

SAMPLE HIIT WORKOUT

WEEK - WORKOUT	EXERCISE	RESISTANCE	SUPER- SET TIME	MINI-SET TIME	REST TIME	TOTAL MINI- SETS
1-1	SQUAT	BODY-WEIGHT	10 MIN.	10 SEC	60 SEC	9
1-1	PUSH-UP	B/W	10 MIN.	10 SEC	60 SEC	9
2-1	SQUAT	B/W	10 MIN.	10 SEC	60 SEC	9
2-1	PUSH-UP	B/W	10 MIN.	10 SEC	60 SEC	9
2-2	1 LEG DEADLIFT	B/W	10 MIN.	10 SEC	60 SEC	9
2-2	ROW	B/W	10 MIN.	10 SEC	60 SEC	9
3-1	SQUAT	B/W	10 MIN.	10 SEC	60 SEC	9
3-1	PUSH-UP	B/W	10 MIN.	10 SEC	60 SEC	9
3-2	1 LEG DEADLIFT	B/W	10 MIN.	10 SEC	60 SEC	9
3-2	ROW	B/W	10 MIN.	10 SEC	60 SEC	9
3-3	THRUSTERS	B/W + 20 LBS	10 MIN.	10 SEC	60 SEC	9
3-3	CHIN-UP	B/W	10 MIN.	10 SEC	60 SEC	9
4-1	SQUAT	B/W	15 MIN.	10 SEC	60 SEC	13
4-1	PUSH-UP	B/W	15 MIN.	10 SEC	60 SEC	13
4-2	1 LEG DEADLIFT	B/W	10 MIN.	10 SEC	60 SEC	9
4-2	ROW	B/W	10 MIN.	10 SEC	60 SEC	9
4-3	THRUSTERS	B/W + 20 LBS	10 MIN.	10 SEC	60 SEC	9
4-3	CHIN-UP	B/W	10 MIN.	10 SEC	60 SEC	9
5-1	SQUAT	B/W	15 MIN.	10 SEC	60 SEC	13
5-1	PUSH-UP	B/W	15 MIN.	10 SEC	60 SEC	13
5-2	1 LEG DEADLIFT	B/W	15 MIN.	10 SEC	60 SEC	13
5-2	ROW	B/W	15 MIN.	10 SEC	60 SEC	13
5-3	THRUSTERS	B/W + 20 LBS	10 MIN.	10 SEC	60 SEC	9
5-3	CHIN-UP	B/W	10 MIN.	10 SEC	60 SEC	9
6-1	SQUAT	B/W	15 MIN.	10 SEC	60 SEC	13
6-1	PUSH-UP	B/W	15 MIN.	10 SEC	60 SEC	13
6-2	1 LEG DEADLIFT	B/W	15 MIN.	10 SEC	60 SEC	13
6-2	ROW	B/W	15 MIN.	10 SEC	60 SEC	13
6-3	THRUSTERS	B/W + 20 LBS	15 MIN.	10 SEC	60 SEC	13
6-3	CHIN-UP	B/W	15 MIN.	10 SEC	60 SEC	13