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!