

6 Bodyweight HIIT Workouts You Have to Try

Summary: If you're looking for a good workout that you can do anywhere, try one of these HIIT bodyweight workouts that require no equipment.

If you've been browsing Pinterest or the internet for workouts, you may have come across the acronym HIIT. HIIT stands for High Intensity Interval Training, which is a workout that consists of intense bursts of activity alternating with periods of less activity or complete rest. Many people are led to believe that spending long periods of time doing steady-state cardio, such as running or the elliptical, is the best way to burn calories and lose weight. However, doing shorter workouts with these intense intervals has been shown to better burn fat during the workout, as well as keep your metabolism burning for longer after your workout as well.

Other benefits of HIIT workouts include efficiency, no equipment necessary, a healthier heart, and fat loss as opposed to muscle loss, which can more frequently occur through steady-state cardio. If you'd like to get started with High Intensity Interval Training, here are six bodyweight workouts that you can try whether you're at home, at the park, or traveling for work.

24 Minute Do-Anywhere HIIT Workout from Greatist



15 Minute Total Body HIIT Workout from Fitness Blender



18 Minute Bodyweight Fat Blasting HIIT Workout from HIIT Academy

HIITACADEMY
 Time: 18 Minutes
 Equipment: None

MUSCLE GROUPS
 LEGS
 TRICEPS
 SHOULDERS
 CORE

COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

CIRCUIT 1
 :30 ALTERNATING LUNGES
 :30 PLANK TUCKS
 :30 REST

CIRCUIT 2
 :30 PIKE PUSH UPS
 :30 MOUNTAIN CLIMBERS
 :30 REST

CIRCUIT 3
 :30 TRIANGLE PUSH UPS
 :30 BURPEES
 :30 REST

CIRCUIT 4
 :30 PLANK
 :30 LEFT SIDE LATERAL PLANK
 :30 RIGHT SIDE LATERAL PLANK

HIITACADEMY.COM @HIITACADEMY

HIIT it Outdoors from FitFluential

HIIT it
 Outdoors

Warm up: 5 minute easy run/walk
 25 Jumping Jacks

Set #1
 15 Burpees
 20 Walking Lunges
 25 Squat Jumps
 30 Plank (count to 30)
 Run (fast) 30 seconds

Set #2
 15 Pushups
 20 Split Squat Jump
 25 Wide Leg Squat
 30 Side Plank
 Run (fast) 30 seconds

Set #3
 15 Mountain Climbers
 20 Back Lunge
 25 Air Squat
 30 Other Side Plank
 Run (fast) 30 seconds

Rest one minute
 between sets.
 Do once through for a
 good workout.
 Do twice through for
 a great workout.

Coach Debbie Run

12-Minute Bodyweight Tabata Workout Series: Lower Body from Pumps & Iron

12-Minute Lower Body HIIT Workout - 3 Tabata Supersets, No...

12-MINUTE TABATA
 SUPERSET WORKOUT

Bodyweight HIIT Cardio Workout from SELF

SELF

CARDIO WORKOUT 1

BODYWEIGHT HIIT

ALL YOU NEED IS 20 MINUTES!

WARM-UP | 5 MINUTES

CIRCUIT 1

REPEAT 3X

HIGH KNEES | 30 SECONDS

REST | 10 SECONDS

JUMP SQUATS | 30 SECONDS

REST | 10 SECONDS

CIRCUIT 2

REPEAT 3X

WALL SIT | 1 MINUTE

REST | 15 SECONDS

PUSH-UPS | 30 SECONDS

REST | 15 SECONDS

CIRCUIT 3

REPEAT 3X

JUMP LUNGES | 30 SECONDS

REST | 10 SECONDS

MOUNTAIN CLIMBERS | 30 SECONDS

REST | 10 SECONDS

COOL-DOWN | 3 MINUTES

GET THE 4-WEEK CHALLENGE AT [SELF.COM/GO/SELF1U](https://self.com/go/selft1u).

SELFXTONE IT UP

CHALLENGE

www.jdjournal.com