

BMS HIIT Summer Schedule

(x3 circuits with 30 sec exercise intervals and 15 sec recovery in between)

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
3 Jumping Jacks Push-ups High Knees Squat Jumps Burpees	4 Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers	5 Jumping Jacks Push-ups High Knees Squat Jumps Burpees	6 Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers	7 Jumping Jacks Push-ups High Knees Squat Jumps Burpees
10 High Knees Jumping Jacks Heel Kicks Burpees Mountain Climbers	11 Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)	12 High Knees Jumping Jacks Heel Kicks Burpees Mountain Climbers	13 Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)	14 High Knees Jumping Jacks Heel Kicks Burpees Mountain Climbers
17 Squat Jumps Lunges Plank Push-ups Sit-Ups	18 Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats	19 Squat Jumps Lunges Plank Push-ups Sit-Ups	20 Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats	21 Squat Jumps Lunges Plank Push-ups Sit-Ups
24 Flutter Kick Plank Jacks Push-Ups Burpees Plank	25 Side Lunge Reverse Lunge Squat Jumps Mountain Climbers Squats	26 Flutter Kick Plank Jacks Push-Ups Burpees Plank	27 Side Lunge Reverse Lunge Squat Jumps Mountain Climbers Squats	28 Flutter Kick Plank Jacks Push-Ups Burpees Plank

August

(x3 circuits and 30 sec intervals with a 15 sec recovery in between)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers</p>	<p>1</p> <p>Jumping Jacks Push-ups High Knees Squat Jumps Burpees</p>	<p>2</p> <p>Flutter Kick Plank Jacks Push-Ups Burpees Plank</p>	<p>3</p> <p>Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)</p>	<p>4</p> <p>Squat Jumps Lunges Plank Push-ups Sit-Ups</p>
<p>7</p> <p>Flutter Kick Plank Jacks Push-Ups Burpees Plank</p>	<p>8</p> <p>Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers</p>	<p>9</p> <p>Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats</p>	<p>10</p> <p>Side Lunge Reverse Lunge Squat Jumps Mountain Climbers Squats</p>	<p>11</p> <p>Jumping Jacks Push-ups High Knees Squat Jumps Burpees</p>
<p>14</p> <p>Side Lunge Reverse Lunge Squat Jumps Mountain Climbers Squats</p>	<p>15</p> <p>Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats</p>	<p>16</p> <p>Squat Jumps Lunges Plank Push-ups Sit-Ups</p>	<p>17</p> <p>Flutter Kick Plank Jacks Push-Ups Burpees Plank</p>	<p>18</p> <p>Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)</p>
<p>21</p> <p>Squat Jumps Lunges Plank Push-ups Sit-Ups</p>	<p>22</p> <p>Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers</p>	<p>23</p> <p>Flutter Kick Plank Jacks Push-Ups Burpees Plank</p>	<p>24</p> <p>Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)</p>	<p>25</p> <p>Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats</p>