



HIIT

WITH ALEX

Week 1

[Day 1 - HIIT it ALL](#)

[Day 2 - Weighted HIIT with Alex](#)

[Day 3 - HIIT Extra](#)

[Day 4 - HIIT Glutes and CoreDay](#)

[Day 5 - Complete HIIT with Alex](#)

[Day 6 - HIIT Cardio Abs](#)