

# MUFFIN TOP MELTER

## HIIT STYLE WORKOUT

GET HEALTHY **U**

### BLOCK 1



1. KNEE THRUSTS 2. SKATERS  
3. LATERAL SHUFFLE 4. PLANK JACKS

### BLOCK 2



1. SWEEPING SCISSORS 2. PLANK SIDE LIFT & LOWER  
3. IN N OUT PLANK 4. AB TUCK

### BLOCK 3



1. PLANK TO CHAIR SQUAT 2. SPLIT JUMPS  
3. BURPEES 4. UPPER CUTS

### BLOCK 4



1. SIDE PLANK CRUNCH 2. BICYCLE  
3. ARMY CRAWL PLANK 4. OBLIQUE CRUNCH