

HIIT TRAINING WORKOUT

WORKOUT GOAL	High calorie burn. high intensity output					
WORKOUT DESCRIPTION	High intensity interval training. Fast, explosive, quick and short work periods with short exercise recovery periods to match					
SAFETY BRIEF	Perform a full body effective warm up. Stay hydrated. Select appropriate weight for experience. Please seek guidance from your GP for any injuries or medical conditions					
EQUIPMENT	Sandbell, alpha bag & ViPR					
DURATION	25 mins. 3 x 4 min sets. 1 minute recovery between sets. 5 minute warm up. 5 minute cool down					
WARM UP	5 min warm up. Complete each exercise for 30 secs. Perform two rounds	Windmills	Lunges	Squats	Inchworm	Hip openers
THE WORKOUT	Session design & equipment			Methodology		
	Complete exercises A1-A8. Once you have completed all 8, take 1 minute recovery before you complete B1-B8. Take another 1 minute recovery, then complete C1-C8			The goal is to push for as much intensity & reps as possible in a short space of time. This creates a calorie burn that lasts longer than the exercises themselves		
	Set	Exercise	Time	Equipment	Exercise recovery	Target reps
	A1	Squat slam	20 secs	Alpha bag	10 secs	10
	A2	Squat press thruster	20 secs	ViPR	10 secs	8
	A3	Squat slam	20 secs	Alpha bag	10 secs	10
	A4	Squat press thruster	20 secs	ViPR	10 secs	8
	A5	Squat slam	20 secs	Alpha bag	10 secs	10
	A6	Squat press thruster	20 secs	ViPR	10 secs	8
	A7	Squat slam	20 secs	Alpha bag	10 secs	10
	A8	Squat press thruster	20 secs	ViPR	10 secs	8
	B1	Burpee	20 secs	N/A	10 secs	8
	B2	Jumping lunges	20 secs		10 secs	10
	B3	Burpee	20 secs	N/A	10 secs	8
	B4	Jumping lunges	20 secs		10 secs	10
	B5	Burpee	20 secs	N/A	10 secs	8
	B6	Jumping lunges	20 secs		10 secs	10
	B7	Burpee	20 secs	N/A	10 secs	8
	B8	Jumping lunges	20 secs		10 secs	10
	C1	Lateral tilt	20 secs	ViPR	10 secs	8
	C2	Clean, press, slam	20 secs	Sandbell	10 secs	8
	C3	Lateral tilt	20 secs	ViPR	10 secs	8
	C4	Clean, press, slam	20 secs	Sandbell	10 secs	8
	C5	Lateral tilt	20 secs	ViPR	10 secs	8
C6	Clean, press, slam	20 secs	Sandbell	10 secs	8	
C7	Lateral tilt	20 secs	ViPR	10 secs	8	
C8	Clean, press, slam	20 secs	Sandbell	10 secs	8	
COOL DOWN	5 min stretching					
STRETCH	Complete each stretch for 30 secs	Child's pose	Upward facing dog	Hamstring stretch	Quadricep stretch	Chest stretch
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