

# AT HOME WORKOUT

PRESENTED BY UTTC HEALTH PROMOTIONS

IN LIGHT OF THE RECENT COVID-19 PANDEMIC, UTTC HEALTH PROMOTIONS WOULD LIKE TO PROVIDE YOU WITH SIMPLE & EFFECTIVE WORKOUTS THAT CAN HELP YOU STAY IN SHAPE!

## HIIT

1. TOE-TAPS (20 SECONDS), 10 SEC. BREAK
2. BURPEES (20 SECONDS), 10 SEC. BREAK
3. MOUNTAIN CLIMBERS (20 SECONDS), 10 SEC. BREAK
4. JUMP SQUATS (20 SECONDS), 10 SEC. BREAK

**\*\*3 ROUNDS – 2 MIN. BREAK AFTER EACH ROUND\*\***

**\*\*ADVANCED: 45 SECONDS WITH 15 SEC. BREAK\*\***



WORKOUT



# OF REPS



REST TIME

REPEAT EACH EXERCISE 3X, OR 3 SETS  
ADVANCED MAY PERFORM 5 SETS INSTEAD OF 3