

# Crossfitconnex Tabata HIIT Workout

## Plan for Beginners

Start slowly with shorter, low-intensity HIIT sessions and focus on proper form. Always warm up before and cool down after your workout. Listen to your body and take rest days to recover.

### Round 1 (4-5 minutes)

- 2 sets of high knees (Perform each for 20 seconds, with a 10-second break. Do them back-to-back or alternate with the other exercises.)
  - 2 sets of plank punches
  - 2 sets of jumping jacks
  - 2 sets of side skaters
- Rest for one minute

### Round 2 (4-5 minutes)

- 2 sets of jump rope
- 2 sets of high/low boat
- 2 sets of line jumps
- 2 sets of push-ups (halfway down if you can't do real)

Rest for one minute

### Round 3 (4-5 minutes)

- 2 sets of burpees (without push up and jumping if you can't do)

- 2 sets of Russian twists)
- 2 sets of  
squats
- 2 sets of  
lunges

**Rest for one minute**

### **Round 4 (4-5 minutes)**

- 2 sets of mountain climbers
- 2 sets of push-ups
- 2 sets of split squats
- 2 sets of box jumps

2 sets of push-ups

2 sets of split squats

sets of box jumps

Cooling down after your workout lets the heart rate and blood pressure slowly recover to preexercise levels. It may be most important for competitive endurance athletes, such as marathoners, to cool down to help control blood flow.