

### TIP

Check out Fitness Blender on YouTube for free HIIT workouts you can do at home - where no one can see you sweat.

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QUICK AND FAST RESULTS

## HARD AND FAST RULES

Up your game and boost your metabolism with PT Anna Reich's home-or-away quick-fire workouts

These all follow the same formula as Gibala's 60-second workout:



Pick one of these options as your all-out exercise:

### 1 Sky scrapers

**How to:** Start with one knee up, opposite arm up above you and the other hand in front of your face. Jog those knees up, contracting your abs to help pull up your knees, swapping arms as you go. Your 'rest period' is a march.

**Works:** Glutes, quads, shoulders, abs

**Intensity:** Hold on to weights or water bottles and add some ankle weights. No slowing down!



### 2 Squatting punches

**How to:** Sit in a semi-squat and bring your fists up to your face. Punch fast, using your core so you're not throwing your arms out. Use muscle not momentum! Your glutes and thighs should be working hard to maintain that seated position. Your 'rest period' is a soft squat side-step.

**Works:** Glutes, quads, back, shoulders, abs

**Intensity:** Drop your squat lower.

### 3 Pillow fight

**How to:** Kneel on something soft then grab a pillow by the corners. Take it up and around to the left, slam it down, fast, and repeat to the right. Tighten your core and glutes. For your 'rest period' is when you lift your bottom from your heels, coming up on to your knees.

**Works:** Core, shoulders, glutes, quads, abs

**Intensity:** Stuff a towel inside to add weight.

