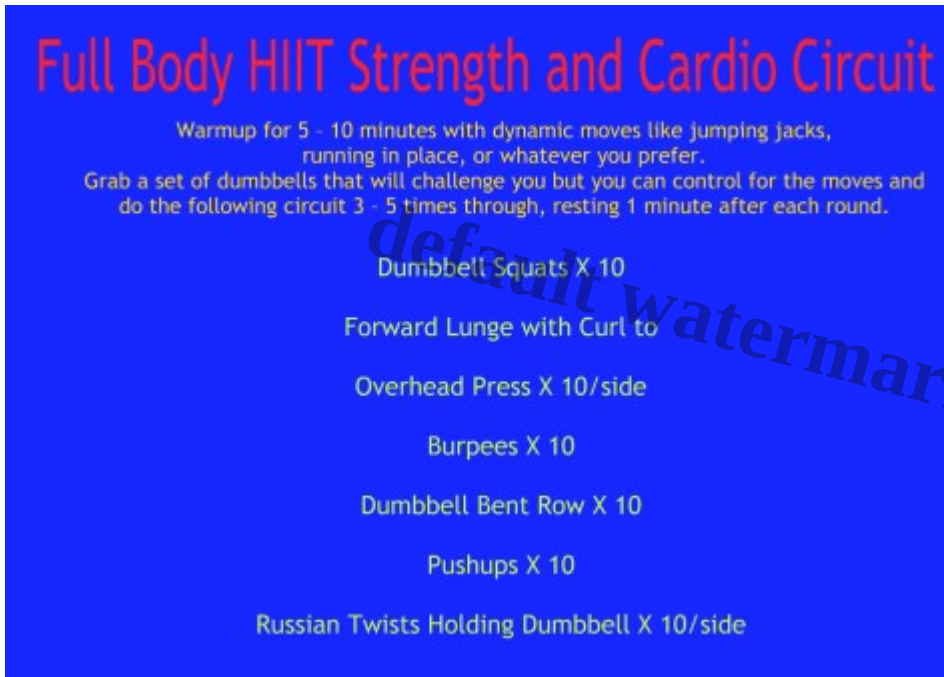


A Full Body HIIT Strength and Cardio Circuit During Naptime

Description

Here's a quick but efficient HIIT circuit I created to knock out during naptime. I love working out with Avery, but sometimes, you just need space. Otherwise, they'll walk right into the dumbbells you are holding as you perform your workout. Not good for anyone!



You might need another pair of dumbbells for the lunges with a curl to overhead press, but work with what you have on hand. Hey, if your kid is awake, use them as the weight!

I put leg work first since legs are such an integral part of our body and literally carry us each and every day at work and at home. Treat them well, keep them strong, and feel awesome! Plus, you need to make sure you're ready for an impromptu playtime session anytime, anywhere.

default watermark

She wouldn't let me cook, so I gave in for a little #playtime in the #kitchen. #daddysgirl #crazykid #toddler #loveher

A photo posted by RC Liley (@going_dad) on Oct 8, 2015 at 12:33pm PDT

What I love about this circuit is that it can be tailored to any fitness level depending on the weight used, rounds completed, and intensity it's performed. Even if you have only one set of weights, try completing the circuit faster than the last time.

With the colder weather setting in, I love having routines like this to satisfy my need for fitness while staying indoors. Give it a go and please, let me know what you think. Looks like Avery is ready to rock!



Guess that means no naptime!..

Date Created
2015/11/20