



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HIIT WORKOUT

## DESCENDING HIIT WORKOUT – #2

from John Whitmyre, Health & Wellness Director at the Downtown YMCA

Equipment Needed: Jump Rope (optional)

### Movements:

21-18-15-12-9

AIR SQUATS

PUSH-UPS

JUMP ROPE or HIGH KNEES

Perform 21 reps each exercise,  
then 18 reps each exercise, then 15 reps  
each exercise, then 12 reps each  
exercise, then 9 reps each exercise.  
Take a rest in between sets if needed!

Challenge yourself to repeat the  
workout in reverse, or Facetime a friend  
and see who can run the Descending HIIT  
Workout #2 the fastest!

