

What Are The HIIT Workout And Exercises For Beginners?

Being new to fitness doesn't imply you can't benefit from high-intensity interval training. HIIT workouts, or high-intensity interval training in [fitness clubs near me](#), have been proven to burn many calories quickly, so you don't have to spend hours at the gym. You'll alternate between times of high exertion (imagine 20 seconds of jumping jacks) and short rest in this form of training or **workout near me**.



If you're new to fitness or resuming after an injury, completing the proper exercises at your speed is key to success. Yes, HIIT workouts and **exercise classes near me** should be challenging, but pushing yourself too hard and too soon can lead to injuries and other setbacks. Your mission is to listen to your body, make any necessary adjustments, and finish each exercise with proper form.

HIIT workouts you can easily do in 30 minutes or less

10 minutes HIIT workout

With this simple HIIT routine in the **gym close to me**, you can work up a sweat in less than the time it would take to drive to your gym. First, you don't need any equipment to jump right in.

Stand with your right foot right in front of your left foot.

Jab, cross, front, (right side).

Raise your arms into a boxing stance. With your right arm, Jab (punch) forward, then with your left arm, throw a "cross" punch, allowing your body to rotate as your left arm crosses across your body to the right. You should cross your right foot, lifting your back heel slightly off the ground.



Sumo squats.

Your feet should be slightly wider than hip-width apart, and you should point your toes at a 45-degree angle. Lower your body until your thighs are parallel to the floor, keeping your weight in your heels, back flat, and chest upright. Push back to the starting posture by using your glutes and quads. Repeat.

Jumping jacks.

Stand tall with your arms at your sides and your feet hip-width apart. Raise your arms high and jump your feet out. Rep as quickly as possible. If a traditional jumping jack is too difficult, try stepping side to side while raising your arms.

20 minutes Hiit workout routine

Experts design metabolic conditioning to maximize your calorie burn. You'll go through five full-body movements in this workout at **Florida Gym**. During each 45-second interval, try to complete as many reps as possible, then rest for 15 seconds before resuming. Place your hands on a stable chair or plyo box instead of the floor if you can't perform a regular push-up. Alternatively, try doing push-ups with your knees on the ground.

Squats: for [HIIT workouts for beginners](#), Add a chair to your squats for more support. Experts advise keeping your feet beneath your hips and your body weight in your heels.

Tricep dips:

1. Place your hands on a chair or a low table with your back to the chair.
2. Put your legs straight out before you and balance on your palms.
3. Lower as far as you can by bending your elbows, then press back up to the starting position.

Conclusion

The above article explains the benefits of HIIT workout training for beginners. The above article mentions the 10- and 20 minutes of HIIT workout training and more. For more information regarding the HIIT workout routine for beginners, please check out [sweat440.com](https://www.sweat440.com)(Global).

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