



Gym / Home Sessions to Complete

Here are a few different HIIT sessions for you to try from **CARDIO** sessions to **STRENGTH** sessions.

Important – HIIT sessions are meant to push you hard, please remember =

- If you need to take a rest at any point of the session then rest & return.
- If you feel dizzy or nauseous at any point then stop.
- If you have any prior medical conditions or concerns always speak to a GP or fitness professional prior to taking part.

CARDIO HIIT

30 Min HIIT Session

Note – Must try to burn 200+ calories prior to session (can be any cardio)
All exercises are on google

- Set = 40 secs work / 20 sec recovery
- 6 sets to complete on each exercise
- 1 minute recovery period between exercises
- Don't forget 5 min warm up / cool down + stretch

SESSION 1

Burpee / Walking Lunges / Plank / Jumping Jacks

SESSION 2

Kettle Bell Swing / Squat Jumps / Bicycle Crunches / Inch Worm

SESSION 3

Mountain Climbers / Side plank (3 each side) / Squat + Press / Plank with Jacks

SESSION 4

Squat Thrusters / Squat + Upright Row / Plank + Arm lift / Jumping Alternating Lunges

STRENGTH HIIT

30 Min HIIT Session

Note – Must try to burn 200+ calories prior to session (can be any cardio)
All exercises are on google

- Set = 30 secs work / 30 sec recovery
- 4 sets to complete on each exercise
- 1 minute recovery period between exercises
- Don't forget 5 min warm up / cool down + stretch

SESSION 1

Burpee + 2 Push Ups / Weighted Squat Pulse / Standing Shoulder Press / Static Lunge – Left / Static Lunge – Right

SESSION 2

TRX Push Ups / Kettle Bell Alternating Arm Swing / TRX Inverted Row / Lunge + Shoulder Press – Left / Lunge + Shoulder Press – Right

SESSION 3

Renegade Push Ups / Weighted Squat Jumps / Lateral – Crucifix Hold / Weighted Plate / Step – Step ups – Left / Weighted Plate / Step – Step ups – Right

SESSION 4

Inch Worm + 4 Push Ups / Wall Squat Hold / Barbell Bent Over Row / Jumping Alternating Lunge / Plank with Dumbbell Lateral Raise (2 left / 2 right)