

BODYWEIGHT

HIIT

PROGRAM



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TABLE OF CONTENTS

Disclaimer	<u>2</u>
Introduction	<u>4</u>
Program Explained	<u>5</u>
- Levels	
- Durations	
Exercise Selection	<u>6</u>
Warm Up	<u>7</u>
Exercise Pages	<u>8</u>
Struggling to pick exercises?	<u>12</u>
Program Setup Example	<u>13</u>
Conclusion	<u>14</u>



Introduction

G'day guys, I have decided to create an easy to follow, pick your own, bodyweight HIIT program. For those unaware HIIT stands for high-intensity interval training.

HIIT programs are great for burning calories and improving your cardiovascular endurance. These workouts can help boost your health and fitness, yet also can assist in fat loss if you incorporate a good diet.

With gyms currently restricted and summer just around the corner. I have decided to create this E Book now for you guys to get in shape for what should hopefully be a covid normal summer.

I have tailored this program to be equipment free so that anyone, anywhere can participate. All you will need is some space and you're good to go.

Program Explained

This program is entirely customisable to tailor you.

First thing you have to do is determine what **level** you will start out as. If you play sport or run frequently then **intermediate** or **advanced** may be for you. But for most people I recommend starting as a **beginner** because you can get a feel of the program, then move up after your first session if you have found it to be easy.

Levels

Beginner 25 seconds on, 35 seconds off

Intermediate 35 seconds on, 25 seconds off

Advanced 45 seconds on, 15 seconds off

On – The amount of time you will be performing chosen exercise.

Off – The amount of time you will be resting in-between exercises.

Next, you will pick a **duration** that best suits your fitness level and time available to workout. I recommend a **beginner** to start with a 5 minute workout, then progress as you see fit.

Durations

5 min – 5 exercises

10 min – 5 exercises x2

15 min – 5 exercises x3

20 min – 5 exercises x4

25 min – 5 exercises x5



Exercise Selection

All that's now left is to pick your exercises!

You simply have to pick 5 exercises from the pages below that you will complete in your workout. I recommend picking exercises you enjoy doing because pending your **level** and **duration** you will be doing it a lot. Any exercises you don't know how to perform or are unsure of feel free to shoot me a message and I can help out. Or simply YouTube how to perform that movement.

Picking 5 exercises is just a guide to easily follow. This program is flexible so feel free to pick as many exercises you would like that fits your **duration**. Remember an exercise lasts 1 minute in total as you have on and off times. For example you could pick 10 exercises to complete once each for the 10 minute workout **OR** you could pick 10 exercise to complete twice each for the 20 minute workout.

For those of you who are wanting an extra challenge you can wear a weighted vest throughout your workout. If you don't have a weighted vest you can fill a backpack with weighted items and wear it tightly.

Warm Up

Before we get stuck into our workout we need to make sure we do a warm up. Warming up before a workout is essential. The main purpose behind warming up is to increase our body temperature, which helps improves our performance and reduces our risk of injury. Your warm up should include some light cardio and dynamic stretches. Here is what I do for my warm ups.

MOVEMENT	TIME/REPS	NOTES
Light Cardio	2-3 mins	This is just to get the heart rate going, I like to do 30 or so star jumps before having a little break and repeating 2 more times.
Torso Twists	10/side	Keeping you feet in the same spot all your going to do is rotate your upper body all the way left then all the way right in a twisting motion. This helps our spine and back get moving.
Forward Leg Swings	20/leg	This one is great for your hamstrings and quads, simply swing your leg as far forward and up as you can and then as far back.
Side Leg Swings	20/leg	Like above but this time were going to swing our leg left to right, opening up our groin.
Forward Arm Swings	20/arm	One arm at a time, swing down in front and up over the back, opening up our shoulders.
Backward Arm Swings	20/arm	Same as above but this time the opposite way.

EXERCISE PAGES



STAR JUMPS



SUPERMANS



HIGH KNEES



V SHOULDER PUSH



FORWARD JUMP, JOG BACK



BURPEES



LATERAL LUNGES



DIAMOND PUSH UPS



PUSH UPS



SQUATS



PLANK JACKS



MOUNTAIN CLIMBERS



HIP THRUSTS



DEAD BUGS



JUMP LUNGES



JUMP SQUATS



PLANK SHOULDER TAPS



FLUTTER KICKS



RUSSIAN TWISTS



BICYCLE CRUNCHES



BUTT KICKS



PLANK HOLD



SHADOW BOXING



LEG RAISES



INCHWORMS



PLANK UPS



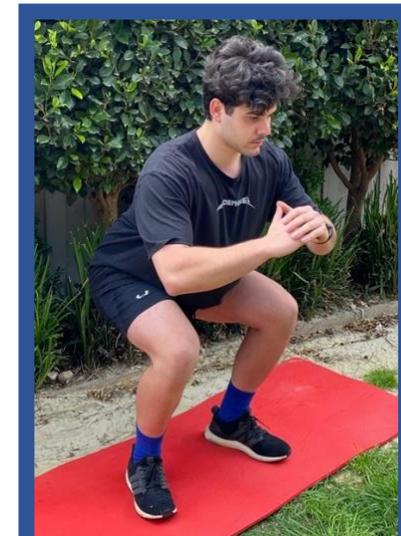
INVISIBLE SKIPPING



SIT UPS



REVERSE LUNGE



SQUAT HOLD

Struggling To Pick Exercises?

Don't want the responsibility of picking your own exercises? Here are a few ways to help out.

Ask Siri

“Hey Siri, pick a number between 1 and 30”
Nag her a few more times until she provides you with 5 different numbers which you can count out on the pages.

Dice Roll

- Roll a die.
- Count the exercises until you reach your number. (Example, if I roll a 4, I will go to the 4th exercise).
- Roll again.
- Start on previously landed exercise and continue along until you reach new number. (Example, since I was on the 4th exercise and I rolled a 5, I will now progress to the 9th exercise).
- Continue until you have your 5 exercises.

Lucky Dip

Simply print out the exercise pages and cut out each individual exercise. Once cut, place them all in a bag or hat and shuffle them around. Now close your eyes and do a lucky dip! Pull out 1 at a time until you have all 5 exercises.

Program Setup Example

For visual learners here is an example on how to structure your workout. Remember,

On – The amount of time you will be performing chosen exercise.

Off – The amount of time you will be resting in-between exercises.

5 MIN Exercises	TIMES	
	ON	OFF
Star Jumps	25	35
Push Ups	25	35
Squats	25	35
Leg Raises	25	35
High Knees	25	35

In this beginner example, you will start by first completing 25 seconds worth of star jumps. After the 25 seconds you will rest for 35 seconds before then starting your push ups. Repeat until all 5 exercises are completed.

10 MIN Exercises	TIMES	
	ON	OFF
Star Jumps	25	35
Push Ups	25	35
Squats	25	35
Leg Raises	25	35
High Knees	25	35
COMPLETE x 2		

If you are doing longer than a 5 minute workout you will simply move back to exercise 1 after completing exercise 5. In this example once you complete 25 seconds worth of high knees you will then rest 35 seconds before moving back up to star jumps.

Conclusion

I hope this program can be beneficial to you and hope you enjoy the customisable workouts. Remember this is my knowledge and recommendations so your training and experiences may vary from what I've included. The most important thing is that you remain consistent and motivated to ensure you get the best possible results. Please know I'll be here cheering you on every step of the way. If you have any questions, feel free to shoot me a message @pe.strength on Instagram.

Goodluck and happy training!
Cheers, Patrick.



“I never see you do cardio”
- Everyone



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