

# 2018 **Rocktober** Functional Fitness.

## **8-Minute H.I.I.T Workout**

- *Perform each of the following exercises for 30 seconds;*
- *Rest for 10 seconds in between each exercise.*

1. Jumping Jacks
2. Spiderman Crawl
3. Modified Table Makers
4. Mountain Climbers
5. Alternating Reverse Lunge
6. Back Bridge
7. Shoulder Taps
8. Bodyweight Squats
9. High Knee March
10. Plank
11. Push-Ups
12. Wall Sit

- *Challenge your tempo as you move through this circuit;*
- *Perform this circuit once, gauge your level of fatigue and repeat again if time and ability allow;*
- *For exercise descriptions go to [www.functionalfitness.ca/rocktober](http://www.functionalfitness.ca/rocktober)*

**Are You Ready?**

