



15 Mins of HIIT SWEAT Workout
Courtesy of Brad Gouthro Fitness

Total time: 15 mins (approx.)

Rest time: 10 sec rest between exercises. Rest 60 seconds after each circuit.

Exercise:

1a. Mountain Climbers x 30 sec

1b. Agility Ladder In/Out Quick Feet x 30 sec

1c. Moving Pushup Into 1/2 Burpee x 30 sec

1d. Agility Ladder Side In/Out Into Backward Hops Into Burpee x 30 sec

1e. Agility Ladder Split Squat Into In/Out Quick Feet Into Double Hop x 30 sec

1f. Moving Pushup Into 1/2 Jump Burpee x 30 sec

Repeat for a total of 3 circuits.

Full workout video at: <http://www.bradgouthrofitness.com/15-mins-of-hiit-sweat-workout>

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