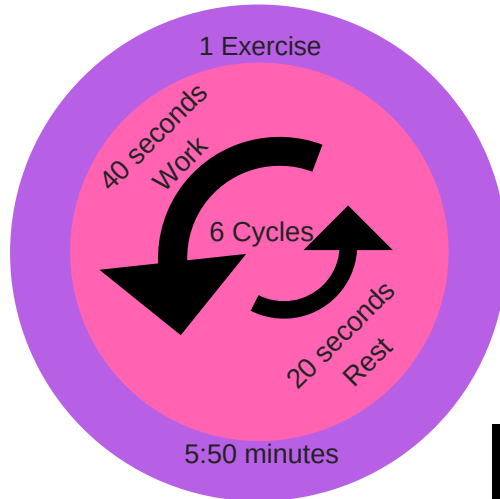


HIIT Training Workouts

40/20 HIIT

This type of interval training is great for one, two or three exercise circuits. You can use the 40/20 split for cardio sprints, cardio conditioning &/or muscular burnouts at the end out your strength programming and full body HIIT circuit training.



1 Exercise 40/20 Training

Choose 1 exercise and repeat for 6 cycles. Best use, incorporate these into your regular circuit or strength workout programming. Great for cardio conditioning or muscular burnouts at the end of a workout.

Cardio exercises;

Cycling:

40sec: Fast RPM

20sec: Slow RPM

Running:

40sec: Sprint (6.5-8mph)

20sec: Walk (3mph)

Elliptical:

40sec: Fast RPM (80-100rpm)

20sec: Slow RPM (60-65rpm)

Rowing (set resistance high 7-9):

40sec: Fast and high power output

20sec: Slow and low power output

Full Body Exercises;

- Reverse elliptical bouts (leg burnout)

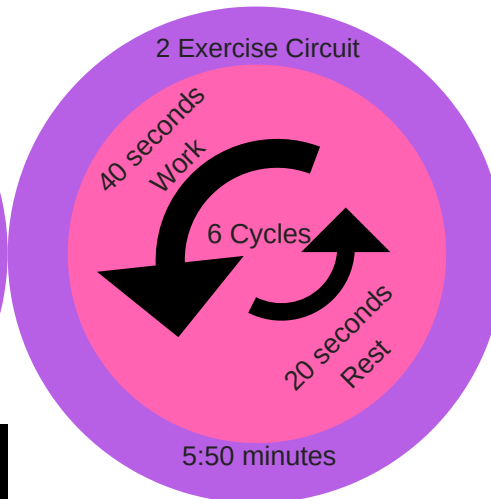
- Skipping

- Step or Bosu lateral squat jumps

- Burpees (advanced) or incline

- Burpees (moderate)

- Sled push/pull



2 Exercise 40/20 Training

Alternate between two exercises for 3 cycles/exercise. Best use, incorporate into HIIT workouts or inserted throughout your regular circuit or strength workout programming. Great for cardio conditioning and superset burnouts at the end of strength workouts.

Full Body/Cardio Conditioning;

Wall balls

Sled push

Full Body Strength;

Dumbbell squat thrusters

Dumbbell alternating bent over row

Core HIIT:

Plank

Russian Twists

Superset Burnout;

Wide grip lat pulldown

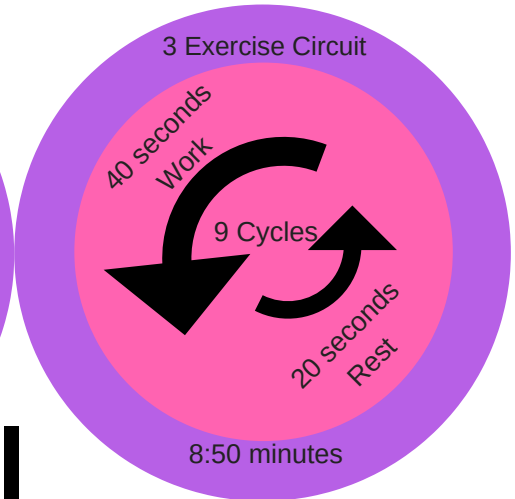
Cable straight arm pulldown

Superset Burnout;

Goblet squats

Kettlebell figure 8's

(20sec/direction)



3 Exercise 40/20 Training

Cycle through 3 exercises back to back and repeat for three sets for a total of 9 cycles. Best use; Big HIIT 3 exercise circuit workouts. Great for full body circuit workouts with a high cardiovascular demand.

Full Body Circuit:

Incline Push ups

Overhead walking lunge with weighted plate

Kettlebell sumo squat with a high pull

Full Body Circuit:

Barbell romanian deadlift/bent over row combo

Wide grip lat pulldown

Rotary Plank

Lower Body Circuit:

Dumbbell walking lunges

Kettlebell swings

Skipping

Upper Body/Core Circuit:

TRX inverted row

Dumbbell around the worlds

20sec/direction

Battle rope russian twists