



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HIIT WORKOUT

TEETER TOTTER HIIT WORKOUT

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

Body weight squats & push-ups “teeter totter” workout! Challenge your friends to see who can complete all 6 rounds the fastest! Or you can challenge yourself by increasing the difficulty on your moves, like doing squat jumps, slowing down your squats, doing Plyo push-ups and more!

Round 1:

18 squats + 3 push-ups

Round 2:

15 squats + 6 push-ups

Round 3:

12 squats + 9 push-ups

Round 4:

9 squats + 12 push-ups

Round 5:

6 squats + 15 push-ups

Round 6:

3 squats + 18 push-ups

