

# HIIT Weekly Workout Planner for Busy Women

This planner is designed for women with limited time who want efficient, results-driven workouts at home. Each session lasts just 20–30 minutes, combining strength, cardio, and core exercises for fat loss, muscle tone, and endurance.

## Weekly Structure

Day	Focus	Duration
Monday	Full-Body HIIT	25 min
Tuesday	Lower Body Burn	20 min
Wednesday	Active Recovery (Yoga / Walk)	20 min
Thursday	Upper Body & Core HIIT	25 min
Friday	Cardio & Conditioning	20 min
Saturday	Glutes & Core	25 min
Sunday	Rest / Mobility	—

### Monday – Full-Body HIIT

- Warm-up: 3 min jogging in place
- 30s Jump Squats + 30s Push-Ups (Repeat x3)
- 30s Mountain Climbers + 30s Burpees (Repeat x3)
- 30s Plank Hold + 30s High Knees (Repeat x3)
- Cooldown: 3 min stretching

### Tuesday – Lower Body Burn

- Warm-up: 3 min bodyweight squats + lunges
- 40s Squat Pulses + 20s Rest (x3)
- 30s Reverse Lunges (each leg) (x3)
- 30s Glute Bridges + 30s Jump Squats (x3)
- Cooldown: 5 min stretching (hamstrings, quads, calves)

### Thursday – Upper Body & Core HIIT

- Warm-up: 3 min arm circles + shadow boxing
- 30s Push-Ups + 30s Rest (x3)

- 30s Pike Push-Ups + 30s Rest (x3)
- 30s Side Plank (each side) + 20s Rest (x3)
- 30s Russian Twists + 30s Bicycle Crunches (x3)
- Cooldown: Shoulder & chest stretches

## Friday – Cardio & Conditioning

- Warm-up: 3 min jogging in place
- 30s Burpees + 30s Rest (x3)
- 30s Jumping Jacks + 30s Skater Jumps (x3)
- 30s High Knees + 30s Mountain Climbers (x3)
- Cooldown: Stretch calves, hamstrings, lower back

## Saturday – Glutes & Core

- Warm-up: Glute activation (clamshells, hip circles) 3 min
- 40s Glute Bridges + 20s Rest (x3)
- 30s Donkey Kicks (each leg) (x3)
- 30s Fire Hydrants (each leg) (x3)
- 40s Side-Lying Leg Raises + 20s Rest (x3)
- 30s Plank Hip Dips (x3)
- Cooldown: Glute and hip stretches