



Refine YOU



HIIT Guide and Workouts





HIIT

High Intensity Interval Training

HIIT stands for High Intensity Interval Training. It is a method of training that alternates between high intensity exercise and low intensity exercise or complete rest.

Studies have shown that HIIT compared to steady extended exercise is far superior for fat loss. You burn more calories during a HIIT workout than steady state cardio. HIIT also increases your metabolism which allows you to burn more calories at rest. Your heart rate being pushed into the anaerobic zone during the high intensity intervals improves your exercise endurance.

You can do a variety of different things for HIIT as long as you get your heart rate up during the high intensity work, enough to make you out of breath and wanting a break.

There are also some apps that you can download on your phone to make the timing easier. The Seconds App has a free version and is a good interval timer. Just download the app and set the interval times to your workout using the HIIT Timer. They have a \$4.99 version which give you more abilities to customize your workouts and even sync music to your workouts.

The choreographed workouts are contain different intervals. The intervals with more frequent rest are easier. The intervals with longer periods of exercise before rest are more difficult.



WORKOUT 1

TIME: 22:30 MIN

Sprint/Run in Place	30 sec
<u>Seal Jacks</u>	30 sec
<u>Side to Side Ski Jumps</u>	30 sec
<u>Crab Alternating Toe Taps</u>	30 sec
Rest	30 sec

3 times through

<u>High Knees</u>	30 sec
<u>Plank Jacks</u>	30 sec
<u>Lunge to Heel Kick Right</u>	30 sec
<u>Lunge to Heel Kick Left</u>	30 sec
Rest	30 sec

3 times through

<u>Burpees with Push-Up</u>	30 sec
<u>Mountain Climbers</u>	30 sec
<u>Skaters</u>	30 sec
<u>Quick Feet</u>	30 sec
Rest	30 sec

3 times through

Option at the end: Beginning to End without stopping one time through. Adds 6 minutes



WORKOUT 2 WITH STEP/BOX

TIME: 22:30 MIN

Sprint/Run in Place	30 sec
<u>Thigh Killas</u>	30 sec
<u>Squat Jacks</u>	30 sec
<u>Box Jumps</u>	30 sec
Rest	30 sec

3 times through

<u>180's</u>	30 sec
<u>Alien Squats</u>	30 sec
<u>Jumping Knee Taps</u>	30 sec
<u>Side Jump In and Outs</u>	30 sec
Rest	30 sec

3 times through

<u>Box Jump Burpee</u>	30 sec
<u>Step Over the Top</u>	30 sec
<u>Step Runners</u>	30 sec
<u>Square Jumps</u>	30 sec
Rest	30 sec

3 times through

Option at the end: Beginning to End without stopping one time through. Adds 6 minutes



WORKOUT 3

TIME: 20 MIN

<u>Quick Feet with Punches</u>	30 sec
<u>Forward Jumps</u>	30 sec
<u>Burpees Over Bar</u>	30 sec
<u>Jumping Knee Taps</u>	30 sec
<u>Sumo Squat Jumps</u>	30 sec
<u>Diagonal Bound</u>	30 sec
<u>Plank Shoulder Touches</u>	30 sec
<u>180's</u>	30 sec
Rest	60 sec

4 Times Through



WORKOUT 4

TIME: 20 MIN

<u>High Skips</u>	30 sec
<u>Jump Rope Side to Side</u>	30 sec
<u>Jump Rope Front to Back</u>	30 sec
<u>Jumping Lunges</u>	30 sec
<u>Jump Squats</u>	30 sec
<u>Side Jump In and Out</u>	30 sec
<u>Reverse Burpees</u>	30 sec
<u>Burpees Over Bar/Broom</u>	30 sec
Rest	60 sec

4 Times Through



WORKOUT 5

TIME: 21:30 MIN

High Knees 20 sec

Skaters 20 sec

Mountain Climbers 20 sec

Rest 20 sec

4 times through

Plank Jacks 20 sec

Side to Side Ski Jumps 20 sec

Side Jumps In and Out 20 sec

Rest 20 sec

4 times through

Jumping Knee Taps 20 sec

Squat Jacks 20 sec

Quick Feet 20 sec

Rest 20 sec

4 times through

Jumping Side Lunges 20 sec

Quick Feet with Punches 20 sec

Forward Jumps 20 sec

Rest 20 sec

4 times through

Option at the end: Beginning to End without stopping one time through. Adds 5:30 minutes



WORKOUT 6

TIME: 16 MIN

<u>High Knees</u>	50 sec
Rest	10 sec
<u>Skaters</u>	50 sec
Rest	10 sec
<u>Seal Jacks</u>	50 sec
Rest	10 sec
<u>Burpees with Push-Up</u>	50 sec
Rest	10 sec

2 Times Through

<u>Side Jump In and Out</u>	50 sec
Rest	10 sec
<u>Mountain Climber with Twist</u>	50 sec
Rest	10 sec
<u>Jumping Lunges</u>	50 sec
Rest	10 sec
<u>Square Jumps</u>	50 sec
Rest	10 sec

2 Times Through

Option at the end: Beginning to End without stopping one time through. Adds 8 minutes



WORKOUT 7

TIME: 16 MIN

<u>Forward Jumps</u>	50 sec
Rest	10 sec
<u>Squat Jacks</u>	50 sec
Rest	10 sec
<u>180's</u>	50 sec
Rest	10 sec
<u>Thigh Killas</u>	50 sec
Rest	10 sec

2 Times Through

<u>Mountain Climbers</u>	50 sec
Rest	10 sec
<u>Alternating Diagonal Bound</u>	50 sec
Rest	10 sec
<u>Lunge to Knee or Kick Right</u>	50 sec
Rest	10 sec
<u>Lunge to Knee or Kick Left</u>	50 sec
Rest	10 sec

2 Times Through

Option at the end: Beginning to End without stopping one time through. Adds 8 minutes