HIIT from HOME

4 Weeks to a STRONGER, HEALTHIER YOU!



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If you made it this far, you are ready to do more than most people on the planet and push past your limits in the next four weeks. This guide will be for most ages and all abilities! Your rate of perceived exertion or RPE (effort) will be different from others so only YOU know how hard you can push it! On a scale of 1-10 of physical exertion (1 being just breathing and being alive to a 10 which is just about death) we want to be around a 6-7 for the majority while visiting 8-9 here and there. You are here to reach your goals and I will try to the best of my ability to get you there. We will target strength first to gain a foundation to secure calorie burning for the rest of the day and hit it hard and maximize calorie burn with our HIIT style workouts.

Equipment: If you have at least one of the following you'll be in good shape:

Barbell, Dumbbell, Kettlebell, Water jug, Book Bag. Yes, a bookbag if that's all you have. There should be some things you can put in there to have it weigh at least 20lbs! With a book bag you can do all of the strength and the HIIT movements that require weight so no excuses!

*Form First! DEEP BREATH IN AND BRACE (Glutes and stomach tight) ON ALL MOVEMENTS!!! Inhale on load and exhale on exertion.

MODIFY as needed! For a lot of the workouts you will see the recommended rep ranges to try and hit so if you need to go body weight or go on the knees, PLEASE do so!

Squat cues: Brace, hips slightly back, Weight on Mid foot, big and pinky toes on floor

Dead Lift cues: Brace, hinge first, shoulders slightly rolled back, Angry gorilla position, squeeze glutes

Pushups/ Floor Press: Brace, Elbows close to the body, hands close to nipple line

OH Press: Brace, drive through heels, bicep by ear on finish

KB swings: Brace, hinge first, hike football, pop hips and flex quads, weight at eye level

Planks: Brace, breath through hold

<u>METHODS</u>

The Tabata Method or Protocol is a form of High-Intensity Interval Training or HIIT, which alternates from short bursts of high intensity anaerobic training followed by even shorter recovery and less intense recovery periods.

1) It'll burn fat.
2) It's great if you're short on time.
3) It's super flexible.
4) It'll help increase your aerobic and anaerobic capabilities.
5) It'll protect muscle tissue.

Strength Training

1) Hypertrophy (Muscle gain)
2) Fat loss (More muscle burns more fat)
3) Stronger bone density
4) Stress reliever
5) Burns more calories throughout the day than traditional cardio

HIIT Training

High-intensity interval training (HIIT), also called high-intensity intermittent exercise (HIIE) or sprint interval training (SIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. Though there is no universal HIIT session duration, these intense workouts typically last under 30 minutes, with times varying based on a participant's current fitness level. The duration of HIIT also depends on the intensity of the session.

1) HIIT Can Burn a Lot of Calories in a Short Amount of Time.
2) Your Metabolic Rate Is Higher for Hours After Exercise.
3) It Can Help You Lose Fat.
4) You Might Gain Muscle Using HIIT.
5) HIIT Can Improve Oxygen Consumption.
6) It Can Reduce Heart Rate and Blood Pressure.
7) Blood Sugar Can Be Reduced by HIIT.

Although this is not by any means a nutrition guide, I do highly recommend that you aim for at least .7-8 grams of protein per pound of body weight for optimizing benefits. For example, 150lbs at .8 would need to eat 120grams of protein each day. It may seem like a lot for some, but the majority of people do not hit their recommended dose for protein for optimal performance. This change will not be overnight, this will be a challenge but nothing easy is worth doing! During the course of these next four weeks PLEASE keep in contact and let me know of your progress. Progress pictures before and after each week would be great if you can!

Workouts Protocol

Our workouts will usually consist of the following

- Warm-up (Tabata Style) TABATA TIMER
- Mobility
- Strength focus
- HIIT Workout/ Challenge
- Recovery

TIMERS

EMOM

TABATA

The warm up and strength work will mostly stay the same for skill acquisition while the HIIT workouts will change frequently. I will throw in some challenges from time to time which we will go back to so that we can test our progress!

GAMETIME!

Day # 1 Full Body

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

5x5 Squats (Back, Front or Goblet) RPE level 6-8

Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!

- Tabata Full Body
    1. Push-ups
    2. Goblet Squats
    3. Sit-ups
    4. KB Swings
    5. Up downs
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 2 Upper Body

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength
    1. 5x5 Chest Press (use bench or Floor) RPE level 6-8
       Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!
    2. Push-up challenge!!!! (60 seconds to perform as many as possible)
- Tabata Upper Body
    1. Over head Press
    2. Curls
    3. Triceps extensions
    4. Pike Pushups
    5. Dips
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 3 Core

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

Plank Challenge (Straight arms or elbows, hold as long as possible) 4-minute time cap

- Tabata Core
    1. Sit-ups
    2. Russian Twists
    3. In & Outs
    4. Side Crunches
    5. Dead Bugs or Hollow Holds
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 4 Leg day

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

5x5 Dead Lift RPE level 6-8

Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!

Squat Challenge (60 Seconds) Get as many air squats in as possible!

- Tabata Legs
    1. Jump Squats
    2. Lunges (reverse or front)
    3. Kb Swings
    4. Goblet Squats
    5. Thrusters
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 5 Full Body

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

5x5 Rows or OH press RPE 6-8

Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!

Sit-up Challenge (60 Seconds) As many as possible in a minute.

- EMOM (Every Minute on the Minute for 20 minutes)
    1. Even Minutes- 10 burpees
    2. Odd Minutes- 5 Sit-ups & 5 KB swings
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

WEEK 2

Day # 1 Full Body

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

5x5 (Add 5-10lbs if possible or move slower) Squats (Back, Front or Goblet) RPE level: 6-8

Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!

- Tabata Full Body
    1. Hand Release Push-ups (8-10)
    2. KB/DB/ Book Bag Swings (10)
    3. Goblet Squat (8-12)
    4. Planks
    5. Up downs (5-7 a round)
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 2 (Upper Body)

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

5x5 Add 5-10lbs if possible or move slower. Chest Press (Use Bench or Floor) RPE level: 6-8

Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!

Push- up challenge (60 seconds) Try to beat last weeks score by 3-5 reps!

- Tabata Upper Body
    1. Pike Push-ups (6-8)
    2. Curls (10-12)
    3. Triceps Extensions (8-12)
    4. Dips (8-12)
    5. Overhead (Shoulder) Press (7-10)
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 3 Core

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

Plank Challenge (Straight arms or elbows, hold as long as possible) 4-minute time cap

- Tabata Core
    1. Sit-ups
    2. Russian Twists
    3. In & Outs
    4. Side Crunches
    5. Dead Bugs or Hollow Holds
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 4 Leg Day!

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

5x5 Dead Lift

Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!

Squat challenge (60 seconds) Try to beat last week's score by 3-5 reps!

- "Legs Gone Bad"
  Running Clock finish as fast as possible: 150 reps of
  1 Squat Jump, 2 Lunges (Can be reverse or forward lunges) =1 Rep!
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day #5 Full Body

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

5x5 OH Press or Rows RPE Level (6-8)

Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!

Sit-up Challenge! (60 seconds) Try to beat last week's score by 3-5 reps!

- EMOM 30
  1. Even Minutes: 10 Burpees
  2. Odd Minutes: 5 Squats and 5 Push-ups
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Week 3

Day # 1 Full Body

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

5x5 (Add 5-10lbs if possible or move slower) Squats (Back, Front or Goblet) RPE level: 6-8

Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!

- Tabata Full Body
    1. Thrusters (8-12)
    2. Russian Twists (20-30)
    3. Dead lifts (8-12)
    4. Dips (8-12)
    5. Up-Downs (6-8)
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 2 Upper Body

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength
- 5x5 Add 5-10lbs if possible or move slower. Chest Press (Use Bench or Floor) RPE level: 6-8
  Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!
- Push- up challenge (60 seconds) Try to beat last week's score by 3-5 reps!
- Tabata Upper Body
    1. Triceps Extension (8-12)
    2. Curls (Hold half way on the rest) (10-12)
    3. Hand Release Push-ups (6-8)
    4. OH (Shoulder) press (7-10)
    5. Dips (8-12)
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day #3 Core

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength
  Plank Challenge (Straight arms or elbows, hold as long as possible) 4-minute time cap
  - Tabata Core
  1. Sit-ups
  2. Russian Twists
  3. In & Outs
  4. Side Crunches
  5. Dead Bugs or Hollow Holds
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 4 Leg Day

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength
  5x5 Dead Lift
  Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!
  Squat challenge (60 seconds) Try to beat last week's score by 3-5 reps!
- Tabata Legs
  1. KB swings (8-12)
  2. Goblet Squats (8-12)
  3. Lunges (10-12)
  4. Up downs (6-8)
  5. Jump squats (8-12)
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 5 Full Body

- Warm up- Tabata style (4 minutes)

  Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

  Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength
  5x5 OH Press or Rows RPE Level (6-8)
  Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!
- Sit-up Challenge! (60 seconds) Try to beat last week's score by 3-5 reps!
- EMOM 30
  1. Even Minutes: 10 Burpees
  2. Odd Minutes: 5 Dips, 5 Thrusters
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Week 4 (Home Stretch!)

Day #1 Full Body

- Warm up- Tabata style (4 minutes)

  Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

  Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength
- 5x5 (Add 5-10lbs if possible or move slower) Squats (Back, Front or Goblet) RPE level: 6-8
  Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!
- EMOM 20
  1. Even Minutes: 12 Goblet Squats
  2. Odd Minutes: 10 KB Swings & 5 Push-ups
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 2 Upper Body

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

- 5x5 Add 5-10lbs if possible or move slower. Chest Press (Use Bench or Floor) RPE level: 6-8

Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!

- Push- up challenge (60 seconds) Try to beat last week's score by 3-5 reps!

- Tabata
    1. Shoulder Press (8-12)
    2. Triceps Extensions (8-12)
    3. Pike Push-ups (6-8)
    4. Curl to Press (6-8)
    5. Hand Release Push-ups (8-10)
- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 3 Core

- Warm up- Tabata style (4 minutes)

Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

Plank Challenge (Straight arms or elbows, hold as long as possible) 4-minute time cap

- Tabata Core

1. Sit-ups
2. Russian Twists
3. In & Outs
4. Side Crunches
5. Dead Bugs or Hollow Holds

- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 4 Leg Day

- Warm up- Tabata style (4 minutes)

  Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

  Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength
- 5x5 Dead Lift
  Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!
- Squat challenge (60 seconds) Try to beat last week's score by 3-5 reps!
- Tabata Legs
  1. Squat Jumps (8-12)
  2. Lunges (12-14)
  3. Thrusters (8-12)
  4. Goblet Squats (8-12)
  5. KB Swings (10-12)

- Cool Down
  Childs Pose, Cat Cows, Hip Flexor stretch

Day # 5 Full Body

- Warm up- Tabata style (4 minutes)

  Jumping Jacks, Pushups, Squats, Sit-ups

- Mobility

  Hip Flexor stretch, Butterfly Stretch, Down Dog (Hold 1-2 minutes)

- Strength

  5x5 OH Press or Rows RPE Level (6-8)

  Not heavy enough weight? Slow the movement down and count to 5 seconds on the down phase and 5 seconds on the up phase for each rep! Time under tension for muscles very important for muscle gain!

  -Sit-up Challenge! (60 seconds) Try to beat last week's score by 3-5 reps!

- EMOM 40
  1. Minutes 1-10: 12 Push-ups
  2. Minutes 11-20: 12 Squats
  3. Minutes 21-30: 12 Sit-ups
  4. Minutes 31-40: 12 Burpees!
- Cool Down - Childs Pose, Cat Cows, Hip Flexor stretch

Movement Tutorial

- Squats
- Goblet Squats
- Tempo Squats
- Lunges
- Thrusters
- Deadlifts
- Rows
- Temp Rows
- Chest Press
- Tempo Chest Press
- One DB Press
- Over Head Press
- Tempo Over Head Press
- Push-ups
- Pike Push-ups
- Hand Release Push-ups
- Sit-ups
- Hollow Holds & Dead Bugs
- Russian Twists
- Curls
- Triceps Extensions
- Burpees
- Up Downs
- Childs Pose
- Cat Cows
- Hip Flexor Stretch


HIIT FROM HOME
Thanks for playing!
Come Back soon!