

GET HEALTHY **U**

12-MINUTE HIIT WORKOUT

For Bad Knees

FRONT KICKS

:30
seconds

15
SECOND
REST



PUNCHING

:30
seconds

15
SECOND
REST



PUSH-UP
RENEGADE ROWS

:30
seconds

15
SECOND
REST



PUSH-UP PUNCH

:30
seconds

15
SECOND
REST

LATERAL SHUFFLE

:30
seconds

15
SECOND
REST



ARMY CRAWL

:30
seconds

15
SECOND
REST



SIT-UP PRESS

:30
seconds

15
SECOND
REST



CROSS-COUNTRY
SKI

:30
seconds

15
SECOND
REST

