

20-MINUTE HITT WORKOUT

High-intensity interval training, or HIIT, is intended to increase your heart rate for short periods and may not be for everyone. If you feel lightheaded or faint at any time during the workout, sit down and take a few deep breaths. If you feel okay, continue with the exercise or the next exercise. If you do not feel okay, do not continue and check in with your doctor or health care team. If you are new to fitness, please consult your doctor to ensure you can begin a new fitness program.

While exercising, ensure your core is braced, and remember to breathe. An analogy to describe a braced core is to think of a soda can. You can crush it down with your hand to flatten it when it is empty. While working out, pretend your core is a full can of soda that would be difficult to crush.

Before beginning these exercises, practice core bracing to ensure you feel strong. Standing up straight, take a deep breath, relax your shoulders and back, and make your chest proud. Then, while breathing, tighten your abdominal muscles, stiffening them, slightly sucking them in and brace down. Take a few deep breaths in this position. This position is called "bracing." Core bracing will help protect your lower back, strengthen it, and give you maximum benefit while working out. If you are not correctly bracing your core during an exercise, it's okay – stop what you are doing and reset. Remember, shoulders back and down, chest proud, take a deep breath, then slowly suck in your stomach muscles. Continue to breathe normally.

While doing these exercises, it is essential to ensure you have the correct form so you do not injure yourself. Keep your back straight and your shoulders relaxed, away from your ears. If you cannot keep the proper form, stop the exercise and reset. If you are too tired to continue with good form, stop the exercise altogether rather than continue with improper form. This is how injuries happen, and that is the last thing we want to happen.

You must wear comfortable workout attire and running shoes. You will also need a stopwatch or timer.

Consult your doctor or a healthcare professional before starting the program or performing any exercises, especially if you are elderly, pregnant, thinking about becoming pregnant, or have a medical condition.

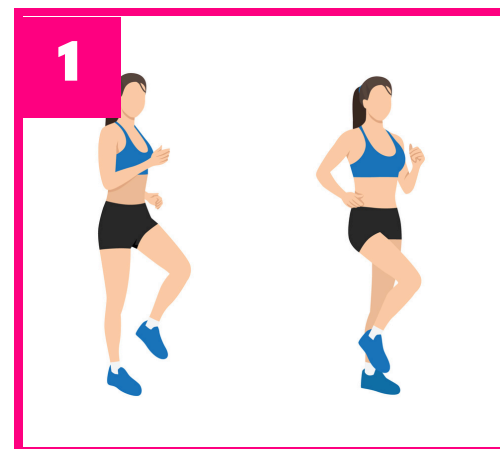
If any exercises cause pain or severe discomfort, stop immediately and consult your doctor or a healthcare professional before continuing.

Avoid exercising under the influence of drugs or alcohol.

Neither the author nor the distributor of this program guarantees the accuracy or completeness of the information provided and makes any warranty of any kind regarding its content.

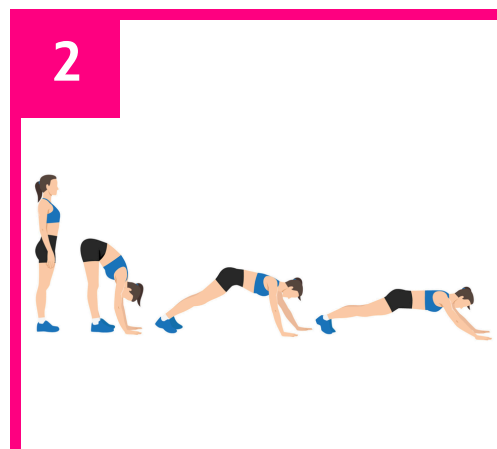
20-MINUTE HITT WORKOUT #1

WARM-UP (3 MINUTES)



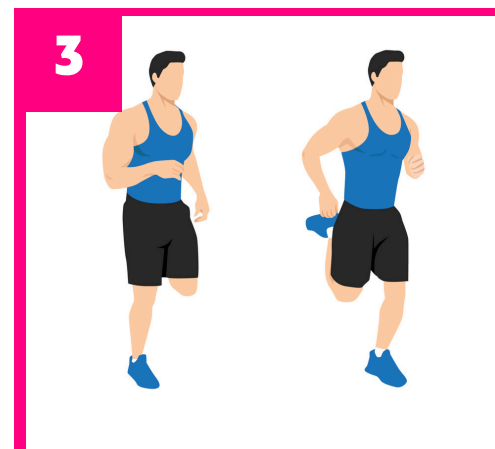
1
Marching
on the
spot

1 minute



2
Inchworms

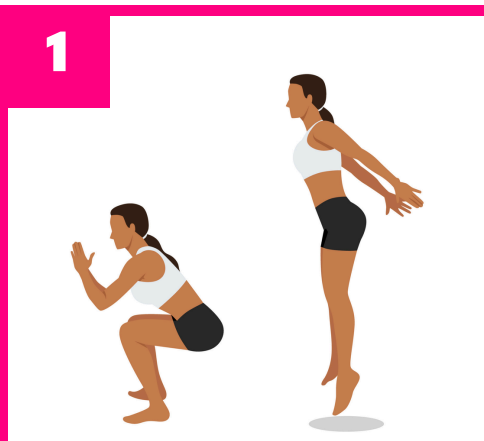
1 minute



3
Butt kicks

1 minute

CONDITIONING (15 MINUTES)

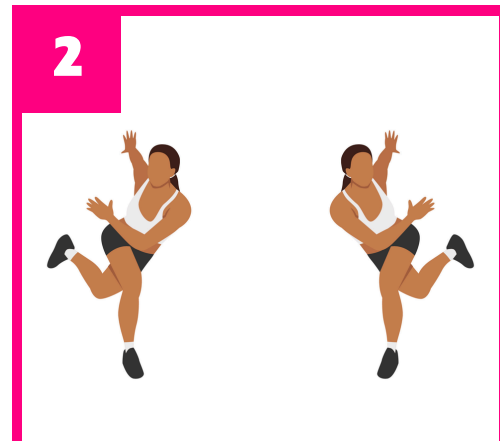


1
Squat
Jump

3 times

30 secs

30 secs rest



2
Lateral
Jumps

3 times

45 secs

15 secs rest

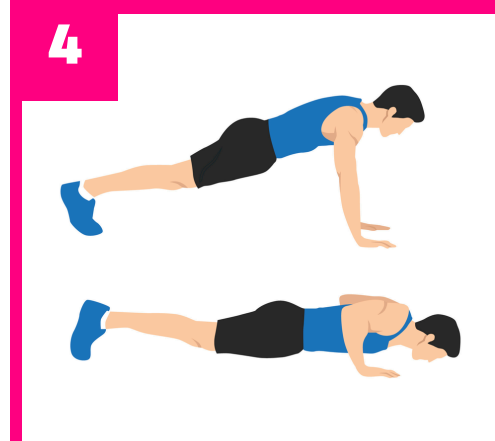


3
Reverse
Lunge
Jumps

3 times

30 secs

30 secs rest



4
Power
Push-ups

3 times

30 secs

30 secs rest



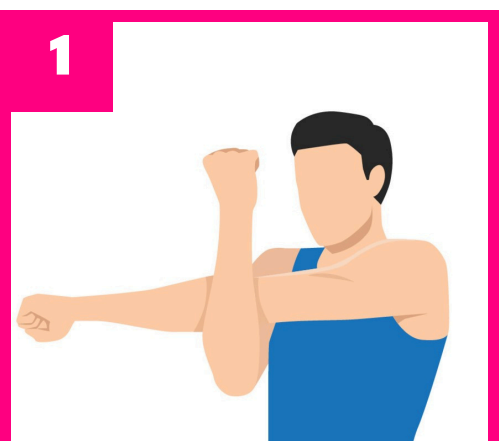
5
Bicycle
Crunch

3 times

45 secs

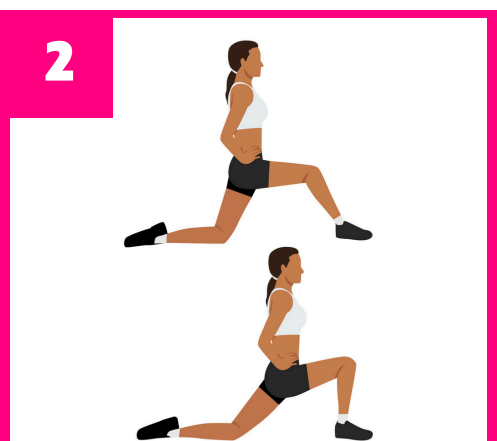
15 secs rest

COOL DOWN (2 MINUTES)



1
Cross
Body Arm
Stretch

15 secs/arm



2
Hip Flexor
Stretch

15 secs/leg


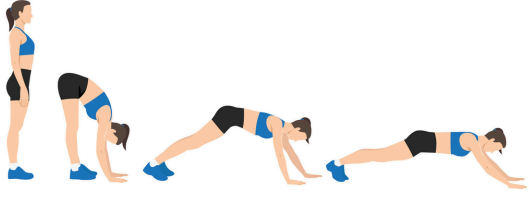
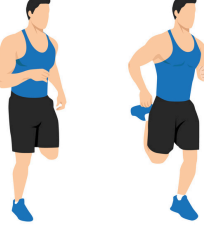


3
Seated
Butterfly
Stretch


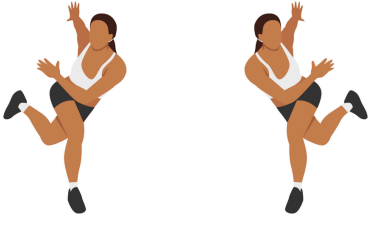
30 seconds

20-MINUTE HITT WORKOUT #1 INSTRUCTIONS

Warm-up (3 minutes)

Exercise	Instructions
<p>Marching on the spot</p> 	<ol style="list-style-type: none"> 1. While bracing your core, march on the spot, getting your knees as high as possible while pumping your arms. 2. Go as fast as you can to get the blood pumping around your body. It is okay if you feel a little out of breath; remember to take deep breaths. 3. Do this once for 1 minute.
<p>Inchworms</p> 	<ol style="list-style-type: none"> 1. While bracing your core, standing upright, with feet hip width apart, bend at the hip, keeping your knees slightly bent, plant your hands on the floor about six to twelve inches from your feet. 2. Walk your hands forward on the floor until your hands are directly under your shoulders, placing you in the plank position. Hold the plank position for 2 seconds. 3. Walk your hands back towards your feet. Once you are back to six to 12 inches from your feet, slowly stand back up. 4. Repeat this exercise for 1 minute.
<p>Butt kicks</p> 	<ol style="list-style-type: none"> 1. While bracing your core, kick the backs of your heels up as far as you can, ideally hitting your buttocks. 2. Do them as fast as you can. 3. If you feel unsteady, hold on to the back of a chair or wall. 4. Do this for one minute.

Conditioning (15 minutes)

<p>Squat jumps</p> 	<ol style="list-style-type: none"> 1. Bracing your core while standing, your feet should be slightly wider than hip-width apart, with your toes pointing slightly outwards. 2. Keeping your head and chest up, inhale while slowly lowering your upper body, hinging at the hips and bending your knees like you are about to sit in a chair. 3. Go as far down as you feel comfortable. 4. The goal is to get low enough that your thighs parallel the ground. If you cannot do this, go as low as possible and work towards this goal in the coming weeks. 5. Exhale while jumping up as high as you can. 6. Go as fast as you can. The goal is to lower for one second, pause for one, then jump up in one second. 7. Do 3 sets. Each set is 30 seconds. After you are done a set, take a 30 second break before beginning the next set. <p><i>Tips:</i></p> <ul style="list-style-type: none"> -If you feel unsteady, either hold on to the back of a chair or countertop or put a chair underneath your buttocks so you do not fall to the ground if you lose your balance. -The weight should be evenly distributed between your heels and the balls of your feet. -Watch your knees and ensure they are not caving inwards. Pull your knees apart; your knees should align with your second toe. -Make sure the back is straight throughout the movement, and your spine does not round or arch. -If you cannot jump, lift your heels as high off the ground as you can instead, keeping your toes planted on the ground.
<p>Lateral jumps (also known as speed skaters)</p> 	<ol style="list-style-type: none"> 1. Standing and with your feet hip-width apart, brace your core and do a quarter squat. 2. With your head and chest up, inhale and jump to the right, landing on your right foot. Your left foot should stay off the ground and be behind your right leg. 3. Transfer all your weight onto your right foot, and jump to your left side, landing the left foot on the ground. Keep your right foot off the ground behind your left leg. 4. Continue to jump from side to side as fast as you can while maintaining the quarter squat position. 5. Do 3 sets. Each set is 45 seconds. After you are done a set, take a 15 second break before beginning the next set.

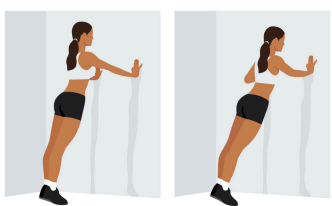
Reverse Lunge Jumps



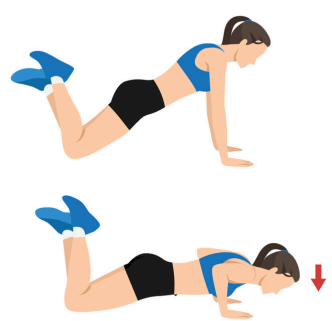
1. In a standing position, with feet hip-width apart, brace your core.
2. Keeping your head and chest up, inhale and step back with your right leg. Step back about 45 cm to 60 cm (1.5 feet to 2.0 feet). Make sure your feet are still hip-width apart, like standing on a train track.
3. Keep your left leg planted firmly in front, bend both knees and bring your right knee towards the ground.
4. Go as far down as you feel comfortable.
5. Your left leg, or the leg in front, should bend until the quad is parallel to the ground.
6. Ideally, your right kneecap hovers just above the ground, which is the goal as you progress through the workouts.
7. With most of the weight on the leg planted in front, exhale and jump back up to a standing position. Bring your right leg back to the starting position.
8. Alternate legs as fast as you can.
9. Do 3 sets. Each set is 30 seconds. After you are done a set, take a 30 second break before beginning the next set.

Power push-ups (3 ways depending on fitness level)

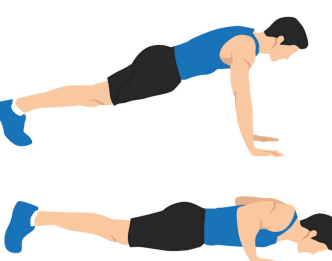
Wall power push-up



Bent knee power push-up



Power push-up



Wall power push-up:

1. Bracing your core, stand facing a wall, arm-length away, with feet hip-width apart.
2. Place your palms on the wall, shoulder-width apart.
3. Bend your elbows while slowly leaning into the wall.
5. With power, quickly push your hands off the wall, pushing the wall away from you, extending your elbows until straight. Push hard enough to get some space between your hands and the wall.
6. Place your hands back onto the wall, back to the starting position, before doing the next rep. Do them as fast as you can.
7. Do 3 sets. Each set is 30 seconds. After you finish a set, take a 30-second break before beginning the next set.

Bent knee power push-up:

1. Kneel on the floor, towel or mat.
2. Keep your feet together behind your body.
3. Lean over, placing your hands directly under your shoulders, with your fingers facing forward.
4. Shift your weight forward, ensuring the weight is in your hands and shoulders. Make sure that there is no bend at the hips. If you notice you are bending at the hips, reposition your hands so your torso is fully extended. (Pretend there is a broomstick resting on your head down your back in a straight line to your buttocks).
5. Bracing and keeping your core ridged, bend at the elbows and lower your body towards the floor. Keep the elbows as close to the body as possible and keep your hips stable, not allowing them to hike upwards or sag down. Lower as far as you can, ideally hovering above the ground.
6. With power, quickly press through your hands and shoulders, extend your elbows, push the floor away from you, and straighten them back to the starting position. Push hard enough to get some space between your hands and the floor. Remember to keep your core braced and ridged, and do not pike or sag your hips.
7. Place your hands back onto the floor, directly under your shoulders, back to the starting position, before doing the next rep. Do them as fast as you can.
8. Do 3 sets. Each set is 30 seconds. After you finish a set, take a 30-second break before beginning the next set.

Power push-ups:

1. Kneel on the floor, towel or mat.
2. Keep your feet together behind your body.
3. Lean over, placing your hands directly under your shoulders, with your fingers facing forward.
4. Shift your weight forward, ensuring the weight is in your hands and shoulders. Make sure that there is no bend at the hips. If you notice you are bending at the hips, reposition your hands so your torso is fully extended. (Pretend there is a broomstick resting on your head down your back in a straight line to your buttocks).
5. Lift your knees off the ground so your toes are on the ground. Your feet should be distanced about hip-width apart.
6. Bracing and keeping your core ridged, bend at the elbows and lower your body towards the floor. Keep the elbows as close to the body as possible and keep your hips stable, not allowing them to hike upwards or sag down. Lower as far as you can, ideally hovering above the ground.
7. With power, quickly press through your hands and shoulders, extend your elbows, push the floor away from you, and straighten them back to the starting position. Push hard enough to get some space between your hands and the floor. Remember to keep your core braced and ridged, and do not pike or sag your hips.
8. Place your hands back onto the floor, directly under your shoulders, back to the starting position, before doing the next rep. Do them as fast as you can.
9. Do 3 sets. Each set is 30 seconds. After you finish a set, take a 30-second break before beginning the next set.

Tips:

-You can always start with the push-ups and, if needed, lower the knees to the bent-knee push-up version to finish the set.

-Pressing through the heels and the outer part of your hand can help with shoulder stability and give you more force.

Bicycle Crunch



Modified bicycle crunch



1. Start lying on your back with your knees bent hip-width apart. Both feet should be pointing forward.
2. Lift your feet off the ground so your thighs are vertical to the floor, making a 90-degree angle with your hips.
3. Place your hands behind your head.
4. Bracing your core, contracting your abdominal muscles, and lift your shoulders.
5. Straighten one leg, then drive one knee towards your chest while simultaneously rotating and driving the opposite elbow towards the knee (left elbow drives towards right knee, right elbow drives towards left knee.)
6. Repeat using the other leg and arm.
7. Go as fast as you can.
8. Do 3 sets. Each set is 45 seconds. After you are done a set, take a 15 second break before beginning the next set.

Tips:

- The most benefit comes from keeping the core tight and stiffened.
- Hover the straightened leg (the one not driving) above the ground to increase the intensity of the exercise.
- If you need to modify the exercise, plant both feet on the ground and lift one leg, driving the knee into the opposite elbow.
- Ensure your head and neck are neutral, not looking up or down.
- Remember not to shrug your shoulders; keep them away from your ears.
- Ensure your back is flat throughout the exercise, not arching your spine.
- Breathe normally throughout the exercise, and do not hold your breath.
- Use caution when getting up to a standing position, especially if you are very new to exercise or have issues moving from sitting to standing. After you are done the exercise, move slowly from sitting to standing, and hang on to something if necessary.

Cool down (2 minutes)

Exercise

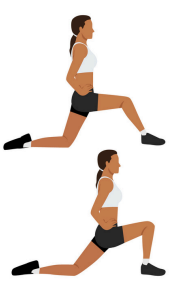
Instructions

Cross body arm stretch



1. Begin by standing up straight, with your shoulders relaxed and hands by your side.
2. Place one arm across your body. Place the opposite arm across your bicep or forearm, pushing it against your body and stretching it as far as possible. Do not place your hand on your elbow joint, which can cause strain.
3. Hold for 15 seconds.
4. Repeat on the other side.

Hip flexor stretch



1. Begin by kneeling on one knee.
2. Slowly lean forward, bringing your weight towards the knee in front until you feel a stretch in your hip flexor.
3. If comfortable, lift both arms overhead, ensuring your shoulders are relaxed and away from your ears. Continue to lean into the stretch as far as you can.
4. Do not let the knee of the front leg go past your toes.
5. Hold for 15 seconds.
6. Switch the legs and repeat the stretch on the other side.

Seated butterfly stretch



1. While sitting on the floor, bend your knees, so the soles of your feet are touching. Bring your knees as close to the floor as possible
2. Hold onto your feet or if comfortable, place your hands behind you on the floor to stretch your chest.
3. Hold for 30 seconds.