

Training Plan		H.I.I.T Workout - 1	
Goal	Shape - lose weight & shape		
Start date	Time	1	End date
Instructions	Pick 1-2 exercises out of the following for 20 seconds on, 1-2 minutes recovery and repeat 6-8 times.		



Exercises	Date	/	/	/	/
1. Burpee	Full Body				
	Set 1	20 x			
	Set 2	20 x			
	Set 3	20 x			
	Set 4				
	Set 5				
	Note				
Stand up straight. Squat down on the floor. Assume the push up position. Squat down on the floor. Stand up straight.					

Exercises	Date	/	/	/	/
2. Sprint	Legs				
	Duration	00:00:20			
	Distance	0			
	Speed	0			
	Kcal				
	Note				

Exercises	Date	/	/	/	/
3. Squat jump	Quads, Glutes, Calves				
	Set 1	20 x			
	Set 2	20 x			
	Set 3	20 x			
	Set 4				
	Set 5				
	Note				
Place your feet at hip width. Bring your buttocks back. Lower yourself until the upper leg is parallel to the floor. Jump up. Move your arms along.					

Exercises	Date	/	/	/	/
4. Jumping jacks	Cardiovascular System				
	Duration	00:00:20			
	Distance	0			
	Speed	0			
	Kcal				
	Note				
Place your feet outside hip width. Keep your arms next to your body. Do jumping jacks. Lift your arms sideways. Move your arms and legs simultaneously.					

Exercises	Date	/	/	/	/
5. Push-up clap	Chest				
	Set 1	20 x			
	Set 2	20 x			
	Set 3	20 x			
	Set 4				
	Set 5				
	Note				
Assume the push up position. Bend your arms. Explosively extend your arms. Clap your hands. Land on your hands.					

Exercises	Date	/	/	/	/
6. Mountain climber legs sideways	Obliques, Legs				
	Set 1	20 x			
	Set 2	20 x			
	Set 3	20 x			
	Set 4				
	Set 5				
	Note				
Assume the push up position. Bring your knee sideways towards your elbow. Alternate between your legs.					

Exercises	Date	/	/	/	/
7. Lunge jumps	Quads, Glutes				
	Set 1	20 x			
	Set 2	20 x			
	Set 3	20 x			
	Set 4				
	Set 5				
	Note				
Jump up. Land in a lunging position. Jump up. Alternate between your legs.					