Bodyweight HIIT:

8 exercises 4 rounds
30 seconds ON/ 15 seconds rest

1. Butt kicks
2. Push-ups
3. Squat with air punches when up
4. High plank with alternating shoulder taps OR static plank
5. Bicycles
6. Hip Circles - lie on side with top leg moving to make small circles with foot
7. V ups OR crunches
8. Burpees

Slider HIIT (use socks :D):

8 exercises 4 rounds
30 seconds ON/ 15 seconds rest

1. Jumping Jacks
2. Army Crawl OR static plank
3. 3 point lunge (back, side, curtsy behind other side) OR just regular lunges
4. Arm circles - high plank while making a circular motion with one arm
5. Ladder - quick feet over a line
6. Hamstring curls - both legs at the same time or single leg
7. Mountain climbers OR high knees
8. Side plank

AMANDA JACOBS TOTAL BODY WORKOUT

Cardio and Weights
2 rounds, complete each twice
Rest 1-2 mins between each round
40sec each exercise, 20sec rest between

Round 1:
Cardio: jumping jacks, lateral runs, burpees
Arms: bicep curls, overhead press, tricep dips
Legs: alternating lunges, squats, single leg RDLs (switch legs halfway)
Abs: dead bugs, toe dips, plank

Round 2:
Cardio: skiers, karaoke (grapevine), mountain climbers
Arms: rows, lateral/front raises, chest press
Legs: glute bridges, monster walks, plie squats
Abs: bird dogs, leg lowers, plank

Low impact - take out any jumps and just do arms and stepping
Bodyweight - everything can be done with or without extra weights (use water bottles/household items if you don’t have dumbbells)

Remember, go at your own pace and SMILE (it makes it easier I promise) :)