



# 15-MINUTE BEGINNER HIIT WORKOUT

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REPEAT 2-3X

## FIRST SET

25 Jumping Jacks  
20 Reverse Lunges (10/ leg)  
:60 Rest

## SECOND SET

15 Mountain Climbers  
10 Jump Squats  
:60 Rest

## THIRD SET

5 Burpees  
:60 Rest