

Low Impact HIIT Workout with Sydney Torabi

We'll cover this workout in class.

Warmup:

Start with an 8-to-10-minute warmup.

Low Impact HIIT* Workout:

5 rounds of continuous intervals – 45 seconds working, 15 seconds resting.

1. Halo Slams

Begin with your feet double-shoulder-width apart. Clasp your hands together in front and swing your arms in a halo motion around your head. Slam your hands back down towards your belly button and repeat.

2. Mountain Climbers

Begin in a high plank position. Bring your right knee towards your right elbow and extend your leg back to plank position. Alternate with your left knee and left elbow and repeat.

3. Squat to Lunge Rotation

Begin standing with your feet hip-width apart and fists resting on your hips. Sidestep into a wide squat, lowering into a 90-degree knee bend. Reverse the movement by stepping back into the lunge position and hitting that knee bend at the bottom.

4. Froggers

Begin in a high plank position, then jump forward into a wide squat stance. Your knees and feet should land just outside of your elbows. Jump back into the plank position and repeat.

*High Intensity Interval Training

Cooldown:

5 minutes

End your workout with a 5-minute cooldown.



Pumpkin Pie Spiced Oats

Try this post workout recipe after the class.

Ingredients:

- ½ cup prepared oatmeal
- 1 teaspoon pumpkin pie spice
- 1-2 tablespoon pumpkin puree
- 1 serving vanilla protein powder
- 1 tablespoon almond butter
- 1 dash of pink himilayan salt
- ½ sliced banana

Instructions:

1. Grab a large bowl. Add the prepared oatmeal to the bowl.
2. Add in pumpkin pie spice, pumpkin puree, vanilla protein powder, almond butter and pink Himalayan salt.
3. Mix these ingredients thoroughly.
4. Top the bowl with sliced banana pieces.
5. Enjoy every bite!

