BMS HIIT Summer Schedule

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

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Jumping Jacks Push-ups High Knees Squat Jumps Burpees	Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers	Jumping Jacks Push-ups High Knees Squat Jumps Burpees	Heel Kicks Squat Punches Bicycle Crunches Lunges Mountain Climbers	Jumping Jacks Push-ups High Knees Squat Jumps Burpees
10	11	12	13	14
High Knees Jumping Jacks Heel Kicks Burpees Mountain Climbers	Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)	High Knees Jumping Jacks Heel Kicks Burpees Mountain Climbers	Push-Ups Plank Squats Side Plank (Right) Side Plank (Left)	High Knees Jumping Jacks Heel Kicks Burpees Mountain Climbers
17	18	19	20	21
Squat Jumps Lunges Plank Push-ups Sit-Ups	Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats	Squat Jumps Lunges Plank Push-ups Sit-Ups	Burpees Bicycle Crunches Jumping Jacks Mountain Climbers Squats	Squat Jumps Lunges Plank Push-ups Sit-Ups
24	25	26	27	28
Flutter Kick Plank Jacks Push-Ups Burpees Plank	Side Lunge Reverse Lunge Squat Jumps Mountain Climbers Squats	Flutter Kick Plank Jacks Push-Ups Burpees Plank	Side Lunge Reverse Lunge Squat Jumps Mountain Climbers Squats	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
31	1	2	3	4
Heel Kicks	Jumping Jacks	Flutter Kick	Push-Ups	Squat Jumps
Squat Punches	Push-ups	Plank Jacks	Plank	Lunges
Bicycle Crunches	High Knees	Push-Ups	Squats	Plank
Lunges	Squat Jumps	Burpees	Side Plank (Right)	Push-ups
Mountain Climbers	Burpees	Plank	Side Plank (Left)	Sit-Ups
7	8	9	10	11
Flutter Kick	Heel Kicks	Burpees	Side Lunge	Jumping Jacks
Plank Jacks	Squat Punches	Bicycle Crunches	Reverse Lunge	Push-ups
Push-Ups	Bicycle Crunches	Jumping Jacks	Squat Jumps	High Knees
Burpees	Lunges	Mountain Climbers	Mountain Climbers	Squat Jumps
Plank	Mountain Climbers	Squats	Squats	Burpees
14	15	16	17	18
Side Lunge	Burpees	Squat Jumps	Flutter Kick	Push-Ups
Reverse Lunge	Bicycle Crunches	Lunges	Plank Jacks	Plank
Squat Jumps	Jumping Jacks	Plank	Push-Ups	Squats
Mountain Climbers	Mountain Climbers	Push-ups	Burpees	Side Plank (Right)
Squats	Squats	Sit-Ups	Plank	Side Plank (Left)
21	22	23	24	25
Squat Jumps	Heel Kicks	Flutter Kick	Push-Ups	Burpees
Lunges	Squat Punches	Plank Jacks	Plank	Bicycle Crunches
Plank	Bicycle Crunches	Push-Ups	Squats	Jumping Jacks
Push-ups	Lunges	Burpees	Side Plank (Right)	Mountain Climbers
Sit-Ups	Mountain Climbers	Plank	Side Plank (Left)	Squats