

HIIT Workout Guide

Depending on your goals will do 3 HIIT training sessions each week (1 or 2 for bulking zone). You get to design your own workouts but there is one sample one in the program (called [Sample HIIT Workout](#)) you can download. On the next page you will find 3 types of body weight exercises focusing on upper body, abs, lower body, and full body. You will choose 5 exercises to form your HIIT workout. If you are “advanced” in working out choose 6 exercises to form your HIIT workout.

Each workout is designed to give you a full body strength and conditioning workout and the entire workout will only take about 30-36 minutes. There is no equipment necessary to do these workouts and the best part is that you can do it at home. But if you do have weights or sandbells at home you can always add some of my favorite moves like Sandbell slams, weighted leg lifts or sb situps, squat thrusters, rainbow slams, sb twists, and Turkish get-ups.

For each workout do the warm-up, followed by the conditioning exercises you choose from the chart on the next page, and end with the cool down. You will perform each exercise for :30 or :40 seconds, rest for :15 or :20 seconds, and then move on to the next exercise. For each workout I recommend a seconds timer or interval timer to keep track of your work time and rest time. The free Seconds Interval Timer App for iPhone or a similar one for Android is a great choice to keep time during your workouts.

If you feel like you can't do that interval time you can adjust it to your needs. If you need a longer break between exercises take it. This is your workout. You are aiming to elevate your heart rate substantially during the 30-40 second part of the interval.

You will have finished 1 round when all 5 (or 6) exercises are completed. Do at least 2 additional rounds each workout for a total of 3 rounds.

You are welcome to do HIIT and weight training on the same day, but weight training should be done before cardio based activities. You can do fasted HIIT upon waking then do your weight training later in the day. Or you can do them on different days alternating and taking one full rest day in the middle of the week or on the weekend.

I highly recommend fitting at least one yoga class into your program!

Common HIIT Exercises

Exercise						
Upper Body Focus	Plank Jacks	Staggered Push-ups	Cross Body Mountain Climbers	Advanced: Spiderman Push-ups		
Lower Body Focus	Prisoner Squats	Squat Jacks	Flutter Kick Squats	Toe Taps	Alternating Reverse Lunges	Hip Thrusters
Full Body Focus	Squat Jumps	Jumping Jacks	Toe Touch Jacks	Jump Rope	Frog Jumps	High Knees
	Lateral Lunges	Quick Feet	Burpees	Mountain Climbers	Skaters	Plank Shuffles
	In Outs	Advanced: Box Jumps	Advanced: Jump Lunges			

For a sample workout including warm-up and cool down/stretch series watch the video on the website.

All the exercises above are show in the HIIT Workout video on the website.

Design your own HIIT workout! 3 HIIT workouts should be done every week (if in bulk zone do 1 or 2)

Warm Up	Active	Rest
Jog in Place	:30 seconds	N/A
Jumping Jacks	:30 seconds	N/A
High Knees	:30 seconds	N/A
Butt Kickers	:30 seconds	N/A

Warm up: 3 Rounds x 2:00 = 6:00 minutes total

Workout: 3 rounds, :30 or :40 seconds on, :20 second active rest in-between each exercise (if you want to make it more challenging complete 6 exercises and rest for only :15 seconds between each exercise). Active rest would be jogging in place.

Make your own sample workout below. Choose from the exercises on the previous page.

Workout	Active	Rest
Full Body	:30 or :40 seconds	:20 seconds
Lower Body	:30 or :40 seconds	:20 seconds
Upper Body	:30 or :40 seconds	:20 seconds
Full Body	:30 or :40 seconds	:20 seconds
Your choice	:30 or :40 seconds	:20 seconds

Workout	Active	Rest
	:30 or :40 seconds	:20 seconds
	:30 or :40 seconds	:20 seconds
	:30 or :40 seconds	:20 seconds
	:30 or :40 seconds	:20 seconds
	:30 or :40 seconds	:20 seconds
Add another exercise for advanced	:30 or :40 seconds	:20 seconds

Rest for 2 minutes then do the stretches on the following page.

Cool Down/Stretching: Hold each stretch for 30 seconds and complete series on each side of the body.
2 Rounds x 3:30 = 7 min total

1. Hamstring Stretch
2. Tricep/Deltoid Stretch
3. Knee to Chest Stretch
4. Iron Cross Stretch
5. Quad Stretch
6. Glute Stretch
7. Kneeling Psoas Stretch