

Top 5 Full Body HIIT Workouts

With the summer season in, it is the time to get back in shape. If you reside in Miami, then look for **workout gyms near me**, to begin with, your fitness regime. The best way to burn calories is through HIIT workout exercises. HIIT workout is known for improving the strength and stamina of the body. This form of workout aids to get back in shape quickly.

HIIT workouts strengthen the muscles also. For performing Hiit workouts, equipment are not a requirement. These forms of workouts are the best warming up exercise. Those new to HIIT workouts should consider hiring a **personal trainer Miami**. So here is a list of some no equipment HIIT workouts.



Best No equipment HIIT workouts

HIIT workouts boost immunity and improve the blood circulation of the body. They are the best way to burn calories by putting much strain on the muscles. If you want to do the workouts, visit [HIIT training near me](#) to become versed in its formations. So here's a list of the best HIIT workouts that you can do easily at home.

1. Hand Release Push-Ups

For this workout, you need to start in a standard pushup position and slowly lift the hands off the ground for a few seconds. Then you need to exhale and push the body back into place.

2. Plyo Push-ups

According to trainers at [gyms in midtown Miami](#) in this pushup is meant to strengthen the hand muscles. In it, one needs to give a big push off the floor and lift the hands from the ground to come back to the initial position.

3. Russian Twists

In the Russian twist HIIT workout, you need to sit on the floor with the heels touching the floor. Then it would help if you twisted from side to side. This workout is said to aid in stretching out the side muscles.



4. Single-Leg Burpees

[Personal trainer Miami beach](#) state burpees like squats are the most natural form of workout. In single leg burpees, you need to lower the body into a squat, followed by placing the hands on the floor in front of the feet. Then you need to jump on your feet back with one foot touching the floor. During jumping, the body remains lower to the ground. It is followed by bringing the feet back to the hands and dancing in air on the same foot without letting them touch the ground. The same procedure is repeated with the other leg. The single-leg burpees need to be performed for 30 seconds on each side.

5. Tuck ups

In the tuck ups, you need to lie your back with the straightened arms placed over the head. You then need to crunch the legs to the chest and lift the end off the floor. Then balancing on the glutes, you need to grab the legs. Post it; you need to return to the starting position and repeat the process.

So these are a few HIIT workouts that you can do without any equipment. For more information on HIIT training, visit sweat440.com.