

HIIT/PUP WORKOUT BUILDER

Focus:

Duration:

Equipment:

Instructions *Choose Your Format:*

A. Focused

Perform each exercise for ____seconds, followed by ____seconds rest.

Complete ____rounds of each exercise before moving to the next.

Rest ____seconds between exercises.

B. Circuit

Perform all exercises in sequence for ____seconds each with ____seconds rest between.

After completing all exercises, rest ____seconds. Repeat for ____total circuits.

Exercises:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Notes: