

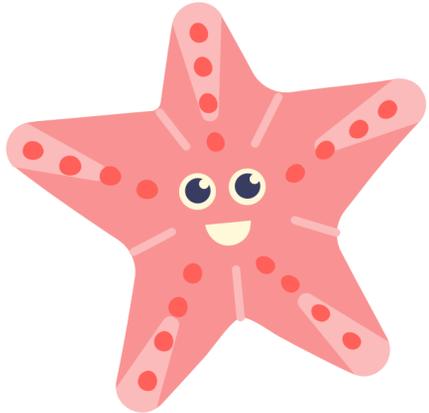
# Animal HIIT

Complete the exercises for 45 seconds with 15 seconds of rest



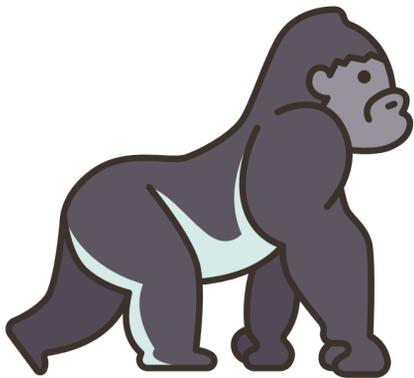
## Frog Jumps

Hop up and down like a frog



## Starfish Jumps

Spread your arms and legs as you jump up



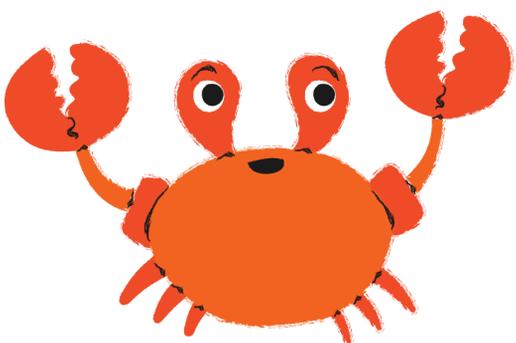
## Gorilla March

Get into a wide, low squat and walk around the room



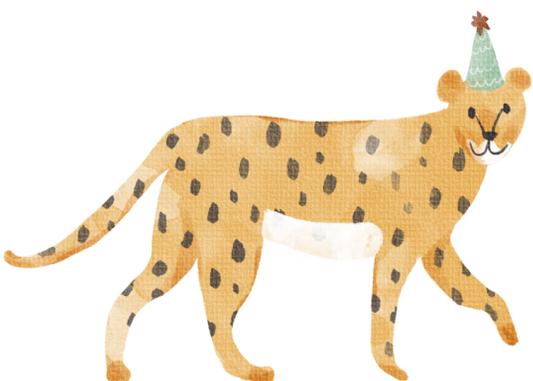
## Bear Crawl

Walk with your hands and feet on the floor



## Crab Shuffle

Sit down and place your palms behind you, lift your hips, and crawl on your hands



## Cheetah Run

Run in place as fast as you can