

## **WORKOUT #2: HIIT IT WITH SUPERSETS SUPERSET - HIIT COMBOS**

### **Combo 1:**

Chest Flye + Leg Extension (1:00 min)  
Walkout to Pushup (1:00 min)  
Squat Jumps (50 sec)

### **Combo 2:**

Reverse Flye (1:00 min)  
Plank Row (1:00 min)  
Mountain Run (50 sec)

### **Combo 3:**

3-Way Bicep Curl (1:00 min)  
Half to Full Curl (1:00 min)  
High Knee Ankle Tap Run (50 sec)

### **Combo 4:**

Kneeling O/H Extension (1:00 min)  
Plank Walk + Elbow to Hand Plank (1:00 min)  
Plank Twist (50 sec)

### **Combo 5:**

DB Lateral Raise (1:00 min)  
DB Squat + Curl & Press (1:00 min)  
Skater Reachdown (50 sec)

### **Combo 6:**

DB Squat + Lunge (1:00 min)  
Single Leg Deadlift (R), (L) (1:00 min each)  
Squat Jumps (50 sec)

**REPEAT 1-2x**

*April Eve* FITNESS