

HIIT WORKOUTS

WARM UP ACTIVITIES

GOALS:

1. Slowly increase heart rate and body temperature
2. Increase mobility at the joints
3. Activate your core
4. Prepare the nervous system

YOUR WARM UP SHOULD BE APPROXIMATELY 5 MINUTES – SAMPLE WARM UP BELOW. DO EACH ACTIVITY FOR APPROXIMATELY 30 SECONDS

Jog on the spot
High knees & but kickers
Skips
Squats
Lunges
Jacks
Lateral squats & lunges
Glute bridges
Push up hold or downward dog
Dead bug

WHAT IS A HIIT WORKOUT?

A WORKOUT WHERE YOU WORK AT A HIGH INTENSITY FOR A SHORT PERIOD FOLLOWED BY A SHORT REST. YOU ARE ALTERNATING BETWEEN INTENSE BURSTS OF EXERCISE AND REST PERIODS.

HIGH INTENSITY INTERVAL TRAINING – you need to work at an intensity where you are getting out of breath. Levels 6 – 8

WORKOUT LENGTH: 10 – 20 minutes (max 30 minutes). **time does not include your warm*

SAMPLE WORKOUTS

EMOM – Every Minute on the Minute

You have one minute to perform the required exercises. Once you finish the exercises you rest for the remaining time in the minute. You re-start the exercises every minute.

Choose a rep range that will make your work time in the first round 20-30 seconds. You will get tired as you progress in the workout which means the rest time will become shorter.

Repeat for 10 – 12 rounds (10 minutes – 12 minutes)

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| Workout 1 Burpees x 4 – 6 Side Jumps x 10 Seal Jacks x 15 | Workout 2 Burpees x 4-6 Pop Squats x 8-10 Seal Jacks x 12 | Workout 3 Burpees x 4 – 6 Lunges x 4 per side alt Skaters x 10 alt | Workout 4 Pop Squats x 6 – 8 Shoulder Touches x 6-8 alt |
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AMRAP – As Many Rounds As Possible

You have a set amount of time to complete as many rounds of a circuit as possible. Keep track of how many rounds you get through.

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| Workout 1 Burpees x 6 Pop Squats x 8 Shoulder Touches x 10 alt Reverse Lunges x 12 alt Skaters x 12 alt | Workout 2 3-6-9-12 Burpees x 3 Reverse Lunges x 6 per side Glute Bridges x 9 Seal Jacks x 12 Bird Dog x 12 alt | Workout 3 Pop Squats x 12 High Knees x 12 alt Shoulder Touches x 12 alt Speed Skater x 12 alt Dead Bug x 12 alt | Workout 4 Front Hold Rows x 10 alt Reverse Lunges x 10 alt Jacks x 20 Push ups x 5 Glute Bridges x 10 |
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LADDER – work your way down or up

You will work your way up or down the ladder in your rep count. Repeat for your workout time and keep track of how many rounds you complete. If there are 2 ladders in the workout you will complete all of Ladder A then all of Ladder B then re-start.

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| <p>Workout 1</p> <p>Ladder A</p> <p>A1: Burpees 5,4,3,2</p> <p>A2: Jump Squats: 4,3,2,1</p> <p>Ladder B</p> <p>B1: Reverse Lunges alt 12,10,8,6</p> <p>B2: Shoulder Touches alt 12,10,8,6</p> | <p>Workout 2</p> <p>Ladder A</p> <p>A1: Pop Squats 12,10,8,6</p> <p>A2: Dead Bug: 12,10,8,6</p> <p>Ladder B</p> <p>B1: Seal Jacks 12,10,8,6</p> <p>B2: Glute Bridge Marching alt 12,10,8,6</p> | <p>Workout 3</p> <ol style="list-style-type: none">1. Burpees: 5,4,3,2,12. Dead Bug alt 12,10,8,6,43. 1 ¼ Squats 12,10,8,6,44. Shoulder Touches alt 12,10,8,6,45. Reverse Lunges alt 12,10,8,6,46. Skaters alt 12,10,8,6,4, |
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CLASSIC INTERVALS

Select exercises that will work a range of movements. Alternate moves that are more cardio based (high knees, skaters, jacks) with strength moves (squats, lunges, pushups, dead bug)

LENGTH: typically 30 – 40 seconds of work

30/30 is a good starting point. 30 seconds activity then 30 seconds rest.

As your fitness improves you can increase work time and decrease rest time.

Eg: 35/25 40/20