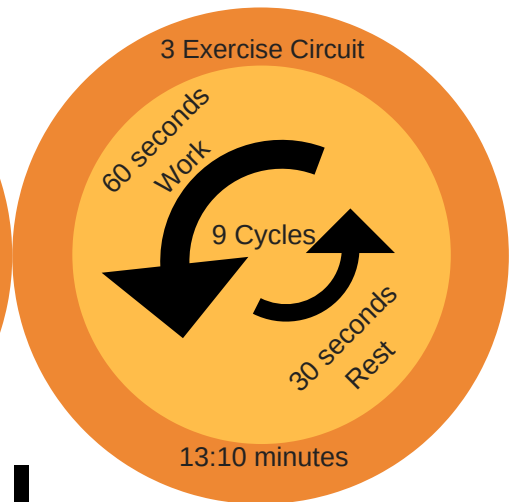
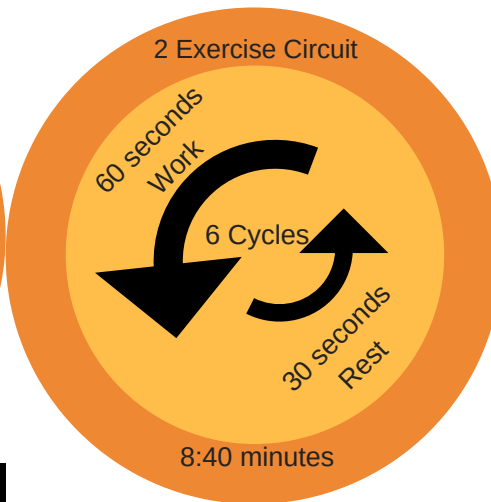
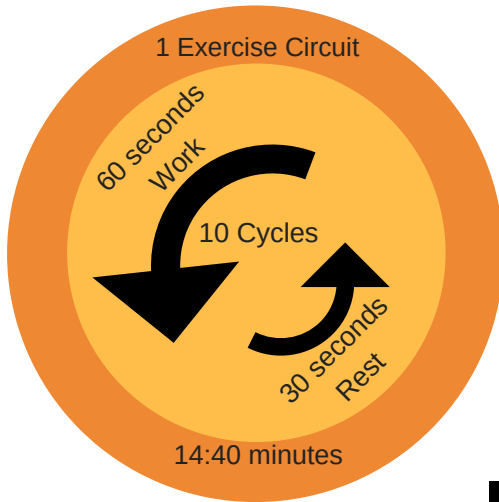


HIIT Training Workouts

60/30 HIIT

This type of interval training is great for one, two or three exercise circuits. This is great for working on endurance training, high cardio/full body circuit training as well as unilateral strength exercises.



1 Exercise 60/30 Training

Choose one cardio exercise and repeat for 10 cycles. Ideal for improving endurance.

Cardio exercises;

Cycling:

60sec: Moderate to Fast RPM

30sec: Slow RPM

Running:

60sec: Moderate to Fast (5-7mph)

30sec: Light jog or walk (3-4.5mph)

Elliptical:

60sec: Fast RPM (75-90rpm)

30sec: Slow RPM (50-60rpm)

Rowing (set resistance moderate

5-7):

60sec: Fast and high power output

30sec: Slow and low power output

2 Exercise 60/30 Training

Alternate between two exercises for 3 cycles/exercise. Best use, incorporate these into your regular circuit or strength workout programming. Great for cardio conditioning and unilateral exercises.

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 60/30 Training

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

Full Body/Cardio Circuit:

Rowing

Skipping

Alternating high step ups

Full Body Circuit:

Kettlebell figure 8's 30sec/direction

Single arm bent over row 30sec/side

Plank

Full Body Circuit:

Single leg romanian

deadlift 30sec/leg

Burpees (or modified)

Dumbbell alternating chest press

Full Body Circuit:

Kettlebell swings

Ladder push up and 4 mountain

climber combo

Alternating reverse lunge off step