round 3
Man Maker	Squat Thrust	Burpees
Inchworm	Situps	Pulse Up
Mountain Climber	Ankle Hops	Bicycle Crunch
Kneeling Jump	Reverse Lunges to Kick	Squat Jump
Russian Twist	Grappler Pushups	Crunches
Burpees	Flutter Kicks	Plank Jacks

Day 5 – Saturday

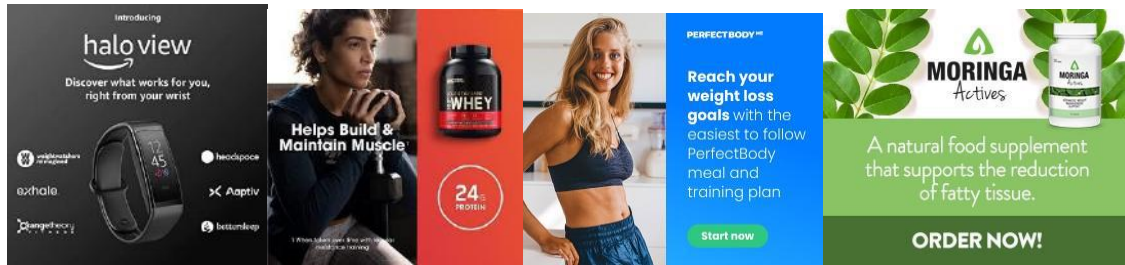
Round 1	Round 2	Round 3
Squat Heel Tap	Burpees	Crossbody Mt Climber
Grappler Pushup	Lunge Front Kick	Knee Tap Pushup
Situps	Plank Jack	Kneeling Squat Jump
Jumping Lunges	Squat Jump	Sit Outs
Pushup Jack	Forearm to High Plank	Reverse Lunges to Kick
Reverse Crunches	Pike Jump	Flutter Kicks

Can You Do HIIT 5 Days a Week?

Yes, you can perform high-intensity interval training as many as five times a week, but make sure not to push your limit too much.

An [study published by the Korean Journal of Family Medicine \(KJFM\)](#) also suggested performing 75–150 minutes per week of vigorous-intensity aerobic activity is helpful for improving cardiovascular health.

So, it is safe and effective to do HIIT 5 days a week as long as you're not pushing your limits.



Related Exercises:

- [70 Best Bodyweight Cardio Exercises of All Time](#)
- [12 Week HIIT Program to Burn Fat with Free PDF](#)
- [The Best Weekly HIIT Workout Plan For Newbie & Pro](#)

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