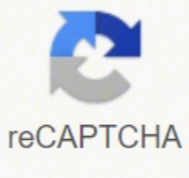




I'm not robot



Continue

How to do hiit without equipment

Kathryn Wirsing You don't need a gym membership, fancy equipment, or even much space to get in a great sweat. In fact, you can do this 30-minute HIIT workout at home without any equipment at all. All you need is enough space to crank out a burpee (about the size of a yoga mat) in order to reap the benefits of this efficient, effective workout. After all, high intensity interval training, (HIIT for short) helps you build strength and boost your cardio at the same time. Plus, it burns 25 to 30 percent more calories than resistance training, cycling, and treadmill running, so you reap more benefits in a shorter amount of time, according to a study published in the Journal of Strength and Conditioning Research. HIIT also comes with all kinds of other perks, like strengthening your heart, helping to lower blood pressure, and even increasing your metabolism and calorie burn post-exercise (a bonus known as EPOC). Yep, you really can score all of this all without leaving your living room. This is particularly helpful if you're working from home right now. If you are, scheduling workouts, you know, like you used to schedule meetings, can help you break up your day and ensure your staying active consistently while you're staying home. Plus, adding them to your calendars and setting a notification will give you something to look forward to as well. Try doing HIIT workouts like this one two to three times per week for best results, just make sure you're giving yourself at least two days to recover in between. Ready to get your HIIT on at home? This full-body, 30-minute HIIT workout is a one-way ticket to feeling fitter, more energized, and all-around happier. Oh, and it's great for all fitness levels. Time: 30 minutes Equipment: None Good for: full body Instructions: Go through each exercise below in order (some of the moves will repeat throughout the workout). Complete the indicated reps and then continue to the next move, taking rest as noted. Once you've completed all 29 HIIT exercises, rest for one minute, then repeat the entire circuit one more time. How to: Start standing at back of mat with feet under hips and arms at sides. Bend over and place palms on the floor then walk hands out to a high plank position, so shoulders are directly over wrists. Pause, then reverse the movement to return to start. That's one rep. Complete 10. How to: Start standing with feet together and arms at sides. Bend left leg and raise heel to glute, then quickly return it to start and repeat on the right side. That's one rep. Complete 10. How to: Start standing with feet hip-width apart and arms at sides. Bring arms out wide. Then lift left knee toward chest while wrapping arms around shin. Hug leg toward body, then place it down and re-extend arms wide. Now, lift right knee and repeat. That's one rep. Complete 10. 4 Alternating Low Lunge With Rotation How to: To start, from a high plank, bend left knee, and bring foot forward to rest outside of left hand. Lift left arm into the air and twist torso toward left leg. Replace hand on floor and step back to high plank, then repeat on right side. That's one rep. Complete 10 then move immediately to the next exercise. How to: Start in a high plank position. Keep hips level while driving right knee toward chest, return to a plank and quickly repeat with left knee. That's one rep. Complete 20 then move immediately to the next exercise. How to: To start, stand in center of mat with feet together and arms at sides. Then, simultaneously raise arms out and overhead while jumping feet out past shoulders. Without pausing, quickly reverse the movement. That's one rep. Complete 20 then move immediately to the next exercise. How to: Start in a forearm plank position. Jump feet out past shoulders to a wide "V" shape, then jump them back in again. That's one rep. Complete 20 then move immediately to the next exercise. 8 Side Forearm Plank To Forearm Plank How to: Start in a side forearm plank position, with right forearm on floor, parallel to top of mat, elbow under shoulder, left arm extended straight in air at shoulder height, feet staggered and flexed. Rotate body forward toward mat and place left forearm down on floor behind and parallel to right coming into a forearm plank. Then, drop heels to left side and rotate body toward right side coming into a side forearm plank of opposite side. That's one rep. Complete 5. Rest for one minute. Then continue to the next exercise. How to: Start standing with feet shoulder-width apart, toes forward, arms at sides. Bend knees, stick butt back, and lower down into a squat, bringing hands together in front of chest. Then explosively jump up as high as possible off floor, swinging arms straight behind body for momentum. Land softly on the balls of feet and immediately lower into next squat. That's one rep. Complete 20 then move immediately to the next exercise. How to: Start standing with feet together and arms at sides. Bend knees to crouch down, bringing fingers to hover above toes. Then jump up into air bringing legs straight and wide outside of shoulders and arms out overhead, forming "X" with body. Softly land back into a crouch. That's one rep. Complete 20 then move immediately to the next exercise. How to: Start facing sideways at back of mat with feet together, right heel high, knees bent, torso tilted slightly forward, right arm extended straight behind body and left arm bent across chest. Lift right foot and take a wide step to the right, then bring left foot to meet it, balanced on ball of foot, switching arm positions. Reverse the movement to return to start. That's one rep. Complete 10 then move immediately to the next exercise. How to: Start in a lunge with right leg forward and left back, both bent at 90 degrees, right arm straight at side, and left arm bent, hand in line with chin. Jump up quickly off floor, switching legs in midair to land in lunge with left left forward. That's one rep. Continue alternating for 10 reps then move immediately to the next exercise. How to: Start standing with feet together and arms at sides. Bend knees to crouch down, bringing fingers to hover above toes. Then jump up into air bringing legs straight and wide outside of shoulders and arms out overhead, forming "X" with body. Softly land back into a crouch. That's one rep. Complete 20 then move immediately to the next exercise. How to: Start in a squat with feet shoulder-width apart and arms bent, hands in front of chest. Bend over to place hands on the floor in front of toes, then jump feet back into a high plank position, shoulders stacked over wrists. Reverse the movement to return to start. That's one rep. Complete 20 then move immediately to the next exercise. How to: Start standing at back of mat with feet under hips and arms at sides. Drive left knee up to chest, return foot to floor, and repeat with right, switching feet as fast as possible and pumping arms similar to running motion. That's one rep. Complete 20 then move immediately to the next exercise. How to: Start standing with feet shoulder-width apart, toes forward, arms at sides. Bend knees, stick butt back, and lower down into a squat, bringing hands together in front of chest. Then explosively jump up as high as possible off floor, swinging arms straight behind body for momentum. Land softly on the balls of feet and immediately lower into next squat. That's one rep. Complete 20 then move immediately to the next exercise. How to: Start standing with feet together and arms at sides. Bend knees to crouch down, bringing fingers to hover above toes. Then jump up into air bringing legs straight and wide outside of shoulders and arms out overhead, forming "X" with body. Softly land back into a crouch. That's one rep. Complete 20 then move immediately to the next exercise. How to: Start in a lunge with right leg forward and left back, both bent at 90 degrees, right arm straight at side, and left arm bent, hand in line with chin. Jump up quickly off floor, switching legs in midair to land in lunge with left left forward. That's one rep. Continue alternating for 10 reps then move immediately to the next exercise. How to: Start standing with feet together and arms at sides. Bend knees to crouch down, bringing fingers to hover above toes. Then jump up into air bringing legs straight and wide outside of shoulders and arms out overhead, forming "X" with body. Softly land back into a crouch. That's one rep. Complete 20. Rest for one minute. Then continue to the next exercise. How to: Start standing with feet together and arms at sides. Drive left knee up to chest, return foot to floor, and repeat with right, switching feet as fast as possible and pumping arms similar to running motion. That's one rep. Complete 20 then move immediately to the next exercise. How to: Start in a squat with feet shoulder-width apart and arms bent, hands in front of chest. Bend over to place hands on the floor in front of toes, then jump feet back into a high plank position, shoulders stacked over wrists. Reverse the movement to return to start. That's one rep. Complete 20 then move immediately to the next exercise. How to: Start standing at back of mat with feet under hips and arms at sides. Bend over and place palms on the floor then walk hands out to a high plank position, so shoulders are directly over wrists. Pause, then reverse the movement to return to start. That's one rep. Complete 10 then move immediately to the next exercise. How to: To start, stand with feet hip-width apart, arms at sides at back of mat. Hop up off floor, land softly, then jump body forward into plank position, quickly lowering stomach all the way to the mat. Push back up and reverse movement to return to start. That's one rep. Complete 10 then move immediately to the next exercise. 29 Mountain Climber Lunge How to: Start in a low lunge position with shoulders stacked over wrists and left foot next to left hand. Without letting hands leave the floor, switch leg positions by jumping left leg back and right leg forward. That's one rep. Complete 10 then move immediately to the next exercise. How to: Start standing at back of mat with feet under hips and arms at sides. Bend over and place palms on the floor then walk hands out to a high plank position, so shoulders are directly over wrists. Pause, then reverse the movement to return to start. That's one rep. Complete 10 then move immediately to the next exercise. How to: To start, stand with feet hip-width apart, arms at sides at back of mat. Hop up off floor, land softly, then jump body forward into plank position, quickly lowering stomach all the way to the mat. Push back up and reverse movement to return to start. That's one rep. Complete 10 then move immediately to the next exercise. 29 Mountain Climber Lunge How to: Start in a low lunge position with shoulders stacked over wrists and left foot next to left hand. Without letting hands leave the floor, switch leg positions by jumping left leg back and right leg forward. That's one rep. Complete 10 then move immediately to the next exercise. Rachel is wearing an Ultracor workout set, with Puma sneakers. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

1. **Introduction:** This report details the findings of a comprehensive investigation into the activities of the 'Project Phoenix' group, a clandestine organization operating in the digital sphere. The primary objective was to identify the group's structure, objectives, and the extent of its operations, which have been linked to various cyber threats and data breaches.

2. **Methodology:** The investigation employed a multi-faceted approach, including open-source intelligence (OSINT) gathering, network traffic analysis, and the use of advanced digital forensics tools. The data collected was meticulously analyzed to uncover the group's internal communications and operational procedures.

3. **Findings:** The investigation has revealed that 'Project Phoenix' is a highly organized and technologically sophisticated group. It appears to be involved in a wide range of activities, from cyber espionage to the distribution of malware. The group's operations are primarily conducted through encrypted channels and dark web marketplaces.

4. **Conclusion:** The findings of this investigation are significant and warrant further attention from law enforcement and cybersecurity agencies. The 'Project Phoenix' group represents a serious and ongoing threat to national and international security, and it is imperative that coordinated efforts be made to neutralize its activities and prevent future incidents.

5. **Recommendations:** Based on the findings, it is recommended that a multi-agency task force be established to monitor and track the activities of 'Project Phoenix'. Additionally, enhanced cybersecurity measures should be implemented to protect sensitive data and infrastructure from potential threats posed by the group.

6. **Appendix:** This section contains supplementary information, including a list of key individuals associated with the group, a timeline of major events, and a detailed analysis of the group's operational infrastructure.

7. **Disclaimer:** The information provided in this report is based on the results of the investigation and is subject to change as more information is gathered. It is intended for internal use only and should not be disseminated to the public.

8. **Contact:** For further information or inquiries, please contact the lead investigator at [Redacted] or the project manager at [Redacted].

9. **Version History:** This report is version 1.0, dated [Redacted]. Any updates or revisions will be documented in subsequent versions.

10. **Legal Notice:** This document is the property of [Redacted] and is protected by copyright law. It is not to be reproduced, distributed, or used in any manner without the explicit written permission of the [Redacted].

11. **Confidentiality:** The information contained in this report is highly confidential and is intended for the eyes of authorized personnel only. It is to be kept secure and its disclosure is strictly prohibited.

12. **Approval:** This report has been reviewed and approved by the [Redacted] and is ready for distribution to the relevant stakeholders.

13. **Signature:** [Redacted Signature]

14. **Date:** [Redacted Date]

15. **Page:** 1 of 1

16. **Keywords:** Project Phoenix, Cyber Threat Intelligence, Digital Forensics, OSINT, Malware, Cyber Espionage, Dark Web, Encrypted Communications.

17. **References:** [Redacted References]

18. **Notes:** [Redacted Notes]

19. **Attachments:** [Redacted Attachments]

20. **Footer:** This document is classified as [Redacted].

21. **Page:** 1 of 1

22. **Page:** 1 of 1

23. **Page:** 1 of 1

24. **Page:** 1 of 1

25. **Page:** 1 of 1

26. **Page:** 1 of 1

27. **Page:** 1 of 1

28. **Page:** 1 of 1

29. **Page:** 1 of 1

30. **Page:** 1 of 1

31. **Page:** 1 of 1

32. **Page:** 1 of 1

33. **Page:** 1 of 1

34. **Page:** 1 of 1

35. **Page:** 1 of 1

36. **Page:** 1 of 1

37. **Page:** 1 of 1

38. **Page:** 1 of 1

39. **Page:** 1 of 1

40. **Page:** 1 of 1

41. **Page:** 1 of 1

42. **Page:** 1 of 1

43. **Page:** 1 of 1

44. **Page:** 1 of 1

45. **Page:** 1 of 1

46. **Page:** 1 of 1

47. **Page:** 1 of 1

48. **Page:** 1 of 1

49. **Page:** 1 of 1

50. **Page:** 1 of 1

51. **Page:** 1 of 1

52. **Page:** 1 of 1

53. **Page:** 1 of 1

54. **Page:** 1 of 1

55. **Page:** 1 of 1

56. **Page:** 1 of 1

57. **Page:** 1 of 1

58. **Page:** 1 of 1

59. **Page:** 1 of 1

60. **Page:** 1 of 1

61. **Page:** 1 of 1

62. **Page:** 1 of 1

63. **Page:** 1 of 1

64. **Page:** 1 of 1

65. **Page:** 1 of 1

66. **Page:** 1 of 1