

H.I.I.T Sample Workout

WEEK 2

Warm Up – Do each of these warm up exercises for 30 seconds

Running on the Spot



Move your legs as if you are running, but do not move forward. Alternatively, you can walk on the spot.

Arm Circles



Stand up and extend your arms straight out to the side (they should be parallel to the floor). Slowly start making circles with each outstretched arm. Continue the circle motion for 30 seconds, and reverse direction.

Jumping Jacks

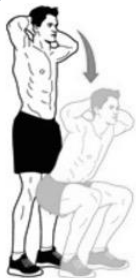


Stand with your feet together and hands at your side. Raise your arms and jump enough to spread your feet out wide at the same time. Reverse this movement and repeat. Alternatively, you can perform a basic side touch. Stand hip width apart and step your left foot towards your right foot. Then, step your left foot back to starting position and step your right foot towards your left foot. Repeat this sequence.

H.I.I.T. Exercises

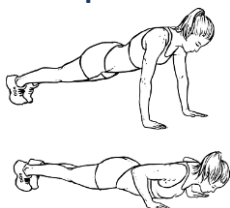
Perform each exercise at high intensity for 30 seconds, with 30 seconds rest. For a beginner, exercise for 15 seconds and a 60 seconds rest. (Do this set of exercises 3 times).

Squats



Stand with your feet shoulder-width apart. Flex your knees and hips, and sit down as if there was a chair behind you. The weight should stay in your heels. Slowly return to starting position.

Pushups

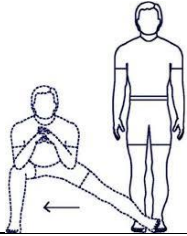


Start in a high plank position. Have your hands under your shoulders. Lower your body by bending your elbows while keeping your back flat. Avoid dipping or sticking out your buttocks. Your body should be a straight line as you lower yourself. Slowly return to starting position. Alternatively, you can bring your knees to the floor.

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Side Lunges (each leg)



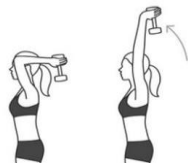
Stand with your feet hip-width distance apart. While engaging your core, take a big step to the side and lower your hips until your knee is bent at around 90 degrees. Make sure your knee is directly above your ankle. Take a step in the same direction with your other foot and repeat sequence.

Standing 2 Arm Row



Stand with feet hip-width apart, knees bent, and buttocks back. Hold dumbbells with palms facing in, keeping your back flat. Inhale, pull the dumbbells up as high as possible keeping your elbows back and feeling your shoulder blades squeeze together. Exhale, lower dumbbells back down to starting position.

Overhead Tricep Extensions



With two hands, hold one dumbbell overhead. Lower your arms by flexing your elbows and raise dumbbell overhead by extending elbows. Keep your elbows close together.

Bicep Curls



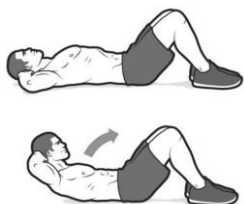
Stand up and hold a pair of dumbbells at your sides, palms facing out. Keep your elbows close to your torso and bend your elbows towards you, until it is at shoulder height. When lifting, keep every other part of your body still. Slowly return to starting position.

Bird Dog



Start on hands and knees. Have your knees hip-width apart. With your core engaged, lift your right arm in front until it is level with your shoulder. At the same time, extend your left leg straight back until it is level with your hips. Keep your hips square to the floor. Slowly return to the starting position, and perform the same action with left arm and right leg.

Crunches



Lie on your back with your knees bent and feet flat on the floor. Place your hands behind your head, but do not use your hands to pull your head forward – your core should be doing the work. Tilt your chin slightly, and gently pull your abs inward to lift your head, neck, and shoulder blades off of the floor. Hold for a moment, and then slowly return to starting position.

Cool Down

- Refer to Cool Down Stretches poster