

HIGH INTENSITY INTERVAL TRAINING AND TONE



MSP HIIT & TONE

20 MINUTE BODY WORKOUT

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MSP HIIT & TONE

20 MINUTE BODY WORKOUT

After being asked numerous of times if I could put together at home plans for people, I finally decided to design a whole body workout program structured to help you get fit and toned in weeks.

I split the body into different sections so you can plan your workouts around your week, and exercise when it suits you!

20 minutes a day to workout isn't hard to find even for the busiest of people. You could smash it out before you hit the shower or breakfast, just wake up half hour earlier and do it next to your bed as you don't need much room! It's a refreshing workout that will certainly make you feel amazing.

This plan isn't just for people who don't want to go to the gym; this plan might be the new stimulus your training needs to mix it up a bit or as extra cardio instead of using the boring treadmill.

This plan is good for

~ WEIGHT LOSS

~ TONING

~ FITNESS

I can't tell how much I love these workouts, and I incorporate them in most of my client's training, and they all say that they are amazing, and they love that it only takes 20 minutes! They have all seen results from doing them, and they all continue to do them at home.

To get the best results you need to work hard and give it all you have got and always try to push it even more the next time you do it.

It's only 20 minutes of your day to workout by yourself or with a friend, so give it everything, sweat loads, get tired and when you feel like giving up just push through and make yourself proud. You will see the results much quicker if you stay dedicated and EAT CLEAN.

Toned abs and flat tummies are made in the kitchen so maximise your results and download the "[MSP LEAN FEMALE | MEAL PLAN](#)" or watch what you eat, stay hydrated and train hard, you will achieve the body you want!

YOU CAN DO IT! JUST WORK FOR IT!

Danielle Daisy

MSP HIIT & TONE

20 MINUTE BODY WORKOUT

WARM UP ZONE

COMPLETE: 1 MINUTE (ON EACH)

REPEAT: 2x

ALTERNATE BUTT KICKS

HIGH KNEES

STAR JUMPS



COOL DOWN ZONE

COMPLETE: 30 SEC (ON EACH)

REPEAT: 2x

CHILDS POSE

CAT STRETCH

DOWNWARD DOG



MSP HIIT & TONE

20 MINUTE BODY WORKOUT

Fullbody Blast

LEVEL: BEGINNER

WORKOUT TIME: 20 MINS

STYLE: BODYWEIGHT

ROUND ONE

20x SQUAT JUMPS

10 SECOND REST



40x LUNGES (20 Each Side)

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO ROUND TWO

SQUAT JUMPS



ALTERNATE LUNGES



BURPEES



PUSH UPS



ROUND TWO

10x BURPEES

10 SECOND REST



10x PUSH UPS

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO ROUND THREE

ROUND THREE

40x MOUNTAIN CLIMBERS

10 SECOND REST



20x SUPERMANS

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO COOL DOWN

MOUNTAIN CLIMBERS



SUPERMANS



MSP HIIT & TONE

20 MINUTE BODY WORKOUT

Upper Body Tone

LEVEL: BEGINNER

WORKOUT TIME: 20 MINS

STYLE: BODYWEIGHT

ROUND ONE

20x ROLLING SIDE PLANK

10 SECOND REST



10x BURPEES

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO ROUND TWO

ROLLING SIDE PLANK



BURPEES



PIKE PUSH UPS



BEAR CRAWLS



ROUND TWO

10x PIKE PUSH-UPS

10 SECOND REST



15x BEAR CRAWLS

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO ROUND THREE

ROUND THREE

20x TRICEP DIPS

10 SECOND REST



30 SEC SPRINTS

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO COOL DOWN

TRICEP DIPS



ON THE SPOT SPRINTS



MSP HIIT & TONE

20 MINUTE BODY WORKOUT

Abs & Cardio

LEVEL: BEGINNER

WORKOUT TIME: 20 MINS

STYLE: BODYWEIGHT

ROUND ONE

30 SEC HOLD PLANK

10 SECOND REST



20x SUPERMAN PLANK CRUNCHES

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO ROUND TWO

PLANK



SUPERMAN PLANK CRUNCHES



SIT THROUGHS



LEG RAISES



ROUND TWO

20x SIT THROUGHS

10 SECOND REST



15x LEG RAISES

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO ROUND THREE

ROUND THREE

30x BICYCLE CRUNCHES

10 SECOND REST



20x KNEE RAISES

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO COOL DOWN

BICYCLE CRUNCHES



KNEE RAISES



MSP HIIT & TONE

20 MINUTE BODY WORKOUT

Lower Body Shape

LEVEL: BEGINNER

WORKOUT TIME: 20 MINS

STYLE: BODYWEIGHT

ROUND ONE

10x TUCK JUMPS

10 SECOND REST



20x SQUAT SIDE KICK

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO ROUND TWO

TUCK JUMPS



SQUAT SIDE KICK



GLUTE BRIDGE



JUMPING SQUAT



ROUND TWO

20x GLUTE BRIDGE

10 SECOND REST



15x JUMPING SQUATS

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO ROUND THREE

ROUND THREE

20x LUNGE FRONT KICKS

10 SECOND REST



20x DONKEY KICKS

10 SECOND REST

REPEAT 3 TIMES

THEN MOVE ON TO COOL DOWN

LUNGE FRONT KICK



DONKEY KICKS





TAKE THE NEXT STEP

WHY NOT TRY
PERSONAL TRAINING
OR
ONLINE COACHING

TO TAKE YOUR FITNESS TO THE NEXT LEVEL
AND REALLY GET THE BODY YOU HAVE ALWAYS
DREAMED OF!

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