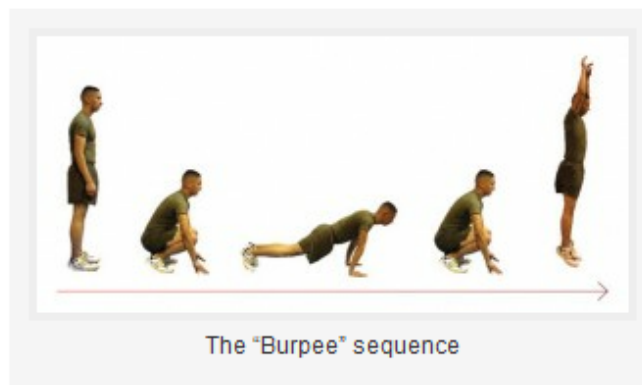


I put together a lot of bootcamp-type workouts for my clients and my site subscribers. Here's a sample of 10 workouts that can be done anywhere, anytime. The ability level varies, so try only what you're comfortable with. Anyone who would like a personal consult or a training plan developed specifically for him/her, please let me know and we will work together to get you exactly what you need!

10 Simple HIIT Workouts...

NOVEMBER 26, 2012 BY [STRONGFIGURE](#) [2 COMMENTS](#)

... That will boost your metabolism and help shed fat all day long.



Try out these workouts for better fat loss results. Complete three per week, or add them to your already-in-place lifting routine. New to HIIT? Start with one per week and gradually add in more as you become better, quicker, and stronger.

- 5 Rounds for time: run 200 meters, complete 20 squats, then 10 pushups.
- 4 rounds for time: 10 squat jumps, 10 pushups, 10 frog leaps, 10 burpees
- 5 rounds for time: Run .25 of a mile, complete 10 squat jumps, 15 pushups, 20 situps
- 10 rounds for time: 100 jumps with a jump rope (squat jumps if no rope), 10 burpees
- 10 rounds for time: 10 burpees, 100 meter sprint, 10 double unders (if you can't do double unders, 300 regular jumps)
- 10 rounds for time: 10 pushups, 100 meter sprint, 10 30-second plank holds
- 3 rounds for time: 15 handstand pushups (or 25 regular) and 200 meter run
- 15 rounds for time: 15 pushups, 15 squats
- 10 rounds for time: 10 pushups, 10 squats, 10 situps, 10 mountain climbers
- 10 rounds for time: 10 hand-release pushups, 10 v-sits, 10 squat jumps