



1



BUTT KICK

DIFFICULTY
BEGINNER : 1 SET
INTERMEDIATE : 2 SET
ADVANCED : 3 SET

HIIT WORKOUT

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2



MOUNTAIN CLIMBER

20 SEC
IIIIII▶

10 SEC REST

3



PUSH-UP TOE TOUCH

20 SEC
IIIIII▶

10 SEC REST

4



SKATER

5



BICYCLE CRUNCH

20 SEC
IIIIII▶

10 SEC REST

6



JACK BURPEES

7



LUNGE

20 SEC
IIIIII▶

60 SEC REST / 1 ROUND

8



BIRD DOG

Hiit Cardio Week 1 Aaron Nimmo

Ensheng Dong



Hiit Cardio Week 1 Aaron Nimmo:

Hiit Cardio Week 1 Aaron Nimmo Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Hiit Cardio Week 1 Aaron Nimmo**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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