



## HIIT IT Program

Do one HIIT exercise throughout the day one to several times

Choose one:  
Marching in place



**Marching in Place**  
Progress this by lifting your legs higher.

Overall Micro HIIT Video

Choose one:  
Running in Place



**Running in Place**  
Progress this by lifting your legs higher.

Overall Micro HIIT Video

Choose one:  
Skipping Rope without Rope



**Skipping Rope without Rope**  
Start this without feet leaving ground. Progress this by having legs leave ground.

Overall Micro HIIT Video

Choose one: Stair Stepping



**Stair Stepping**  
Go up and down off step by alternating lead leg. Progress this by going faster or using higher step

Overall Micro HIIT Video