

NTX HIIT Workouts

WORKOUT SCHEDULE:

Day 1: HIIT Workout / Move / Active Recovery
Day 2: Move / Active Recovery
Day 3: HIIT Workout / Move / Active Recovery
Day 4: Move / Active Recovery
Day 5: Big 5 Workout / Move / Active Recovery
Day 6: Move / Active Recovery
Day 7: Move / Active Recovery

HIIT: Twice a week, you'll do a high-intensity interval training (HIIT) workout that takes less than 20 minutes. HIIT combines all the benefits of resistance training and aerobic exercise in one workout. It's the most efficient way to build muscle and endurance and torch fat, so you spend less time exercising and reap all of the rewards.

Choose 1 of the HIIT workouts below, try a different one every time to mix it up and keep your body guessing. Aim to get faster and do more reps with less rest time rather than adding weights. Once you find it too easy do 2 or even 3 back to back.

Weights: Once a week, you'll hit the weights to stimulate muscle growth and increase your metabolic rate. This is achieved by simply doing The Big 5 Workout.

Move: Up the difficulty slightly in this phase. So turn the walk into a hike, cycle to work, swim, do some light yoga, or try a new fitness class, this should be exercise you can maintain at a conversational pace for a good few hours. Do as MUCH AS POSSIBLE.

Pliability: Before and after every session aim to get a pliability session in. If you're pushed for time focus only on the muscles trained that day.

THE WORKOUTS

HIIT A: BODYWEIGHT WORKOUT

Equipment: None

Do each exercise for 60 seconds. Between moves, walk in place for maximum 20 seconds.

- Bodyweight squats
- Push ups
- High jumps (jump and bring knees to chest)
- Extended Planks - <https://www.youtube.com/watch?v=YVAEOAnc4Ik>
- Burpees

Repeat until you're spent. Work up to 15 minutes.

HIIT B: MARINE BODYWEIGHT WORKOUT

Equipment: None

Do each exercise for 60 seconds, Between exercises walk in place for maximum 30 seconds

- Push ups
- Pull ups
- Burpees

Repeat until spent. Work up to 20 minutes.

HIIT C: FAT-BLASTING BODYWEIGHT AND CARDIO WORKOUT

Equipment: None

Repeat this circuit 10 times:

- 30 seconds burpees
- 30 seconds walking in place

Then, hop on the treadmill or hit the track:

- Run for 1 minute
- Walk for 90 seconds
- Repeat for a total of 20 minutes

HIIT D: PUSH-PULL-CORE DUMBBELL SUPERSET

Equipment: Dumbbells

Do each of these exercises one after the other:

- 10 reps dumbbell bench
- 10 reps dumbbell single-leg squat, both legs
- 60-second plank

Rest 30 seconds. Then, repeat the circuit 3 – 4 times.

HIIT E: CORE BLAST

Extended Planks - <https://www.youtube.com/watch?v=YVAEOAnc4Ik>

Burpees

Hollow Body Rocking Dish - <https://www.youtube.com/watch?v=P3H-wiFDqg>

Squats

Do each for 1 min, after 1 set rest for 20 seconds then repeat until spent.

HIIT F: SPRINTS

3/5 x 60/100m sprints with 1 min recovery in between each sprint

HIIT G: 7 MINUTE FULL BODY WORKOUT

In 12 exercises with only body weight, a chair and a wall, this routine fulfills the latest requirements for high-intensity interval workout, which essentially combines a long run and a visit to the weight room into about seven minutes of mild discomfort — all based on science.

Perform each exercise for 30 seconds with 10 seconds of rest between exercises. One round takes about 7 minutes, but, if time allows and you want a bigger dose of fitness, I recommend doing 2 or 3 rounds or splitting this into a few separate “microworkouts” during the day.

Jumping jacks (*I do burpees cause I'm a glutton for punishment*)

Wall sits

Push-ups

Crunches

Step-ups

Squats

Dips

Planks

Running in place with high knees

Lunges

Push-ups with rotation

Side planks