



FUNCTIONAL FITNESS, NUTRITION & WELLNESS

Group Fitness Bootcamp Classes
Experience the FIT 1 Difference!
Co-Ed, Women Only / Fit Kids

46 Fieldway Unit #8, Etobicoke, ON
FIT1BOOTCAMP.COM 647.776.7776

QUICK HIIT AFAP: OVERVIEW

3 Rounds AFAP

- **Begin warm up with mobility**
- **Perform 8 exercises for three rounds As Fast As Possible (AFAP)**
- **Record time and post in comments section**
- **Cool down compensation roll and stretch**

If you are without equipment see other options you can do from home.

Warmup

- Neck
- Shoulder Rolls
- Gun Slingers
- Clasped Hand Forward Fold
- Squat to stand + Arm Extension
- Hip Circles
- Knee Circles
- Prisoner Lunge & Twist
- Down Dog / Up Dog
- Hip Swivels

QUICK HIIT CIRCUIT: 3 ROUNDS (AFAP)

1. Skier Dumbbell Swings: **15**
2. Jumping Jacks: **40 secs or 40 reps**
3. Spiderman Plank: **8/8**
4. Stability Ball Hamstring Curl / Lying Hip Extension: **15**
5. Decline Pushup off step/box or other variation: **12**
6. Side Plank with Hip Abduction variation: **20 secs x 2**
7. Dumbbell / Body Weight Sumo Squat: **15**
8. Suspension Inverted Row/ DB Row/ Cobra T-Hold: **15**
(For cobra hold for 30 seconds)

(Hold for 30-60 secs focusing on breath)

Foam Roll

Pigeon

Forearm Frog

Floor Bow / Quad Stretch

Scorpion / Chest Stretch

Spinal Twist Stretch



FUNCTIONAL FITNESS, NUTRITION & WELLNESS

Group Fitness Bootcamp Classes
Experience the FIT 1 Difference!
Co-Ed, Women Only / Fit Kids

46 Fieldway Unit #8, Etobicoke, ON
FIT1BOOTCAMP.COM 647.776.7776