

Samples of HIIT Workouts

Important Notes:

- (1) Always warm-up and cool down
- (2) About HIIT: HIIT is a combination of high intensity and low intensity intervals. You do an exercise at high intensity for a given amount of time. Then you rest, or do another activity at low intensity, for another amount of time. Then you repeat.

There are a variety of HIIT intervals that you can use. Darcy's personal favorite is Tabata. With Tabata, you do an exercise at high intensity for 20 seconds, then rest for 10 seconds, and then repeat the round 8 times. You can do one exercise for the 8 rounds or different exercises for a total of 8. It is up to you. Darcy generally does 6-8 cycles of Tabatas (so total 24-32 minutes), however, you can choose how many cycles you want to complete.

Below we offer examples of different intervals you might try. However, you adjust the intervals to best suit you. Remember, you want to challenge yourself but in a safe manner. Don't push too hard. Don't be lazy, either.

- (3) Timers: It is very helpful to have a timer to help you with your intervals, so that you don't waste time and effort trying to keep track of time. This is especially the case for shorter intervals, such as what you use for Tabata. On the website, we have some interval timer Apps listed under TOOLS and EXERCISE, or find a favorite of your own.
- (4) Work to your ability. This means don't do overdo it, but also don't "under-do" it either. This is a workout. Not a stroll in the park. You should break a sweat and be breathing hard enough that holding a conversation would not be effortless. *As always, it's a good idea to consult a physician before you begin any workout program. This is especially the case if you currently do not exercise regularly.*
- (5) How long should you do HIIT? HIIT is supposed to be a more effective way to exercise vs. the traditional cardio (such as jogging on a treadmill for 50 minutes). Therefore, you don't need to work out as long as you would with traditional cardio. Having said that, we target 20-30 minutes of HIIT training. Of course, you can do less (for example, 10 minutes), and that might be a good idea when you are getting started. However, we personally like to target a total HIIT workout time of 20-30 minutes (including the resting periods between high intensity intervals).
- (6) You can use dumbbells with some of the full body exercises. We use lighter weights for our HIIT training vs. heavier weights that we might use for more

concentrated resistance training. Play with different weights so you can find what works best for you. This will also change as you build strength and stamina.

- (7) Use proper form and controlled motions. Focus on your muscles contracting as you do the exercises.

- (8) Exercise illustrations are provided on the website under “TOOLS” and EXERCISE” in PDF files titled “Abdominal Exercises”, “Lower Body Exercises”, “Upper Body Exercises”, and “Full Body Exercises.”
Note that the name of the exercise used in the illustration sheet is what is referred to here; any modifications are then noted after the exercise name.

- (9) It’s nice to add a couple of abdominal exercises to the end of each HIIT training. We note some ideas after the HIIT exercises.

Workout 1

Time: Repeat as often as you like to hit your targeted workout time
Location: Anywhere
Equipment Needed: Optional. Add in weights to increase intensity.

Interval Samples:

- 30 seconds high intensity / 15 seconds rest
- 20 seconds high intensity / 10 seconds rest (Tabata)
- OR do 10 repetitions, rest, then repeat. Increase the number of repetitions as you build strength and stamina.

<u>Exercises</u>	<u>Repetitions</u>	<u>Sets</u>
Push press (Squat then press up)		
Jumping jacks		
Kettleball swings (use dumbbells)		
Jump Rope (can do without an actual rope, just pretend jump rope ;))		
Mountain Climbers		
Step ups with Bicep curls		
Push-ups		
Fast Toe Taps (1)		
<i>Abdominals:</i>		
<i>Side plank lifts</i>	<i>12 on each side</i>	<i>2</i>
<i>Straight leg crunches</i>	<i>20</i>	<i>2</i>

Notes:

(1) Fast Toe Taps are where you alternate placing one foot out in front of the other and tapping the toe to the ground (or you can tap it up on the top of a step). Then you switch feet. You do this quickly, so you are almost hopping (again, to your ability)

Workout 2

Time: Repeat as often as you like to hit your targeted workout time

Location: Anywhere

Equipment Needed: Optional. Add in weights to increase intensity.

Interval Samples:

- 30 seconds high intensity / 15 seconds rest

- 20 seconds high intensity / 10 seconds rest (Tabata)

- OR do 10 repetitions, rest, then repeat. Increase the number of repetitions as you build strength and stamina.

<u>Exercises</u>	<u>Repetitions</u>	<u>Sets</u>
High knees		
Feet together with squat and shoulder press up		
Weighted Bench Dips (but with feet on ground)		
High knees		
Mountain Climbers		
Forward Lunge with bicep curl		
High Knees		
Steps ups with Bicep curls		
Plank Row		
Jump Squats		
<i>Abdominals:</i>		
<i>Alternate Heel Touches</i>	<i>10 on each side</i>	<i>2</i>
<i>Bicycle crunches</i>	<i>10 on each side</i>	<i>2</i>

Workout 3

Time: Repeat as often as you like to hit your targeted workout time

Location: Anywhere

Equipment Needed: Treadmill; Elliptical Machine; or Spinning Bike

Interval Samples:

- 30 seconds high intensity / 1 minute low intensity

- 1 minute high intensity / 30 seconds low intensity

- 1 minute high intensity / 1 minute low intensity

<u>Exercises</u>	<u>Repetitions</u>	<u>Sets</u>
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Work at high intensity on the treadmill, elliptical or bike – increasing your speed and/or resistance to increase intensity – then work at low intensity.

If you get bored, try mixing it up. Work on one machine for a few cycles, then move onto another. Alternatively, you can do one cycle on one machine, then another cycle on a different one, etc., alternating machines with each cycle.

Abdominals:

<i>Bench Leg Pull-in / Knee-up (but on floor)</i>	<i>12-15</i>	<i>2</i>
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<i>Dumbbell Side Bends</i>	<i>12 on each side</i>	<i>2</i>
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DESIGN YOUR OWN HIIT ROUTINE

Following is a list of full body exercises to choose from to make your own HIIT routines. You can also add in cardio machines – treadmill, bike, elliptical, rowing machine – to add more variety and challenge to your workout:

Note: We compose a routine of different body-focused exercises. For example, we make a routine starting with a leg-focused exercise, then upper body-focused, then cardio, and then repeat.

Leg-focused exercises

Dumbbell lunges with bicep curl

Dumbbell side lunges with bicep curl

Squat with Push Press (legs shoulder width apart)

Squat with Push Press (feet together)

Barbell Step-up*

Jump Squats

Walking lunges with bicep curls

Reverse lunges with bicep curls

Split lunge jumps (get into lunge position and jump, reversing leg positions; keep repeating)

Upper-body focused

Kettlebell Thruster*

Plank Leg Lift

Renegade Row / Alternating Plank Row / Commando Row

Two-Arm Kettlebell Swing*

Mountain Climbers

Push-ups

Weighted Bench Dips (but with feet on ground)

Cardio focused

Jumping Jacks

Fast Toe Taps

Rope Jumping

Burpees

Basketball Jumps (vertical jumps, as if you are shooting a basket)

Skaters (jumping side to side, similar to speed skating movement, swinging arms as you go side to side)

High knees

Jogging in place

* Can use dumbbells instead