

the 15 minute at-home HIIT workout

Start with 1 rep of each exercise, working through all 6 exercises without rest. Take 30s recovery at the end of that round, then repeat, increasing the number of reps every round. (So set 2 will be 2 reps of each, set 3 is 3 reps, etc.)

Keep rest at the end of each round consistent at 30s. The goal is to reach 10 reps of each exercise by the end of the 15 minutes. Even if you don't, it's fun to watch your abilities progress over a couple of workouts!

Burpees

Focus

Increase HR

Sumo squats

Form

Squat jumps

Increase HR

Alternating lunges

Form

Mountain climbers

Increase HR

Rotating push-ups

Form

Rest 30s, then repeat adding a rep on each round, aiming to get to 10 of each before 15 minutes is up.