

MFA FITNESS PRESENTS



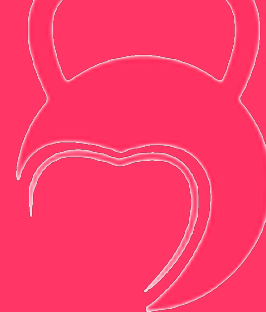
HIIT WORKOUTS

HIGH-INTENSITY INTERVAL TRAINING

Welcome to your HIIT toolkit. The idea is simple — push to your maximum effort during each work interval, then bring your heart rate back down as you recover. Short bursts, real results. Move at your own pace, modify whenever you need to, and celebrate every single round you finish. Let's get to work.

MFA
FITNESS

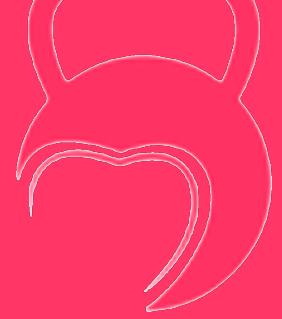
LOCUST GROVE, VIRGINIA



7-Minute Burner

TIME	ACTIVITY
0:00 – 0:30	High Knees
0:30 – 1:00	Rest
1:00 – 1:30	Burpees (to ground)
1:30 – 2:00	Rest
2:00 – 2:30	High Skips
2:30 – 3:00	Rest
3:00 – 3:30	Jump Squats
3:30 – 4:00	Rest
4:00 – 4:30	Mountain Climbers
4:30 – 5:00	Rest
5:00 – 5:30	Jackknives
5:30 – 6:00	Rest
6:00 – 6:30	Jump Lunges
6:30 – 7:00	Rest

Repeat 2–3 rounds, then finish with a 2–3 minute cool-down walk and some gentle stretching. You earned it!



Total-Body AMRAP

AMRAP — complete as many rounds as possible in 30 minutes. Keep your form clean and rest only when you need to.

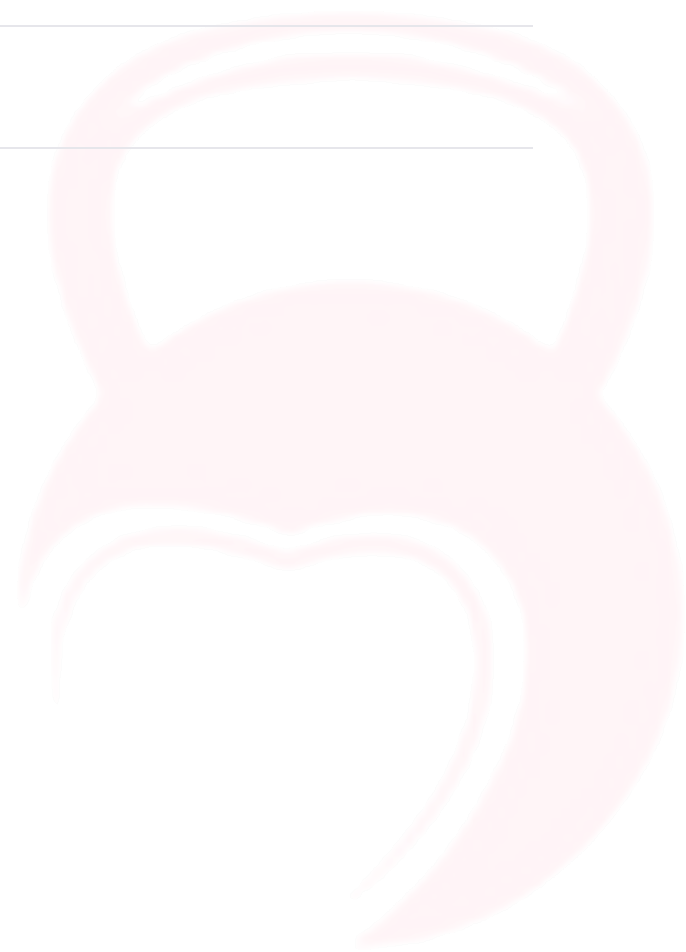
- 15** Dumbbell Squat to Press

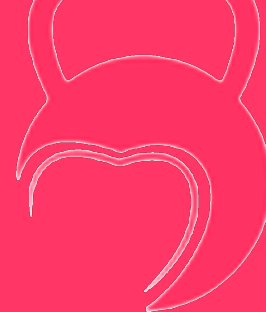
- 20** Plyo Lunges (optional weight)

- 10** Prone Plank Rows (each arm)

- 10** Push-Ups

- 10** Burpees

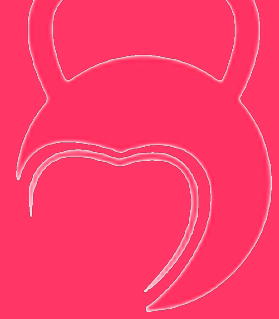




Tabata-Style HIIT

20 seconds work : 10 seconds rest. Perform each exercise this way for the listed number of rounds. Example — 20s Squat Jumps → rest 10s → repeat x6.

EXERCISE	ROUNDS
Squat Jumps	6 rounds
Plank Up-Downs	5 rounds
Mountain Climbers	6 rounds
Power Jacks	5 rounds
Dips	6 rounds
Jump Lunges	5 rounds
Ab Roll-Ups	6 rounds



10-Minute Core Burn

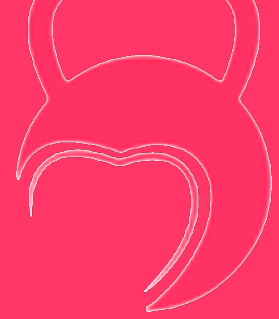
Complete the circuit 3 times through with minimal rest until finished. Breathe, brace your core, and stay steady.

1 min Tension Plank — full-body tension

1 min Hip Taps

1 min Deadbug — 30s per side





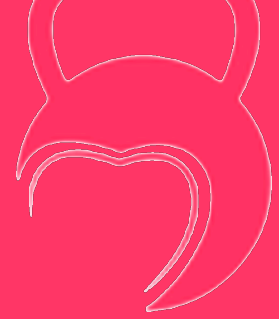
Hill Sprint Intervals

All you need is yourself, a pair of running shoes, and a nearby hill. Your uphill sprints should feel so hard you don't think you could last a second longer — that's the sweet spot.

0:00 – 0:30 **Sprint Uphill**

0:30 – 2:30 Rest — walk slowly, catch your breath

Repeat for 6–8 rounds! Finish with a 5-minute cool-down jog easing into a walk after your last sprint, and be sure to stretch afterward.



Total Body Tabata

Repeat each set of two exercises for 4 rounds (4 minutes per working round). Rest 1 minute between Tabata sets before moving on.

TABATA 1

Repeat 4x

0-20s Jump Lunges

20-30s Rest

30-50s Plank Jacks

50-60s Rest

TABATA 2

Repeat 4x

0-20s Froggers

20-30s Rest

30-50s Bicycle Crunches

50-60s Rest

TABATA 3

Repeat 4x

0-20s High Knees in Place

20-30s Rest

30-50s Push-Ups

50-60s Rest

TABATA 4

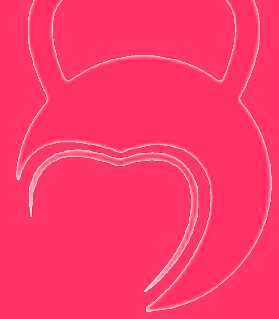
Repeat 4x

0-20s Jump Squats

20-30s Rest

30-50s Lateral Hops

50-60s Rest



15 / 30 AMRAP

Perform 5 minutes each, as many reps as possible! Rest only between each AMRAP.
Goal — go for 2 full rounds!

LOWER BODY

5 MIN

- 10 Tuck Jumps
- 10 Runner-Stance Heel Touches
- 10 Single-Leg Glute Bridges (per leg)

ABS

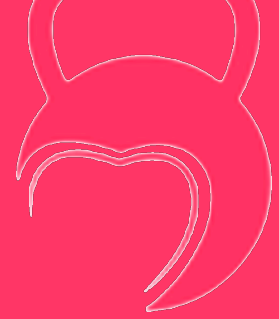
5 MIN

- 10 In & Outs
- 30 Cross-Body Straight-Leg Bicycles
- 10 Superman Lifts

UPPER BODY

5 MIN

- 5 Push-Ups
- 10 Plank to Pike Toe Touches
- 10 Frog Stamp Jumps



Lower-Body Burn

Perform as many rounds as possible in 25 minutes. Rest as needed — but challenge yourself and keep moving!

- 15** Jump Squats

- 20** Bodyweight Squats

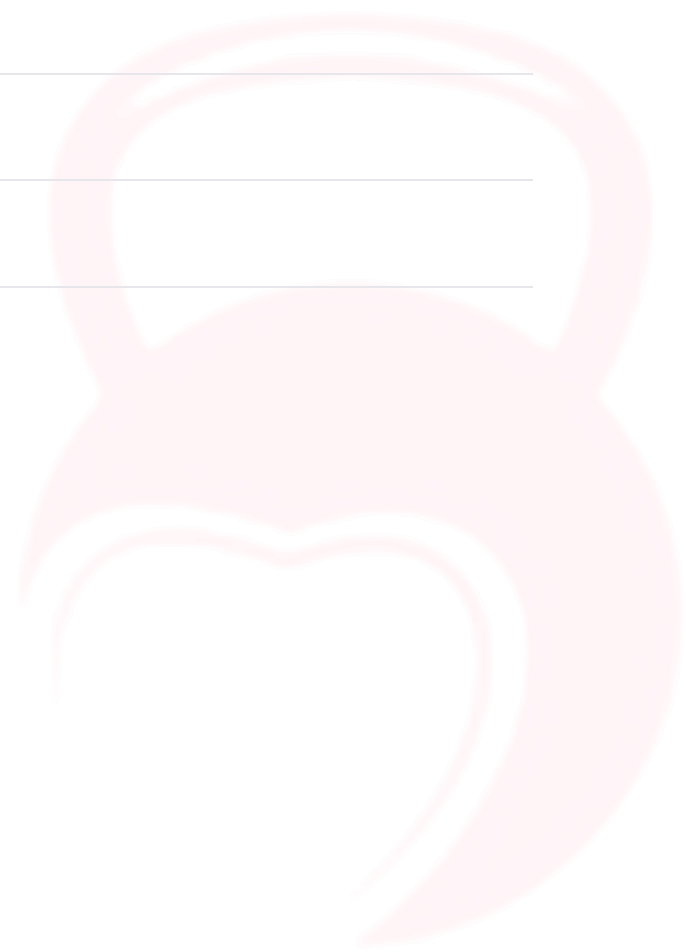
- 12** Walking Lunges (per leg)

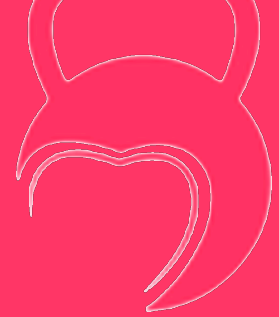
- 12** Knee-Ups (per leg)

- 10** Burpees

- 10** Squat Presses

- 12** Step-Ups (per leg)





20-Minute Express

SET 1

EXERCISE	TIME
High Knee Running	20s
Diagonal Jump-Ups	20s
Burpees	20s
Rest	60s

Perform 5 rounds — 10 minutes total.

SET 2

EXERCISE	TIME
Ankle Touches	20s
Squat Jumps	20s
Push-Up + Jump In/Out	20s
Rest	60s

Perform 5 rounds — 10 minutes total.