Melanated & Meducated
Wellness Hub and Medical Student Toolkit

Full Body 30-Minute HIIT Workout

Darian's Dynamic Warm-Up	**0:00 - 0:30 sec.**	Jog in place
	0:30 – 1:00	Butt kicks
	1:00 – 1:30	Arm circles forward
	1:30 – 2:00	Arm circles backward
	2:00 – 2:30	Solider kicks
	2:30 – 3:00	Alternating front lunge
	3:00 – 3:30	Alternating side lunge
	3:30 – 4:00	Jumping jacks
	4:00 – 4:30	Push ups
	4:30 – 5:00	Mountain climbers
5:00 – 5:30 Rest and Grab Water		
Power Mix 1 40 seconds on 20 seconds off	**5:30 – 6:30**	Squat Jumps
	6:30 – 7:30	Lunge pulse (left)
	7:30 – 8:30	Lunge pulse (right)
	8:30 – 9:30	In and Out Squat Jump
9:30 – 10:00 Rest and Grab Water		
Power Mix 2 40 seconds on 20 seconds off	**10:00 – 11:00**	Tricep dips (straighten the legs for a challenge)
	11:00 – 12:00	Straight arm plank alternating shoulder taps
	12:00 – 13:00	Plank walk outs, tap wall, walk in, and stand
	13:00 – 14:00	Pike, alternating knee taps
14:00 – 14:30 Rest and Grab Water		
Power Mix 1 40 seconds on 20 seconds off	**14:30 – 15:30**	Squat Jumps
	15:30 – 16:30	Lunge pulse (left)
	16:30 – 17:30	Lunge pulse (right)
	17:30 – 18:30	In and Out Squat Jump
18:30 – 19:00 Rest and Grab Water		
Power Mix 2 40 seconds on 20 seconds off	**19:00 – 20:00**	Tricep dips (straighten the legs for a challenge)
	20:00 – 21:00	Straight arm Plank alternating shoulder taps
	21:00 – 22:00	Plank walk outs, tap wall, walk in, and stand
	22:00 – 23:00	Pike, alternating knee taps
23:00 – 23:30 Rest and Grab Water		
Cardio Blast 40 seconds on 10 seconds off	**23:30 – 24:20**	Star Jumps
	24:20 – 25:10	Burpees
	25:10 – 26:00	Tuck Jumps
Cool Down	**26:00 – 26:30**	Right arm over left stretch, switch after 15 seconds
	26:30 – 27:00	Right arm overhead tricep stretch, switch after 15 seconds
	27:00 – 27:30	Wide leg, right leg stretch, switch after 15 seconds
	27:30 – 28:00	Feet together, touch toes
	28:00 – 28:30	Right front lunge stretch, switch after 15 seconds
	28:30 – 29:00	Butterfly stretch
	29:00 – 29:30	Sitting, right ankle over left knee stretch. Switch after 15 seconds
	29:30 – 30:00	Cobra stretch for abs