Thanksgiving HIIT workout

Complete in order, do each exercise for 20 seconds, rest for 10 seconds between exercises. When you spell out GRATEFUL you've finished one round. Do as many rounds as you can, resting for about 2-3 minutes between rounds. The goal is to push hard during the 20 second intervals. Think about 'maxing out' (it's different for every exercise & every person!) You should be breathless & working hard by the end of each GRATEFUL round.

Goblet Squats

Hold a weight, small child, or your Thanksgiving turkey at chest level - keep chest lifted, elbows down. Squat up & down as fast you can - keep weight in heels driving through glutes and back of legs.

Renegade Row

Start in high plank position - with or without weights next to your hands. Hold plank as you row your elbow back and up - either with the weight or w/out. Move quickly, but focus on squeezing between shoulder blades while maintaining stability of plank.

Alpine Skiers

Keeping feet and knees hip width apart, move quickly side-to-side like you are doing tight mogul turns.

Triangle Push-ups

Place hands under shoulders putting pointer fingers and thumbs of each hand together to form a triangle. Keeping a stable core, do a push-up. The majority of the work should be in the triceps (back of arm). Walk knees in as needed to maintain full range - 90 degrees in elbow.

Elbow to Knee Mountain Climbers

In high position take left knee to left elbow then right knee to right elbow. Alternate as quickly as you can to elevate heart rate.

Fast Feet

Stand with feet out wide and quickly alternate lifting feet just a few inches off the ground moving as quick as you can. Think tap drill or football feet.

Upper Cuts

Get low in an athletic stance (feet just outside hip width, core braced, chest lifted), hands clenched out in front of you with palms facing you. Pull up elbow back and then push fist up quickly & forcefully, alternate sides moving quickly. Be careful not to swing arms.

Lateral Skaters

Get low in athletic stance and skate side-to-side as quickly as you can. Stay low & loaded into the legs landing softly.

Proximal 50