

DYNAMIC WARM-UP

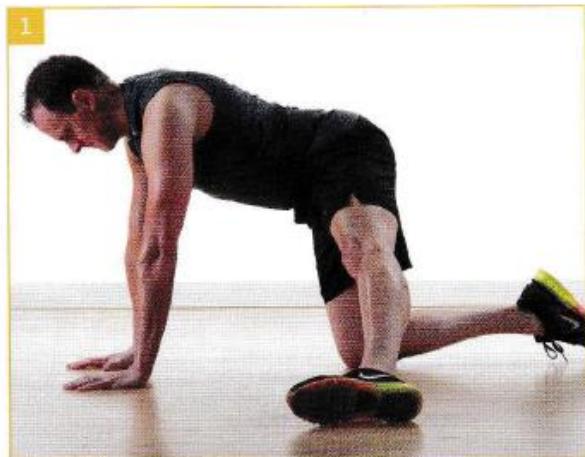
It's important to begin each HIIT workout with a dynamic warm-up. Unlike static stretching, dynamic stretching incorporates movement to activate the muscles you will use during your workout, improving your range of motion and challenging your balance and coordination. Dynamic stretching before a workout can help you lift more weight and increase overall athletic performance compared to no stretching or static stretching. If you are trying to become stronger, build more muscle, or simply perform better, a dynamic warm-up routine will help you meet your goal.

Complete each of the six warm-up exercises in this part in order, paying particular attention to form.

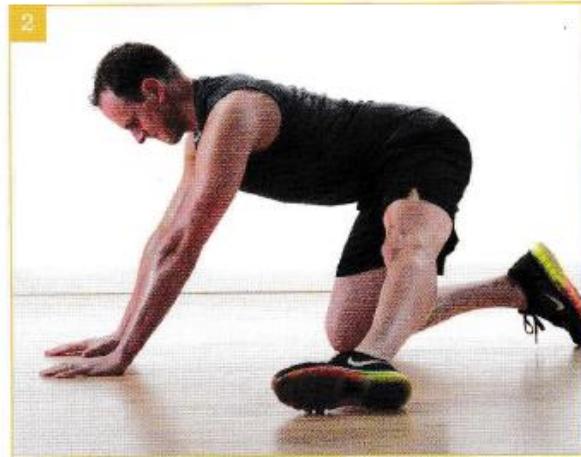
DYNAMIC WARM-UP

INNER THIGH MOBILITY

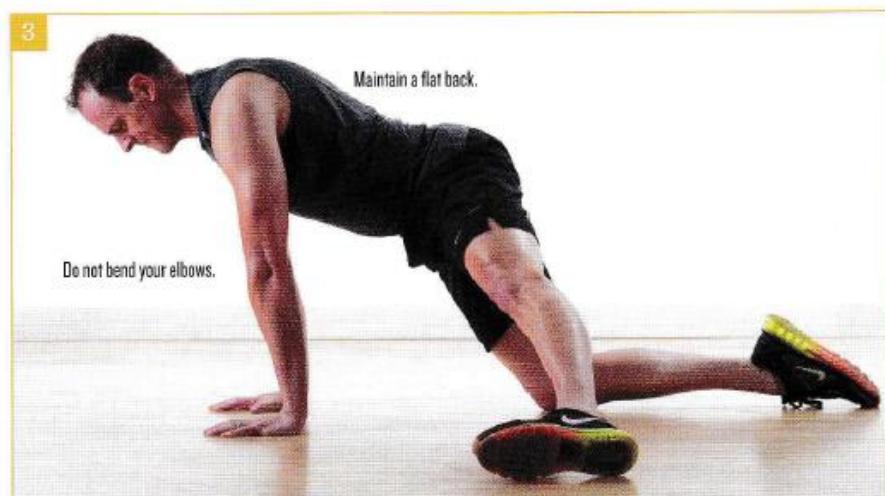
Warm up the hips and groin with this simple yet highly effective mobilization exercise.



Begin on your hands and knees. Straighten your right leg out to the side until it is perpendicular to your torso.



Keep your back flat and push your hips back as far as possible.



Push your hips forward as far as you can, keeping your back flat and arms straight. Return to the starting position to complete one rep.

Complete 4 to 6 reps and then repeat with your left leg.

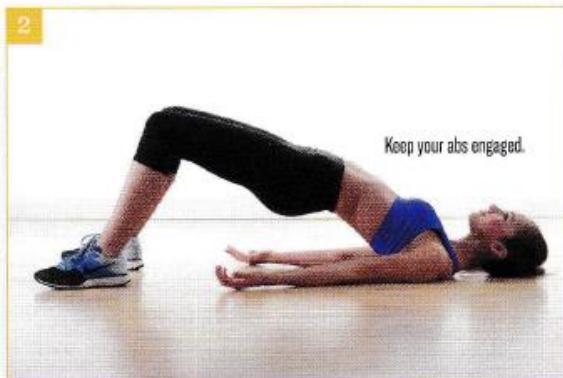
DYNAMIC WARM-UP

PEEL WITH REACH

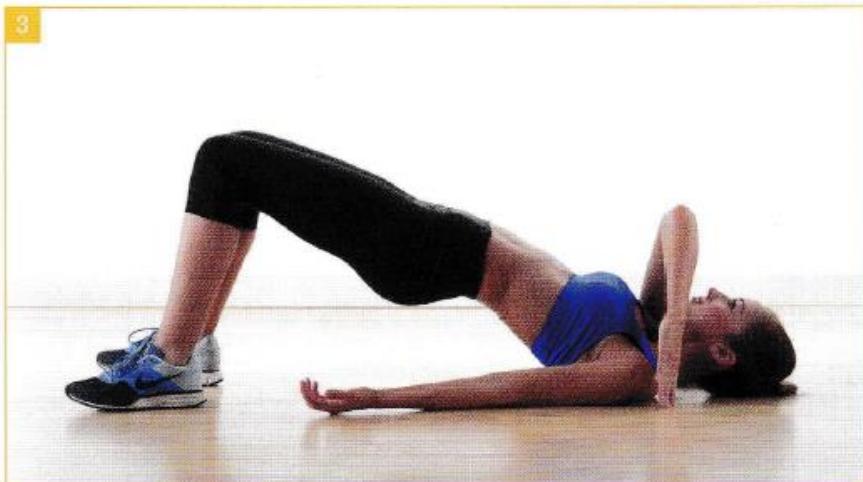
The peel, or bridge position, is a great way to open your hips, activate your glutes, and engage your core, including the lower back. The addition of a reach aids in shoulder mobility.



Lie on your back with knees bent at 90 degrees and feet flat on the floor. Spread your arms on the floor 45 degrees from your torso with palms facing up.



Push through the heels and engage the glutes to lift the hips until your body forms a straight line from knees to shoulders.



Holding the bridge position, lift your right arm and shoulder off the floor and reach across your torso to tap the floor behind your left shoulder.

Return to the starting position and perform 6 reps before repeating with your left arm.

DYNAMIC WARM-UP

HIP FLEXOR RELEASE TO WALKING LUNGE

Releasing your hip flexors will aid in hip mobility, ease back pain and tightness, and prepare you for exercises such as squats and pikes. Adding a walking lunge to activate the glutes, quads, and hamstrings makes this a must-do warm-up before undertaking the explosive exercises of Levels 2 and 3.

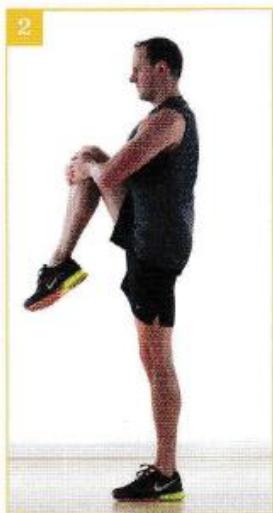


TRAINER TIP

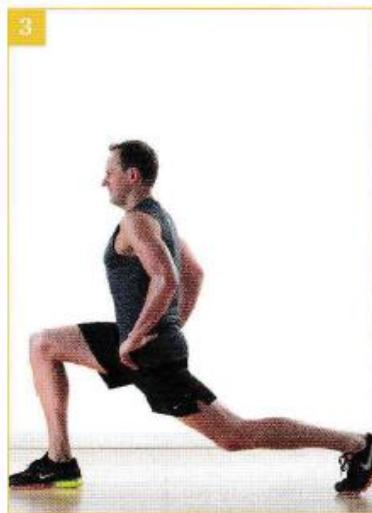
Pull knee as close to chest as possible, but remain tall through your torso.



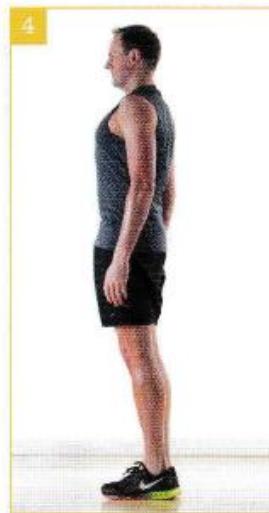
Stand with your feet hip width apart and arms at your sides.



Raise your right knee and grab just below the kneecap with both hands, pulling the knee toward your chest.



Release the knee and take a long stride forward with the right leg, lowering your body into a lunge with hands on hips or extended for stability.



Bring the back leg forward to meet your right and repeat with left leg.

Alternate for 5 per leg, 10 reps total.

DYNAMIC WARM-UP

CALF AND ANKLE MOBILITY

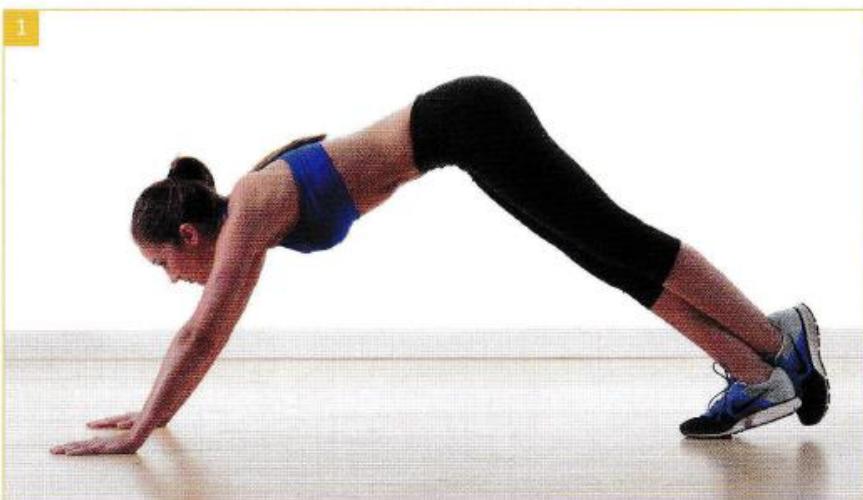
HIIT workouts often feature plyometric movements (jumping) and frequent changes of direction. It's important to keep your ankles, calves, and lower legs mobile to avoid injury and dysfunction.



TRAINER TIP

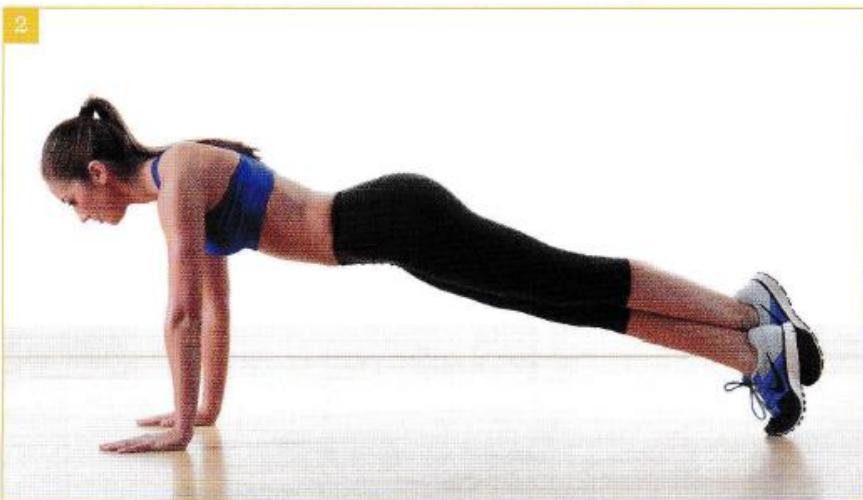
Slow down! Aim for maximum range of motion, not speed.

Begin in a standard push-up position. Lift your hips and place your left shin over your right calf muscle.



Slowly rock your hips back as if trying to make your heel touch the floor, and then forward onto the toes.

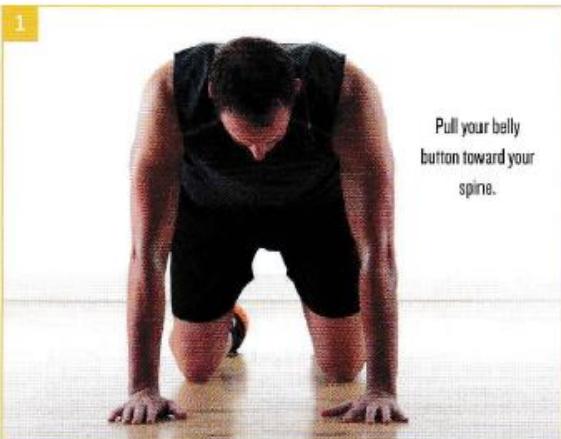
Perform 10 slow reps and then repeat on the left side.



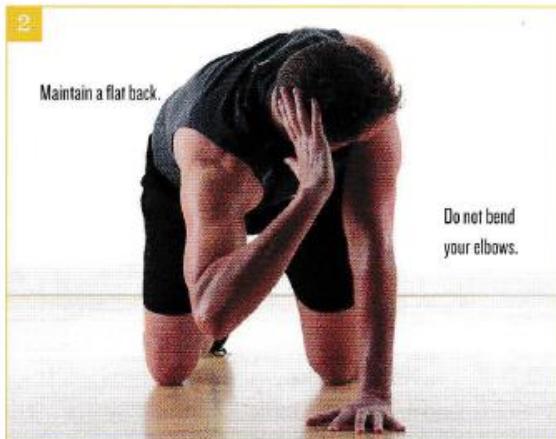
DYNAMIC WARM-UP

UPPER BACK ROTATION

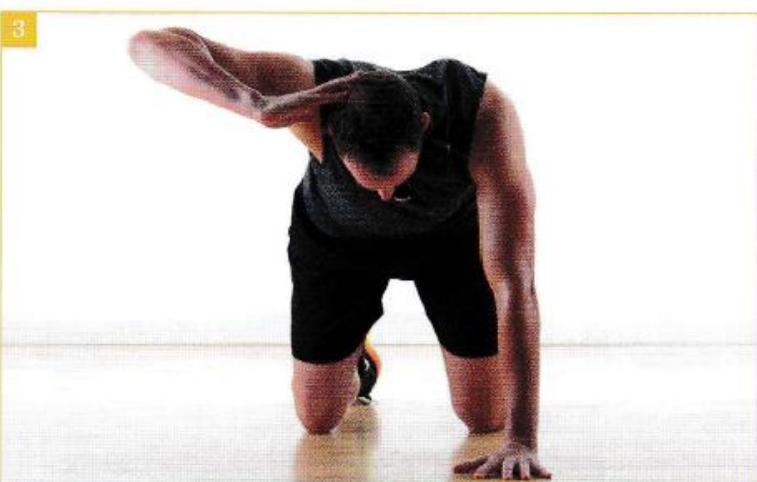
Improve your posture by increasing the mobility in your thoracic spine with this simple exercise. It's especially beneficial for those who spend a lot of time at a desk or keyboard before starting HIIT.



Begin on your hands and knees, with a flat back and straight arms.



Bring your right hand behind your head and rotate your right elbow inward toward the floor.



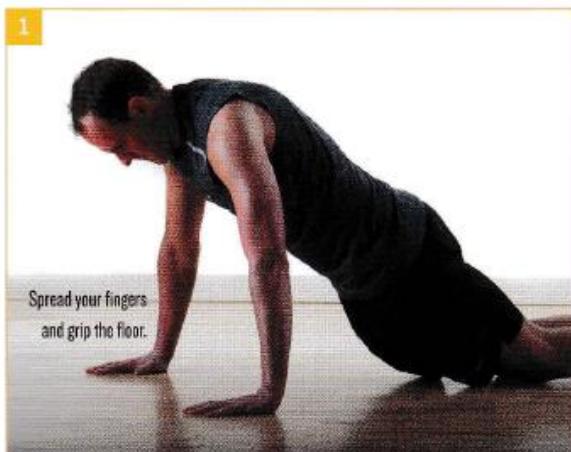
Reverse by rotating the right elbow outward to the ceiling, opening your chest and rotating your head and upper back as far as you can.

Rotate back inward and repeat for 8 reps before switching sides.

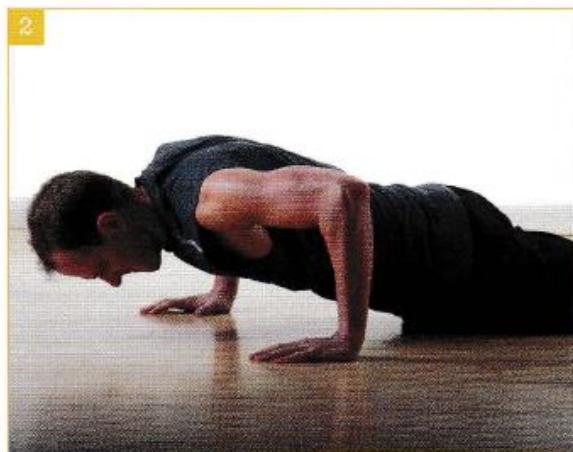
DYNAMIC WARM-UP

KNEELING PUSH-UP

Kneeling push-ups are a great way to warm up your chest, back, and shoulders and are also incredibly effective at activating the core and increasing shoulder stability.



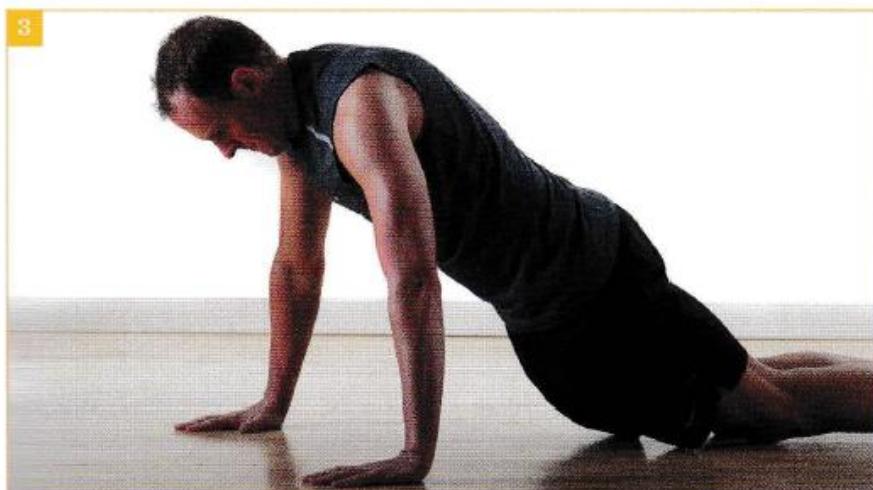
1
Spread your fingers and grip the floor.



2

Begin on all fours with your shoulders directly over your wrists. Tilt your pelvis and lower your hips until your body forms a straight line from knees to shoulders.

Bend your elbows, bringing your chest toward the floor. When your elbows are bent slightly beyond 90 degrees, hold for one to two seconds.



3

Push up through your palms, extending the arms to return to the starting position. Perform 10 reps, focusing on depth and range of motion.

Level 1 - Routines

Level 1 routines are designed to get you started with HIIT by introducing basic exercises and common routine formats in a way that is varied and challenging without being overwhelming. Level 1 gets things rolling with lower impact exercises, shorter routines, and longer rest periods. Remember the golden rule during each of these routines: form first and speed second.

No routine in Level 1 is longer than 20 minutes, and each has a work-to-rest ratio between 1:1 and 3:1. Try one on its own as a standalone introduction to HIIT, or choose one as a “finisher” at the end of a longer workout.

Level 1 - Routines

TOTAL TIME
5:00

FAST FIVES

Short, sharp, and incredibly effective, each of these routines is five minutes long and features cardio and compound exercise classics such as sprints and squats to charge your metabolism and burn calories.

CHALLENGE

Try combining Routines A and B to create a 10-minute workout, or combine all four Fast Fives for a 20-minute workout.

ROUTINE A

Do each exercise for 20 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Sprint	0:20	0:10
Squat	0:20	0:10
Jumping Jack	0:20	0:10
Kneeling Push-Up	0:20	0:10

 REPEAT 2 ROUNDS

REST 30 SECONDS

ROUTINE B

Do each exercise for 20 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
High Knees	0:20	0:10
Reverse Lunge	0:20	0:10
Mountain Climber	0:20	0:10
Bicycle Crunch	0:20	0:10

 REPEAT 2 ROUNDS

REST 30 SECONDS

Level 1 - Routines



TRAINER TIP

Fast Fives also make a great metabolic booster or "finisher" to other workouts. Try adding one to the end of a weight lifting session to super-charge your routine.

ROUTINE C

Do each exercise for 20 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Squat	0:20	0:10
Lunge	0:20	0:10
Lateral Lunge	0:20	0:10
Pelvic Peel	0:20	0:10
 REPEAT 2 ROUNDS		REST 30 SECONDS

ROUTINE D

Do each exercise for 20 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Pike	0:20	0:10
Bicycle Crunch	0:20	0:10
Circles	0:20	0:10
Plank	0:20	0:10
 REPEAT 2 ROUNDS		REST 30 SECONDS

Level 1 - Routines

TOTAL TIME
7:30

THREE-PEAT

You'll discover that three really is the magic number in this total body challenge: three rounds, each with an increasing difficulty level and work-to-rest ratio. Each set blends high-output cardio with basic strength exercises.

Do each exercise in order, followed by the specified rest. Rest 30 seconds after each round.

EXERCISE	ROUND 1		ROUND 2		ROUND 3	
	WORK	REST	WORK	REST	WORK	REST
Sprint	0:15	0:15	0:20	0:10	0:30	—
Squat	0:15	0:15	0:20	0:10	0:30	—
High Knees	0:15	0:15	0:20	0:10	0:30	—
Mountain Climber	0:15	0:15	0:20	0:10	0:30	—
	REST 30 SECONDS		REST 30 SECONDS		REST 30 SECONDS	



CHALLENGE

Stack the rounds: Do Round 1 one time, Round 2 two times, and Round 3 three times. (Total Time 15:00)

Triple it: Do each round three times. (Total Time 22:30)

Level 1 - Routines

TOTAL TIME
10:00

HIT OR QUIT

HIIT not only provides a physical challenge but improves mental toughness, requiring you to dig deep and push to maximal heart rate to achieve optimal results.

Do each exercise for 20 seconds. Rest one minute after each round.

EXERCISE	WORK	REST
Sprint	0:20	—
Jumping Jack	0:20	—
Squat Thrust	0:20	—

 REPEAT 5 ROUNDS

TRAINER TIP

HIIT is all about maximal heart rate, so leave nothing in the tank. At the end of each set, you should be breathing hard and in need of rest. If you find the one-minute rest too long, cut it down to 30 seconds.



Level 1 - Routines

The change of elevation in this exercise forces your heart to work harder from battling the force of gravity. Remember: form first, speed second during this challenge. Good Luck!

Do as many squat thrusts as possible during each interval, followed by the specified rest. No rest between rounds.

TOTAL TIME
5:00

**SQUAT THRUST
CHALLENGE**

EXERCISE	WORK	REST
Squat Thrust	0:30	0:15
Squat Thrust	0:30	0:30
Squat Thrust	0:30	0:15

REPEAT 2 ROUNDS

NO REST



Level 1 - Routines

TOTAL TIME
10:00

HIIT IT AGAIN

This simple, fun, and sweaty routine brings together three HIIT basics: sprints, squat thrusts, and mountain climbers. Push for maximum heart rate, and remember: you get out what you put in.

Do each exercise in order. Rest one minute after each round.

EXERCISE	WORK	REST
Squat Thrust	0:20	—
Mountain Climber	0:20	—
Sprint	0:20	—

REPEAT 5 ROUNDS

REST 1 MINUTE

TOTAL TIME
12:30

PLANK CHALLENGE

This deceptively simple exercise is the secret to rock-hard abs. The plank position engages the transverse abdominals, which aid in stabilization of the spine and pull in the tummy.

Hold a plank for as long as possible during each interval, followed by the specified rest. No rest between rounds.

EXERCISE	WORK	REST
Plank	0:30	0:15
Plank	0:30	0:30
Plank	0:30	0:15

REPEAT 5 ROUNDS

NO REST

TRAINER TIP

Be sure to maintain good form during your planks: elbows bent at 90 degrees, shoulders over elbows, head in line with the spine, and eyes over hands.

Level 1 - Routines

TOTAL TIME
15:00

CARDIO BURN

This routine combines explosive cardio elements, like sprinting, with large-muscle compound exercises, such as squats. The constant change of elevation between exercises makes you work harder than you might expect. You'll feel the burn after just one round.

Do each exercise for 20 seconds, followed by a 10-second rest. Rest one minute after each round.

EXERCISE	WORK	REST
Sprint	0:20	0:10
Squat	0:20	0:10
High Knees	0:20	0:10
Mountain Climber	0:20	0:10
Jumping Jack	0:20	0:10
Kneeling Push-Up	0:20	0:10
Shoulder Press Jack	0:20	0:10
Inchworm	0:20	0:10

 REPEAT 3 ROUNDS

REST 1 MINUTE

Level 1 - Routines

TOTAL TIME
21:00

HOT FOR HIT

With each round of this challenging workout, the work-to-rest ratio increases. Varying the work-to-rest ratio and alternating exercises frequently keeps your body in a state of confusion, maximizing caloric burn and preventing it from adapting to a steady state.

Do each exercise in order, followed by the specified rest. Rest one minute after each round. Complete all three rounds.

EXERCISE	ROUND 1		ROUND 2		ROUND 3	
	WORK	REST	WORK	REST	WORK	REST
Jumping Jack	0:15	0:30	0:30	0:30	0:45	0:30
Kneeling Push-Up	0:15	0:30	0:30	0:30	0:45	0:30
Squat Thrust	0:15	0:30	0:30	0:30	0:45	0:30
T-Stand	0:15	0:30	0:30	0:30	0:45	0:30
Inchworm	0:15	0:30	0:30	0:30	0:45	0:30
Triceps Dip	0:15	0:30	0:30	0:30	0:45	0:30

REST 1 MINUTE

REST 1 MINUTE

REST 1 MINUTE

Level 1 - Routines

Work your biceps, triceps, shoulders, and back with these upper-body sculpting exercises. Build strength and definition while engaging the core and burning calories.

Do each exercise for 20 seconds, followed by a 10-second rest. Rest one minute after each round.

TOTAL TIME
12:00

TARGET: ARMS

EXERCISE	WORK	REST
Side Press (right)	0:20	0:10
Inchworm	0:20	0:10
Side Press (left)	0:20	0:10
Kneeling Push-Up	0:20	0:10

REPEAT 4 ROUNDS

REST 1 MINUTE



Level 1 - Routines

TOTAL TIME
9:00

LEG HELL 1.0

This workout pushes your legs to the limit with a series of exercises targeting your calves, hamstrings, inner thighs, and glutes. Your legs will never be stronger, tighter, or more defined.

Do each exercise for 30 seconds. Rest one minute after each round.

EXERCISE	WORK	REST
Squat	0:30	—
Reverse Lunge	0:30	—
Lateral Lunge	0:30	—
T-Stand	0:30	—

REPEAT 3 ROUNDS

REST 1 MINUTE

TOTAL TIME
9:00

CORE KILLER

Each exercise in this series will challenge the muscles of the core (six-pack abs, obliques, transverse abs, back, and hips). A toned tummy may be your goal, but a stronger core will also improve athletic performance and balance.

Do each exercise for 30 seconds. Rest one minute after each round.

EXERCISE	WORK	REST
Bicycle Crunch	0:30	—
Pike	0:30	—
Circle (right)	0:30	—
Circle (left)	0:30	—

REPEAT 3 ROUNDS

REST 1 MINUTE

Level 1 - Routines

TOTAL TIME
20:00

NO LIMITS

This metabolic-boosting routine is designed to push your limits. Give it all you have and work at maximal heart rate to extend the “after burn” effect of HIIT.

Do each exercise for 30 seconds, followed by a 30-second rest. Rest one minute after each round.



TRAINER TIP

If the 1:1 work-to-rest ratio provides too long a recovery, reduce the rest time to 15 seconds.

EXERCISE	WORK	REST
Sprint	0:30	0:30
Squat Thrust	0:30	0:30
High Knees	0:30	0:30
Plank	0:30	0:30
Pike	0:30	0:30
Bicycle Crunch	0:30	0:30
Squat	0:30	0:30
Reverse Lunge	0:30	0:30
Lateral Lunge	0:30	0:30

 REPEAT 2 ROUNDS

REST 1 MINUTE

Level 1 - Routines

TOTAL TIME
15:00



The core muscles work as stabilizers for the entire body and help the body function more effectively. Strengthening these muscles will provide definition and improve athleticism and coordination.

Do each exercise for 20 seconds, followed by a 10-second rest. Rest one minute after each round.

EXERCISE	WORK	REST
Pike	0:20	0:10
Plank	0:20	0:10
Bicycle Crunch	0:20	0:10
Side Plank (right)	0:20	0:10
Circles (right)	0:20	0:10
Side Plank (left)	0:20	0:10
Circles (left)	0:20	0:10
Plank	0:20	0:10

 REPEAT 3 ROUNDS

REST 1 MINUTE

Level 1 - Routines

TOTAL TIME
18:00

FAT BURNER

Short bursts of intense, heart-rate-boosting activity are coupled with classic strength exercises in this dynamic yet challenging routine. Burn calories, gain strength, and increase athletic performance in under 20 minutes!

Do each exercise for 20 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST	TRAINER TIP
High Knees	0:20	0:10	 When you only spend 18 minutes on a workout, you need to make every minute count. Keep the transitions between exercises as fast as possible to maximize your calorie-burning time.
Mountain Climber	0:20	0:10	
Squat	0:20	0:10	
Peel	0:20	0:10	
Sprint	0:20	0:10	
Kneeling Push-Up	0:20	0:10	
Jumping Jack	0:20	0:10	
Triceps Dip	0:20	0:10	
 REPEAT 4 ROUNDS		REST 30 SECONDS	

Level 1 - Routines

TOTAL TIME
16:30

ENDURO

This routine challenges your endurance with longer cardio segments and greater muscular demands. Endurance-oriented routines are especially beneficial if you play sports that require sustained activity for a long period of time.

Do each exercise for 30 seconds. Rest one minute after each round.

EXERCISE	WORK	REST
Jumping Jack	0:30	—
Reverse Lunge	0:30	—
Inchworm	0:30	—
High Knees	0:30	—
Mountain Climber	0:30	—
Squat Thrust	0:30	—
Lateral Lunge	0:30	—
Kneeling Push-Up	0:30	—
Plank	0:30	—



REPEAT 3 ROUNDS

REST 1 MINUTE

Level 1 - Routines

TOTAL TIME
10:00

EVERY SECOND COUNTS

This short but incredibly effective routine will push you to your limits, elevate your heart rate, and burn calories.

Do each exercise for 20 seconds. Rest one minute after each round.

EXERCISE	WORK	REST
Jumping Jack	0:20	—
High Knees	0:20	—
Squat Thrust	0:20	—

REPEAT 5 ROUNDS

REST 1 MINUTE

TOTAL TIME
10:00

TRIFECTA

The three simple exercises in this routine will activate the chest, back, quads, and glutes. These large muscle groups burn the most calories both when working and during recovery, making this a go-to routine if you are short on time but need big results.

Do each exercise for 20 seconds. Rest one minute after each round.

EXERCISE	WORK	REST
Sprint	0:20	—
Squat	0:20	—
Kneeling Push-Up	0:20	—

REPEAT 5 ROUNDS

REST 1 MINUTE

Level 1 - Routines

TOTAL TIME
9:30

SORE OR SORRY?

You can either wake up sore but satisfied, or you can wake up sorry that you didn't work out. The combination of cardio and strength exercises in this routine will deliver soreness—and satisfaction.

Do each exercise in order, followed by the specified rest. Rest one minute after each round. Complete both rounds.

EXERCISE	ROUND 1		ROUND 2	
	WORK	REST	WORK	REST
Sprint	0:15	0:15	0:30	0:15
Reverse Lunge	0:15	0:15	0:30	0:15
High Knees	0:15	0:15	0:30	0:15
T-Stand	0:15	0:15	0:30	0:15
Inchworm	0:15	0:15	0:30	0:15
Shoulder				
Press Jack	0:15	0:15	0:30	0:15

TOTAL TIME
12:00

CORE CHAOS

The plank position forces you to engage your deepest core muscles, strengthening the muscle groups that stabilize the spine (including your lower back and glutes) and improving your posture.

Do each round three times. Rest one minute after each round.

EXERCISE	ROUND 1		ROUND 2	
	WORK	REST	WORK	REST
Plank	0:20	—	0:10	—
Side Plank (right)	0:10	—	0:20	—
Plank	0:20	—	0:10	—
Side Plank (left)	0:10	—	0:20	—

 REPEAT 3 ROUNDS

REST 1 MINUTE

REST 1 MINUTE

Level 1 - Routines

TOTAL TIME
21:00



This routine features a challenging series of compound, multi-muscle exercises. Each round has a different work-to-rest ratio to keep your body on its toes and guarantee results.

Do each exercise in order, followed by the specified rest. Rest one minute after each round.

EXERCISE	ROUND 1		ROUND 2		ROUND 3	
	WORK	REST	WORK	REST	WORK	REST
Jumping Jack	0:15	0:15	0:20	0:10	0:30	0:30
Squat	0:15	0:15	0:20	0:10	0:30	0:30
Kneeling Push-Up	0:15	0:15	0:20	0:10	0:30	0:30
Mountain Climber	0:15	0:15	0:20	0:10	0:30	0:30
Lateral Lunge	0:15	0:15	0:20	0:10	0:30	0:30
Triceps Dip	0:15	0:15	0:20	0:10	0:30	0:30
Squat Thrust	0:15	0:15	0:20	0:10	0:30	0:30
T-Stand	0:15	0:15	0:20	0:10	0:30	0:30
Plank	0:15	0:15	0:20	0:10	0:30	0:30

REST 1 MINUTE REST 1 MINUTE REST 1 MINUTE

Level 1 - Routines

TOTAL TIME
16:00

JACKED

EXERCISE	WORK	REST
Jumping Jack	0:30	—
Shoulder Press Jack	0:30	—

 REPEAT 8 ROUNDS

REST 1 MINUTE

Get jacked for this cardio routine featuring two different variations on the classic jumping jack. This workout will push your heart rate, burn fat, and improve athletic performance, agility, and foot speed.

Do each exercise for 30 seconds. Rest one minute after each round.

TOTAL TIME
13:30

STACKED

The change of elevation and fast-paced exercises in this routine will push your limits.

Do each exercise for 30 seconds, followed by the specified rest time. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Sprint	0:30	0:30
Sprint	0:30	—
Squat Thrust	0:30	0:30
Sprint	0:30	—
Squat Thrust	0:30	—
Kneeling Push-Up	0:30	—

 REPEAT 3 ROUNDS

REST 30 SECONDS

Level 1 - Routines

TOTAL TIME
15:00

TONED ARMS

This fast and effective routine isolates the muscles of the back, chest, shoulders, and triceps to sculpt, strengthen, and tone the upper body.

Do each exercise for 30 seconds. Rest one minute after each round.

EXERCISE	WORK	REST
Kneeling Push-Up	0:30	—
Side Press (right)	0:30	—
Triceps Dip	0:30	—
Side Press (left)	0:30	—

REPEAT 5 ROUNDS

REST 1 MINUTE

TOTAL TIME
17:30

STRONG LEGS

Stairs will be your enemy for a day or two after this strenuous routine, but the results will be worth it. These lower-body exercises will increase definition and build strength in your quads, lengthen your hamstrings, and firm and round your glutes.

Do each exercise for 20 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Squat	0:20	0:10
T-Stand (right)	0:20	0:10
Reverse Lunge	0:20	0:10
T-Stand (left)	0:20	0:10
Lateral Lunge	0:20	0:10
Pelvic Peel	0:20	0:10

REPEAT 5 ROUNDS

REST 30 SECONDS

Level 1 - Routines

TOTAL TIME
22:30

TRIPLE PLAY

This metabolic-boosting routine is designed to push your limits. Give it all you have and work at maximal heart rate to extend the “after burn” effect of HIIT.

Do each exercise for 20 seconds, followed by a 10-second rest. Do three rounds of each set before moving to the next. Rest 30 seconds after each round.

SET 1		WORK	REST
EXERCISE			
High Knees		0:20	0:10
Squat Thrust		0:20	0:10
Mountain Climber		0:20	0:10
Sprint		0:20	0:10
REPEAT 3 ROUNDS		REST 30 SECONDS	

SET 2		WORK	REST
EXERCISE			
Squat		0:20	0:10
Reverse Lunge		0:20	0:10
Lateral Lunge		0:20	0:10
Pelvic Peel		0:20	0:10
REPEAT 3 ROUNDS		REST 30 SECONDS	

SET 3		WORK	REST
EXERCISE			
Kneeling Push-Up		0:20	0:10
Plank		0:20	0:10
Triceps Dip		0:20	0:10
Bicycle		0:20	0:10
REPEAT 3 ROUNDS		REST 30 SECONDS	

Level 1 - Routines

TOTAL TIME
11:30

CHAMPION CARDIO

Push to your limits with this high output, total-body routine geared for peak performance.

Do each exercise for 30 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
High Knees	0:30	0:10
Squat Thrust	0:30	0:10
Mountain Climber	0:30	0:10
Sprint	0:30	0:10
Jumping Jack	0:30	0:10

 REPEAT 3 ROUNDS

REST 30 SECONDS

TOTAL TIME
16:00

TARGET ABS

Sleek, sexy, defined abs require nutritional discipline and dedication to your training. The exercises in this routine lift, twist, and turn to activate muscle fibers and get results faster.

Do each exercise for 20 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Bicycle Crunch	0:20	0:10
Pike	0:20	0:10
Circles	0:20	0:10

 REPEAT 8 ROUNDS

REST 30 SECONDS



TRAINER TIP

Change the direction of your circles with each round.

Level 1 - Routines

TOTAL TIME
12:00

NO GRIND, NO GLORY

Complete eight rounds of intense exercises that target your shoulders, back, core, and legs. You get what you earn with this routine.

Do each exercise for 20 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Squat Thrust	0:20	—
Inchworm	0:20	—
Mountain Climber	0:20	—

REPEAT 8 ROUNDS

REST 30 SECONDS

TOTAL TIME
7:00

PUSH-UP INTERVALS

The push-up builds upper body and core strength using the muscles of the chest, back, shoulders, triceps, abs, and even the legs. Keep an eye on your form.

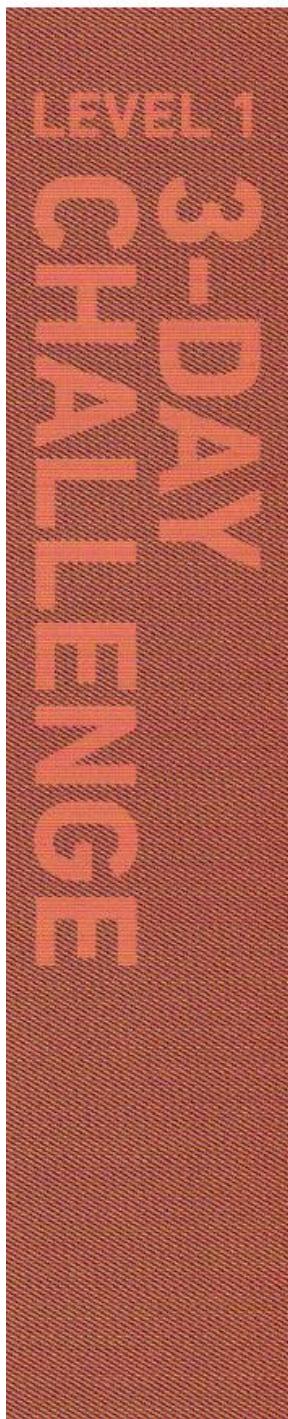
Complete as many kneeling push-ups in each interval as possible, followed by the specified period of rest.

TRAINER TIP

To vary the muscle groups targeted during the kneeling push-ups, alternate your hand positions to include standard push-ups, military push-ups, and diamond push-ups. Each will activate a different area of the chest, back, and arms.

EXERCISE	WORK	REST
Kneeling Push-Up	0:10	0:10
Kneeling Push-Up	0:20	0:20
Kneeling Push-Up	0:20	0:10
Kneeling Push-Up	0:30	0:30
Kneeling Push-Up	0:20	0:20
Kneeling Push-Up	0:30	1:00
Kneeling Push-Up	0:20	0:20
Kneeling Push-Up	0:20	0:20
Kneeling Push-Up	0:10	0:10
Kneeling Push-Up	0:20	0:20

Level 1 - Routines



If you're having trouble getting started with HIIT, challenge yourself to three days of workouts that include some popular HIIT basics. Each head-to-toe workout combines high-output cardio and compound strength exercises to give you a firm foundation for HIIT.

DAY	ROUTINE
-----	---------

1	Three-Peat
2	HIIT It Again
3	Triple Play

TRAINER TIPS

- To decrease the risk of injury and prepare yourself to perform at 100 percent, remember to warm up each day before beginning your HIIT routine.
- Focus on form before speed. Make sure you know how to do each exercise properly before beginning your routine.
- Stay hydrated and don't let your diet undo all your hard work! To get the results you want, you'll need to eat right.

Level 1 - Routines

If you'd like to lose a few pounds or shake up your regular workout routine, a week of HIIT can help. The 7-Day Challenge includes a variety of HIIT routine formats and features exercises designed to burn fat, lose weight, increase strength, and improve athletic performance.

DAY ROUTINE

- 1 Three-Peat
- 2 Toned Arms
- 3 Cardio Burn
- 4 Cut to the Core
- 5 Enduro
- 6 Strong Legs
- 7 Triple Play

TRAINER TIPS

- To perform your best and prevent injury, begin each routine with a dynamic warm up.
- The 7-Day Challenge introduces more athletic exercises, so form is more important than ever. Be sure you know how to do each exercise correctly before beginning your routine.
- Expect to be sore. If your workouts are as intense as they should be, you will be sore the next day. Remember that sore muscles are not the same as pain due to injury.



Level 2 - Routines

The Level 2 routines are more challenging than those for Level 1 and include plyometrics (jump training), frequent elevation changes, and an increased level of difficulty.

Level 2 routines range from 5 minutes to 40 minutes in length, with work-to-rest ratios between 2:1 and 4:1. Consider incorporating the shorter routines into a longer workout as a metabolic-boosting “finisher.”

Level 2 - Routines

TOTAL TIME
15:00

NO EXCUSES

This high-energy routine features the X-jack and the cross-country seal, two plyometric exercises that will challenge your cardiovascular output, strength, and coordination.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
X-Jack	0:30	—
Cross-Country Seal	0:30	—
X-Jack	0:30	—
Cross-Country Seal	0:30	—

 REPEAT 6 ROUNDS



Level 2 - Routines

TOTAL TIME
10:00

LEG HELL 2.0



This workout pushes your legs to the limit with a series of exercises targeting your calves, hamstrings, inner thighs, and glutes. Your legs will never be stronger, tighter, or more defined.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Squat Jump	0:30	—
Pedal	0:30	—
Lateral Lift	0:30	—
Pigeon or Butterfly Peel	0:30	—

REPEAT 4 ROUNDS

REST 30 SECONDS



TRAINER TIP

Alternate between pigeon and butterfly pelvic peels each round, completing a total of two rounds of each.

Level 2 - Routines

TOTAL TIME
30:00

FIRM AND BURN

This half-hour routine delivers a head-to-toe workout with an emphasis on calorie burning and compound (multi-muscle) exercises.

Do each set three times before moving to the next. Rest 30 seconds after each round.

SET 1		SET 2	
EXERCISE	WORK	EXERCISE	WORK
Cross-Country		Squat Jump	0:30
Seal	0:30	—	—
Push-Up	0:30	—	—
Pedal	0:30	—	—
Burpee	0:30	—	—
REPEAT 3 ROUNDS	REST 30 SECONDS	REPEAT 3 ROUNDS	REST 30 SECONDS

SET 3		SET 4	
EXERCISE	WORK	EXERCISE	WORK
V-Up	0:30	—	—
In-and-Out Abs	0:30	—	—
Spiderman	0:30	—	—
Tuck Jump	0:30	—	—
REPEAT 3 ROUNDS	REST 30 SECONDS	REPEAT 3 ROUNDS	REST 30 SECONDS

Level 2 - Routines

TOTAL TIME
10:00

HI-LOW

Plyometrics (jump training) is all about explosive power, balance, and agility. Changing the elevation of the body from high to low and back again ignites the body's fat-burning furnace and improves athletic performance in the process.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Burpee	0:30	—
X-Jack	0:30	—
Diagonal Mountain Climber	0:30	—
Squat Jump	0:30	—

REPEAT 4 ROUNDS

REST 30 SECONDS

TOTAL TIME
12:00

DOUBLE CROSS

These two exercises target the obliques, transverse abs, and six-pack abs, forcing you to stabilize your spine and support your body weight through your core as you rotate.

Do each exercise for 30 seconds. Rest 30 seconds after each round.



TRAINER TIP

Control your speed. Don't allow momentum to carry your movements. Move with purpose and poise.

EXERCISE	WORK	REST
Double-Cross Reach	0:30	—
Diagonal Mountain Climber	0:30	—

REPEAT 8 ROUNDS

REST 30 SECONDS

Level 2 - Routines

TOTAL TIME
10:00



Tuck jumps are one of the most challenging HIIT exercises, but they offer incredible benefits. The rapid plyometric movement sends your heart rate soaring, scorches calories, and can even improve bone density.

Do each exercise for 20 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Tuck Jump	0:20	0:10
Push-Ups	0:30	—
Tuck Jump	0:20	0:10
In-and-Out Abs	0:30	—

REPEAT 4 ROUNDS

REST 30 SECONDS



TRAINER TIP

Keep your core engaged when doing tuck jumps, and land softly, bending at the ankles, knees, and hips to absorb your impact.

TOTAL TIME
9:00



EXERCISE	WORK	REST
Squat	0:20	—
Reverse Lunge	0:20	—
Squat Jump	0:20	—

REPEAT 6 ROUNDS

REST 30 SECONDS



TRAINER TIP

Dorsiflexion is the bending of the toes toward the shin. At the bottom of the squat, you should have roughly 15 degrees of dorsiflexion in your ankles. A low-profile minimalist shoe is helpful for achieving this bend.

Level 2 - Routines

TOTAL TIME
30:00

FIT FRENZY

This frenzied 30-minute routine delivers a head-to-toe workout with an emphasis on calorie-scorching plyometric exercises.

Do each exercise 30 seconds. Do three rounds of each set before moving to the next. Rest 30 seconds after each round.

SET 1	EXERCISE	WORK	REST
	Burpee	0:30	—
	Diagonal		
	Mountain Climber	0:30	—
	Pedal	0:30	—
	Grasshopper	0:30	—
 REPEAT 3 ROUNDS		REST 30 SECONDS	

SET 2	EXERCISE	WORK	REST
	V-Up	0:30	—
	Double-Cross		
	Reach	0:30	—
	Russian Twist	0:30	—
	Plank	0:30	—
 REPEAT 3 ROUNDS		REST 30 SECONDS	

SET 3	EXERCISE	WORK	REST
	X-Jack	0:30	—
	T-Stand Kick (right)	0:30	—
	Tuck Jump	0:30	—
	T-Stand Kick (left)	0:30	—
 REPEAT 3 ROUNDS		REST 30 SECONDS	

SET 4	EXERCISE	WORK	REST
	Cross-Country Seal	0:30	—
	Squat Jump	0:30	—
	Military Push-Up	0:30	—
	In-and-Out Abs	0:30	—
 REPEAT 3 ROUNDS		REST 30 SECONDS	

Level 2 - Routines

TOTAL TIME
12:00

HARD CORE

The core muscles work as stabilizers for the entire body and help the body function more effectively by working together to supply strength and coordinated movement.

Do each exercise for 20 seconds. Rest 30 seconds after each round.

EXERCISE

WORK REST

V-Up

0:20 —

Double-Cross Reach

0:20 —

Russian Twist

0:20 —

REPEAT 8 ROUNDS

REST 30 SECONDS

CAUTION

Strengthening your core has many benefits, but like any other muscle group, the muscles that comprise your core need rest and recovery. Try to avoid back-to-back workouts that isolate your core muscles.

TOTAL TIME
10:00

BOODY BLAST

Blast your butt, hamstrings, and quads in this intense lower-body routine that also engages the core and incorporates pelvis stability and balance.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE

WORK REST

Pigeon Peel

0:30 —

Butterfly Peel

0:30 —

Lateral Lift

0:30 —

Pedal

0:30 —

REPEAT 4 ROUNDS

REST 30 SECONDS

Level 2 - Routines



Metabolism is the process by which your body converts food into energy. This workout is all about boosting your metabolism to burn more calories. Multiple fast-paced, compound exercises performed back-to-back will ignite your body's fat-burning furnace.

Do all three rounds following the specified work-to-rest ratio. Rest one minute after each round.

EXERCISE	ROUND 1		ROUND 2		ROUND 3	
	WORK	REST	WORK	REST	WORK	REST
Squat Jump	0:30	0:30	0:30	0:15	0:30	0:10
Sprint	0:30	0:30	0:30	0:15	0:30	0:10
Pedal	0:30	0:30	0:30	0:15	0:30	0:10
Shoulder Press	0:30	0:30	0:30	0:15	0:30	0:10
Cross-Country Seal	0:30	0:30	0:30	0:15	0:30	0:10
Burpee	0:30	0:30	0:30	0:15	0:30	0:10
X-Jack	0:30	0:30	0:30	0:15	0:30	0:10
	REST 1 MINUTE		REST 1 MINUTE		REST 1 MINUTE	

Level 2 - Routines

TOTAL TIME
7:30

SPRINT FOR HUT

Sprinting is arguably one of the most challenging forms of exercise. It requires you to run as hard as you can, focusing all your energy and power into short, intense bursts. The benefits of sprinting are worth the effort, as it raises your anaerobic threshold and obliterates calories in the process.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Sprint	0:30	—
Mountain Climber	0:30	—
Sprint	0:30	—
Diagonal Mountain Climber	0:30	—



REPEAT 3 ROUNDS

REST 30 SECONDS



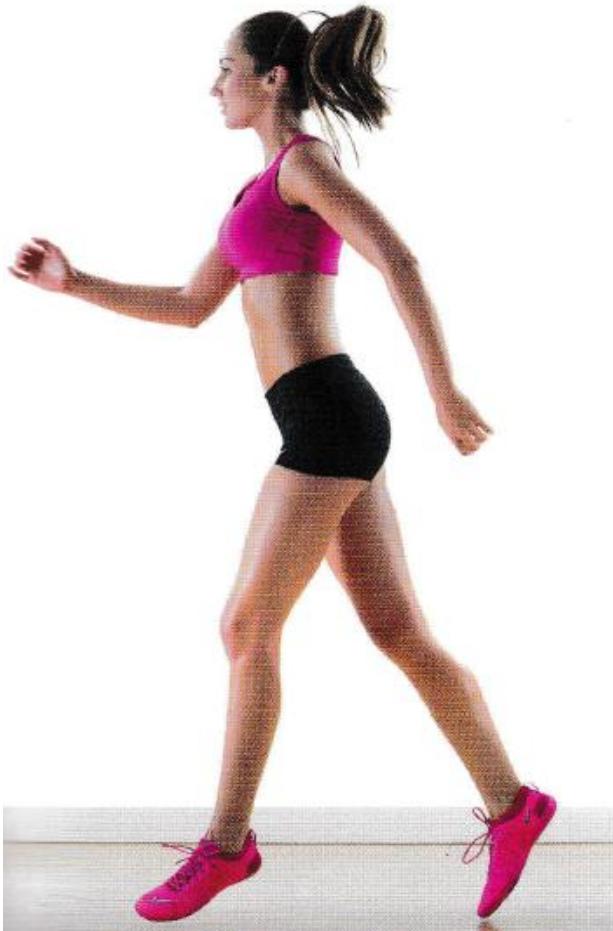
Level 2 - Routines

TOTAL TIME
22:30

TOTAL BODY BURN

This routine combines explosive cardio elements, like sprinting, with large muscle compound exercises, such as squat jumps and military push-ups.

Do each exercise for 30 seconds. Do three rounds of each set before moving to the next. Rest 30 seconds after each round.



SET 1	EXERCISE	WORK	REST
Sprint		0:30	—
Pedal		0:30	—
Cross-Country Seal		0:30	—
Squat Jump		0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 2	EXERCISE	WORK	REST
Burpee		0:30	—
T-Stand Kick (right)		0:30	—
Military Push-Up		0:30	—
T-Stand Kick (left)		0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 3	EXERCISE	WORK	REST
High Knees		0:30	—
Side Push-Up (right)		0:30	—
Squat Thrust		0:30	—
Side Push-Up (left)		0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 2 - Routines

TOTAL TIME
30:00

PLYO-CARDIO

This multi-level routine couples intense cardiovascular exercises from Level 1 with plyometrics from Level 2 to create an incredibly challenging total-body workout. At a 4:1 work-to-rest ratio, this routine is relentless. Focus on your form, but push as hard as you can.

Do each exercise for 30 seconds. Do three rounds of each set before moving to the next. Rest 30 seconds after each round.

SET 1			
EXERCISE	WORK	REST	
Sprint	0:30	—	
X-Jack	0:30	—	
Cross-Country Seal	0:30	—	
Mountain Climber	0:30	—	

↻ REPEAT 3 ROUNDS

SET 2			
EXERCISE	WORK	REST	
Squat	0:30	—	
Reverse Lunge	0:30	—	
Squat Jump	0:30	—	
Pedal	0:30	—	

↻ REPEAT 3 ROUNDS

SET 3			
EXERCISE	WORK	REST	
Military Push-Up	0:30	—	
High Knees	0:30	—	
Diagonal			
Mountain Climber	0:30	—	
Tuck Jump	0:30	—	

↻ REPEAT 3 ROUNDS

SET 4			
EXERCISE	WORK	REST	
Jumping Jack	0:30	—	
V-Up	0:30	—	
Pike	0:30	—	
Double-Cross			
Reach	0:30	—	

↻ REPEAT 3 ROUNDS

Level 2 - Routines

TOTAL TIME
14:00

MAXIMUS

Bump it up a notch with eight total-body exercises engineered to firm and burn. Push as hard as possible; maximal effort equals maximal results.

Do each exercise for 30 seconds, followed by a 15-second rest. Rest one minute after each round.

EXERCISE

EXERCISE	WORK	REST
X-Jack	0:30	0:15
Spiderman	0:30	0:15
Squat Jump	0:30	0:15
Pedal	0:30	0:15
Shoulder Press	0:30	0:15
Lateral Lift	0:30	0:15
V-Up	0:30	0:15
Double-Cross Reach	0:30	0:15

REPEAT 2 ROUNDS

REST 1 MINUTE

TOTAL TIME
7:30

GUT-MAN

This workout pushes your body to the limit with a series of “killer” exercises targeting your entire body by combining plyometric, strength-training, and cardio movements.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Tuck Jump	0:30	0:00
Diagonal		
Mountain Climber	0:30	0:00
Burpee	0:30	0:00
Spiderman	0:30	0:00

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 2 - Routines

TOTAL TIME
22:30



Tone, tighten, and strengthen with three sets of high-intensity exercises. This routine will keep you on your toes.

Do each exercise for 30 seconds. Do three rounds of each set before moving to the next.
Rest 30 seconds after each round.

SET 1	EXERCISE	WORK	REST
	Cross-Country Seal	0:30	—
	Squat Jump	0:30	—
	X-Jack	0:30	—
	Pedal	0:30	—
 REPEAT 3 TIMES		REST 30 SECONDS	

SET 2	EXERCISE	WORK	REST
	Grasshopper	0:30	—
	T-Stand Kick (right)	0:30	—
	Burpee	0:30	—
	T-Stand Kick (left)	0:30	—
 REPEAT 3 TIMES		REST 30 SECONDS	
SET 3	EXERCISE	WORK	REST
	V-Up	0:30	—
	Push-Up	0:30	—
	Russian Twist	0:30	—
	In-and-Out Abs	0:30	—
 REPEAT 3 TIMES		REST 30 SECONDS	

Level 2 - Routines

TOTAL TIME
30:00

BANISH FAT

HIIT is an efficient way to burn body fat, especially the visceral fat around the core, which has been linked with cardiovascular disease and type 2 diabetes. So pick up the pace and push as hard as you can!

Do each exercise for 30 seconds. Do three rounds of each set before moving to the next. Rest 30 seconds after each round.



TRAINER TIP

In Set 2, alternate each round among the pelvic peel, the pigeon peel, and the butterfly peel.

SET 1		
EXERCISE	WORK	REST
Burpee	0:30	—
Tuck Jump	0:30	—
Cross-Country		
Seal	0:30	—
X-Jack	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 2		
EXERCISE	WORK	REST
Squat Jump	0:30	—
Pedal	0:30	—
Lateral Lift	0:30	—
Pelvic/Pigeon/		
Butterfly Peel	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 3		
EXERCISE	WORK	REST
Military Push-Up	0:30	—
High Knees	0:30	—
Diagonal		
Mountain Climber	0:30	—
In-and-Out Abs	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 4		
EXERCISE	WORK	REST
Side Push-Up (right)	0:30	—
V-Up	0:30	—
Side Push-Up (left)	0:30	—
Double-Cross		
Reach	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 2 - Routines

TOTAL TIME
15:00

SUCK IT UP!

SET 1

EXERCISE	WORK	REST
Burpee	0:30	—
Diagonal	0:30	—
Mountain Climber	0:30	—
Pedal	0:30	—
Military Push-Up	0:30	—

REPEAT 2 ROUNDS

REST 30 SECONDS

You have two choices; suck it in or suck it up! This 15-minute, total-body toner will elevate your heart rate, incinerate fat, and build both strength and confidence, so you won't ever have to suck it in again.

Do each exercise for 30 seconds. Do two rounds of each set before moving on to the next. Rest 30 seconds after each round.

SET 2

EXERCISE	WORK	REST
Sprint	0:30	—
Mountain Climber	0:30	—
Squat Jump	0:30	—
Push-Up	0:30	—

REPEAT 2 ROUNDS

REST 30 SECONDS

SET 3

EXERCISE	WORK	REST
Tuck Jump	0:30	—
In-and-Out Abs	0:30	—
Lateral Lunge	0:30	—
Spiderman	0:30	—

REPEAT 2 ROUNDS

REST 30 SECONDS

TOTAL TIME
10:00

TRAIN INSANE

Huge multi-muscle compound exercises meet heart-hammering, high-output cardio in this intense routine.

Do each exercise for 20 seconds, followed by a 20-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Tuck Jump	0:20	0:10
Burpee	0:20	0:10
Sprint	0:20	0:10

REPEAT 5 ROUNDS

REST 30 SECONDS

Level 2 - Routines

TOTAL TIME
37:30



This routine brings together the very best cardiovascular exercises from Levels 1 and 2 for a heart-pounding, high-intensity workout.

Do each exercise for 30 seconds. Do five rounds of each set before moving to the next. Rest 30 seconds after each round.

SET 1		WORK	REST
EXERCISE			
Sprint	0:30	—	
High Knees	0:30	—	
Mountain Climber	0:30	—	
Jumping Jack	0:30	—	
REPEAT 5 ROUNDS		REST 30 SECONDS	
SET 2		WORK	REST
EXERCISE			
Burpee	0:30	—	
Cross-Country Seal	0:30	—	
X-Jack	0:30	—	
Grasshopper	0:30	—	
REPEAT 5 ROUNDS		REST 30 SECONDS	
SET 3		WORK	REST
EXERCISE			
Tuck Jump	0:30	—	
Squat Thrust	0:30	—	
Diagonal Mountain Climber	0:30	—	
Sprint	0:30	—	
REPEAT 5 ROUNDS		REST 30 SECONDS	

Level 2 - Routines

TOTAL TIME
10:00

This short circuit may not give you super powers, but it will help to tone and define your muscles. Move as fast as you can while maintaining proper form.

Do each exercise for 30 seconds. Rest 30 seconds between rounds.

SUPERHERO CIRCUIT

EXERCISE	WORK	REST
Burpee	0:30	—
Spiderman	0:30	—
Squat Jump	0:30	—
Pedal	0:30	—

REPEAT 4 ROUNDS

REST 30 SECONDS



Level 2 - Routines

The tuck jump is as tough as it gets, but worth the effort. Tuck jumps incinerate calories, improve athletic performance, and have been shown to improve bone density.

Do as many tuck jumps as possible during each interval, followed by the specified rest. Rest 30 seconds after each round.

TRAINER TIP

If necessary, pause between the jumps, sink into the squat position and "set" yourself between each jump. This will decrease the frequency of the jumps and allow greater recovery time as you build your stamina.



TOTAL TIME
9:00

**TUCK JUMP
CHALLENGE**

EXERCISE	WORK	REST
Tuck Jump	0:30	0:15
Tuck Jump	0:30	0:30
Tuck Jump	0:30	0:15

 REPEAT 3 ROUNDS

REST 30 SECONDS

Level 2 - Routines

TOTAL TIME
10:00

TOUGH LOVE

Getting the most out of HIIT requires commitment and dedication. Be tough on yourself and accept only 100 percent effort. This routine features Level 1 exercises in set 1 and Level 2 exercises in set 2. Feel the difference and see how far you've come toward achieving your goals.

Do each exercise for 30 seconds. Do two rounds of each set before moving to the next. Rest 30 seconds between rounds.

SET 1		WORK	REST
EXERCISE			
Sprint	0:30	—	
High Knees	0:30	—	
Mountain Climber	0:30	—	
Jumping Jack	0:30	—	
REPEAT 2 ROUNDS		REST 30 SECONDS	

SET 2		WORK	REST
EXERCISE			
Cross-Country Seal	0:30	—	
Tuck Jump	0:30	—	
Grasshopper	0:30	—	
X-Jack	0:30	—	
REPEAT 2 ROUNDS		REST 30 SECONDS	

Level 2 - Routines

TOTAL TIME
10:00

PUSH IT

This routine also includes some Level 1 exercises. If you've been working hard, these should be much easier than they were when you started. Hard work, dedication, and sweat will get you where you want to be.

Do each exercise for 30 seconds. Do two rounds of each set before moving to the next. Rest 30 seconds between rounds.

SET 1		WORK	REST
EXERCISE			
Squat Thrust		0:30	—
Squat		0:30	—
Kneeling Push-Up		0:30	—
Pike		0:30	—
REPEAT 2 ROUNDS		REST 30 SECONDS	

SET 2		WORK	REST
EXERCISE			
Burpee		0:30	—
Squat Jump		0:30	—
Push-Up		0:30	—
V-Up		0:30	—
REPEAT 2 ROUNDS		REST 30 SECONDS	

Level 2 - Routines

TOTAL TIME
15:00

ARMORED ABS

This core-focused routine targets your abs as well as your hip flexors, lower back, and legs, creating a toned, tighter, stronger, and more stable midsection.

Do each exercise for 30 seconds. Do three rounds of each set before moving to the next. Rest 30 seconds after each round.

SET 1		WORK	REST
EXERCISE		0:30	0:00
V-Up		0:30	0:00
Side Plank (right)		0:30	0:00
Plank		0:30	0:00
Side Plank (left)		0:30	0:00

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 2		WORK	REST
EXERCISE		0:30	0:00
Diagonal Mountain Climber		0:30	0:00
Double-Cross Reach		0:30	0:00
Russian Twist		0:30	0:00
In-and-Out Abs		0:30	0:00

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 3		WORK	REST
EXERCISE		0:30	0:00
Pike		0:30	0:00
Circles (right)		0:30	0:00
Circles (left)		0:30	0:00
Bicycle Crunch		0:30	0:00

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 2 - Routines

TOTAL TIME
10:00

QUAD KILLER

Ten pounds of muscle will burn 50 calories in a day spent at rest, while 10 pounds of fat will burn only 20 calories. Now imagine how many calories lean muscle will burn while working! The quads are some of the largest muscles in the body and therefore consume the most calories both at work and rest.

Do each exercise for 30 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Squat	0:30	0:10
Pedal	0:30	0:10
Squat Jump	0:30	0:10

REPEAT 4 ROUNDS

REST 30 SECONDS

TOTAL TIME
10:00

PEEL OUT

The pelvic peel is a simple exercise, but very effective for maintaining strength in the lower back and preventing lower-back pain. Pelvic bridging also strengthens the paraspinal muscles, the quads, hamstrings, abdominals, and the glutes. The pigeon and butterfly variations add intensity to the routine.

Do each exercise for 30 seconds, followed by a 10-second rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Pelvic Peel	0:30	0:10
Pigeon Peel	0:30	0:10
Butterfly Peel	0:30	0:10

REPEAT 4 ROUNDS

REST 30 SECONDS



TRAINER TIP

Focus on engaging the glutes as you lift your hips during the pelvic peel. For an added challenge, try doing any of the peels with your feet elevated on a bench or BOSU ball.

Level 2 - Routines

TOTAL TIME
15:00

MAKE HUT BURN

There's nothing more satisfying than feeling that deep burn in your muscles as you fight for one extra rep, an inch more depth, or five seconds more work. Push yourself and feel the burn!

Do each exercise for 30 seconds. Do two rounds of each set. Rest 30 seconds after each round.

SET 1		EXERCISE	WORK	REST
Cross-Country Seal	0:30	—		
X-Jack	0:30	—		
Burpee	0:30	—		
Tuck Jump	0:30	—		

↻ REPEAT 2 ROUNDS

REST 30 SECONDS

SET 2		EXERCISE	WORK	REST
Squat	0:30	—		
Reverse Lunge	0:30	—		
Squat Jump	0:30	—		
Pedal	0:30	—		

↻ REPEAT 2 ROUNDS

REST 30 SECONDS

SET 3		EXERCISE	WORK	REST
Push-Up	0:30	—		
Double-Cross Reach	0:30	—		
Diagonal Mountain Climber	0:30	—		
V-Up	0:30	—		

↻ REPEAT 2 ROUNDS

REST 30 SECONDS

Level 2 - Routines

TOTAL TIME
18:00

KILLING HIIT

HIIT workouts are tough, but don't let that stop you. This routine keeps things interesting with exercises that challenge every part of your body.

Do each exercise for 20 seconds, followed by a 10-second rest. Rest one minute after each round.

EXERCISE	WORK	REST
Sprint	0:20	0:10
Pedal	0:20	0:10
High Knees	0:20	0:10
Push-Up	0:20	0:10
V-Up	0:20	0:10
Tuck Jump	0:20	0:10
Squat Jump	0:20	0:10
Grasshopper	0:20	0:10
Triceps Dip	0:20	0:10
Russian Twist	0:20	0:10

 REPEAT 3 ROUNDS

REST 1 MINUTE

Level 2 - Routines

TOTAL TIME
12:00

THE BEAST

This routine pairs traditional strength-training exercises with explosive plyometric and cardio movements for a workout challenge that will bring out your wild side.

Do each exercise for 20 seconds, followed by a 10-second rest. Rest one minute after each round.

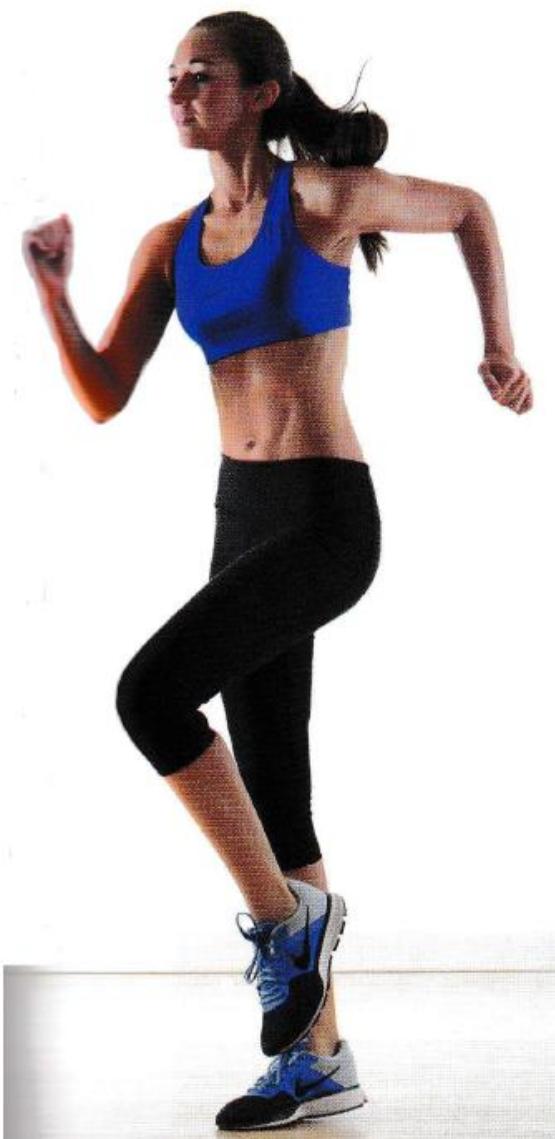
EXERCISE	WORK	REST
Burpee	0:20	0:10
Side Push-Up (right)	0:20	0:10
Tuck Jump	0:20	0:10
Side Push-Up (left)	0:20	0:10
Sprint	0:20	0:10
Spiderman	0:20	0:10

REPEAT 3 ROUNDS

REST 1 MINUTE



Level 2 - Routines



If you can make it through eight rounds of this routine then you truly can do HIIT. Take pride in the progress you've made, but keep pushing. Level 3 is up next!

Do each exercise for 20 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Sprint	0:20	—
Burpee	0:20	—
Diagonal		
Mountain Climber	0:20	—

REPEAT 8 ROUNDS

REST 30 SECONDS

Level 2 - Routines



Committing to HIIT for just three days will make it easier to incorporate it as part of your regular lifestyle. Each head-to-toe workout combines high-output cardio and compound strength exercises to give you a firm foundation for HIIT.

DAY	ROUTINE
1	Firm and Burn
2	Train Insane
3	Banish Fat



TRAINER TIPS

- To decrease the risk of injury and prepare yourself to perform at 100 percent, remember to warm up each day before beginning your HIIT routine.
- Focus on form before speed. Make sure you know how to do each exercise properly before beginning your routine.
- Stay hydrated and don't let your diet undo all your hard work! To get the results you want, you'll need to work hard and watch your caloric intake.

Level 2 - Routines

The 7-Day Challenge introduces some new HIIT routine formats and features exercises designed to burn fat, lose weight, increase strength, and improve athletic performance. Give it all you've got, and you'll be amazed at the results you can achieve in just one week.

DAY ROUTINE

- 1** Fit Frenzy
- 2** Peel Out
- 3** Maximus
- 4** Metabolic Mayhem
- 5** Armored Abs
- 6** Push It
- 7** Ready to Sweat



TRAINER TIPS

- To perform your best and prevent injury, begin each routine with a three- to five-minute warm up.
- The 7-Day Challenge introduces more athletic exercises, so form is more important than ever. Be sure you know how to do each exercise correctly before beginning your routine.
- Expect to be sore. If your workouts are as intense as they should be, you will be sore the next day. Remember that sore muscles are not the same as pain due to injury.
- This program was designed to be undertaken on back-to-back days, but if necessary, you can take a rest day between workouts. Listen to your body and allow the appropriate recovery time.

LEVEL 2
7-DAY
CHALLENGE

Level 2 - Routines



If you're willing to commit to two weeks of HIIT, you'll be able to see a change in your body. The routines in this program will help you lose weight, build strength, and improve cardiovascular endurance with a combination of body weight and plyometric exercises. The 14-Day Challenge incorporates focused routines for the core and lower body to break up the high-impact routines and ensure you can give 100 percent each and every day.

DAY	ROUTINE
1	You Can Do HIIT
2	The Beast
3	Fit Frenzy
4	Tough Love
5	Suck HIIT Up!
6	Banish Fat
7	Train Insane

1	You Can Do HIIT
2	The Beast
3	Fit Frenzy
4	Tough Love
5	Suck HIIT Up!
6	Banish Fat
7	Train Insane

DAY ROUTINE

8 Leg Hell 2.0

9 Plyo-Cardio

10 Maximus

11 Killing HIIT

12 Firm and Burn

13 Make HIIT Burn

14 Ready to Sweat

TRAINER TIPS

- Make sure you warm up thoroughly before undertaking any of the routines in this challenge.
- Remember that quality is more important than quantity. The 14-Day Challenge introduces more athletic exercises, which means attention to form is critical.
- Stay mentally strong and focus on your goals. Two weeks takes dedication. It's easy for "just one day off" to turn into two and then three. Stick with it.
- Be aware of what you eat. You'll see greater changes if you are disciplined in your eating as well as your exercise.

Level 2 - Routines

28-DAY CHALLENGE

If you want to get results from HIIT, you have to make it a regular part of your schedule. After four weeks of intense workouts, you'll be strong and confident enough to tackle Level 3. Stick to the workout plan and reassess your fitness at the end.

DAY	ROUTINE	DAY	ROUTINE
1	Total Body Burn	8	Train Insane
2	Leg Hell 2.0	9	Hi-Low
3	Sprint for HIIT	10	Double Cross
4	Push It	11	Superhero Circuit
5	Tough Love	12	Tuck Jump Challenge
6	Suck HIIT Up!	13	Peel Out
7	Firm and Burn	14	Fit Frenzy

TOTAL TIME
16:00

LEVEL UP

This routine features one exercise from each of the three difficulty levels in this book. Each exercise will increase your heart rate, challenge your strength, and incinerate calories.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Sprint	0:30	—
Diagonal		
Mountain Climber	0:30	—
Tuck Jump Burpee	0:30	—

REPEAT 8 ROUNDS

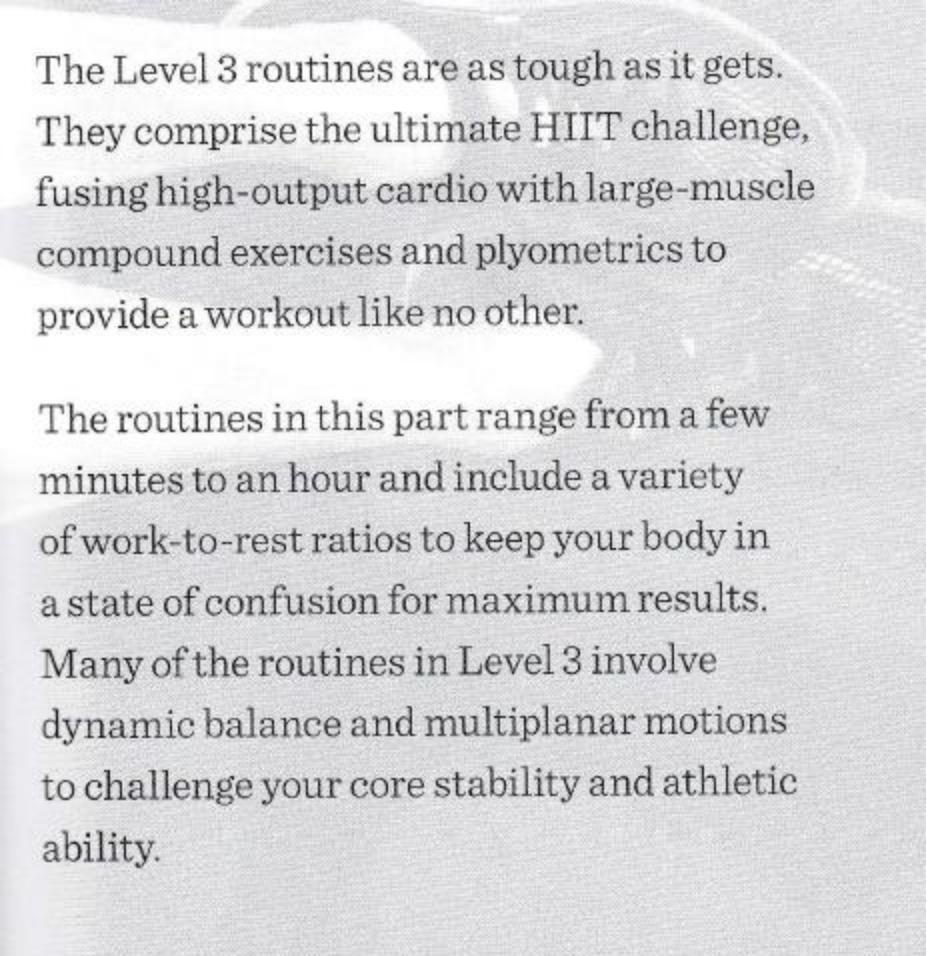
REST 30 SECONDS

TRAINER TIP

When sprinting, try to drive with the arms as this will help to power the legs. Relax your hands and jaw and keep a slight forward lean to the body with core engaged.



Level 3 - Routines



The Level 3 routines are as tough as it gets. They comprise the ultimate HIIT challenge, fusing high-output cardio with large-muscle compound exercises and plyometrics to provide a workout like no other.

The routines in this part range from a few minutes to an hour and include a variety of work-to-rest ratios to keep your body in a state of confusion for maximum results.

Many of the routines in Level 3 involve dynamic balance and multiplanar motions to challenge your core stability and athletic ability.

Level 3 - Routines

TOTAL TIME
30:00

HIGH FIVE

Five exercises, five minutes of work, five rounds! If you survive this routine you deserve a high five ... although you may not be able to lift your arm to receive it!

Do each exercise for one minute. Rest one minute after each round.

EXERCISE	WORK	REST	
Single Leg Burpee	1:00	—	
Squat Pedal	1:00	—	
Plyo Trio	1:00	—	
Star	1:00	—	
Sprinter Sit-Up	1:00	—	
REPEAT 5 ROUNDS		REST 1 MINUTE	

TRAINER TIP

It's extremely challenging to do the plyo trio for a full minute. If you feel your form suffering, drop to your knees and continue.



Level 3 - Routines

TOTAL TIME
15:00

HARD CHARGER

A relentless drive and commitment to excellence are required for this routine. Back-to-back high-tempo, compound exercises combine with plyometrics and traditional cardio for an incredible challenge.

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

SET 1		SET 2			
EXERCISE	WORK	EXERCISE	WORK		
Sprint	0:30	—	Squat Pedal	0:30	—
Single Leg Burpee	0:30	—	In and Outs	0:30	—
Plus Jump	0:30	—	Skater Jump	0:30	—
Star	0:30	—	Reverse Push-Up	0:30	—

TOTAL TIME
9:00

FULL THROTTLE

Get ready to push yourself to the max with this plyometric-focused routine. Keep your movements fast and explosive.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Single Leg Burpee	0:30	—
Plus Jumps	0:30	—
Tuck Jump Burpee	0:30	—
Lizard Hops	0:30	—
Star	0:30	—

Level 3 - Routines

TOTAL TIME
60:00

POWER HOUR 1

The appeal of most HIIT routines is that they're over quickly, but they don't have to be. If you're ready to take on a full hour of HIIT, this is for you. Do 10 minutes of dynamic stretching before beginning the cardio warm-up.

WARM UP
5:00

WARM-UP

Before you give it all you've got for the main workout, get your heart pumping with a quick cardio warm-up. Start off nice and easy; you don't need to push yourself to the max yet.

EXERCISE	WORK	REST
Sprint	0:30	—
Jumping Jack	0:30	—
Lateral Lunge	0:30	—
High Knees	0:30	—
Squat	0:30	—

REPEAT 2 ROUNDS

NO REST BETWEEN ROUNDS

WORKOUT
45:00

WORKOUT

This is the main event. Push yourself as hard as possible for 45 minutes of fat-burning, strength-building, muscle-toning work.

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

SET 1	EXERCISE	WORK	REST
	Sprint	0:30	—
	Cross-Country Seal	0:30	—
	Mountain Climber	0:30	—
	Skater Jump	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 3 - Routines

SET 2

EXERCISE

WORK REST

Tuck Jump Burpee	0:30	—
Plus Jump	0:30	—
Diagonal		
Mountain Climber	0:30	—
Star	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 3

EXERCISE

WORK REST

Squat	0:30	—
Reverse Lunge	0:30	—
Squat Jump	0:30	—
Pedal	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 4

EXERCISE

WORK REST

Single Leg Burpee	0:30	—
Grasshopper	0:30	—
Log Hop T-Stand	0:30	—
Dragon Walk	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 5

EXERCISE

WORK REST

Squat Pedal	0:30	—
Lizard Hop	0:30	—
In and Outs	0:30	—
Plyo Push-Up	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 6

EXERCISE

WORK REST

1-2 Push	0:30	—
Flutter-Up	0:30	—
V-Up Doubles	0:30	—
Sprinter Sit-Up	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

TRAINER TIP

If you're struggling, increase the rest time to one minute after each round.

Level 3 - Routines

TOTAL TIME
9:00

HEAVY HITTER

This challenging total-body routine includes plyometric, multiplanar, and dynamic stability exercises to push you to your limits.

Do each exercise for 30 seconds. Do three rounds of each set before moving to the next. Rest 30 seconds after each round.

SET 1		WORK	REST
EXERCISE			
Single Leg Burpee	0:30	—	
Star	0:30	—	
Lizard Hop	0:30	—	
Tuck Jump Burpee	0:30	—	

 REPEAT 3 ROUNDS  REST 30 SECONDS

SET 2		WORK	REST
EXERCISE			
Squat Pedal	0:30	—	
Skater Jump	0:30	—	
In and Outs	0:30	—	
Log Hop T-Stand	0:30	—	

 REPEAT 3 ROUNDS  REST 30 SECONDS

SET 3		WORK	REST
EXERCISE			
1-2-Push	0:30	—	
Sprinter Sit-Up	0:30	—	
Flutter-Up	0:30	—	
Up and Overs	0:30	—	

 REPEAT 3 ROUNDS  REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
7:30

LEG HELL 3.0

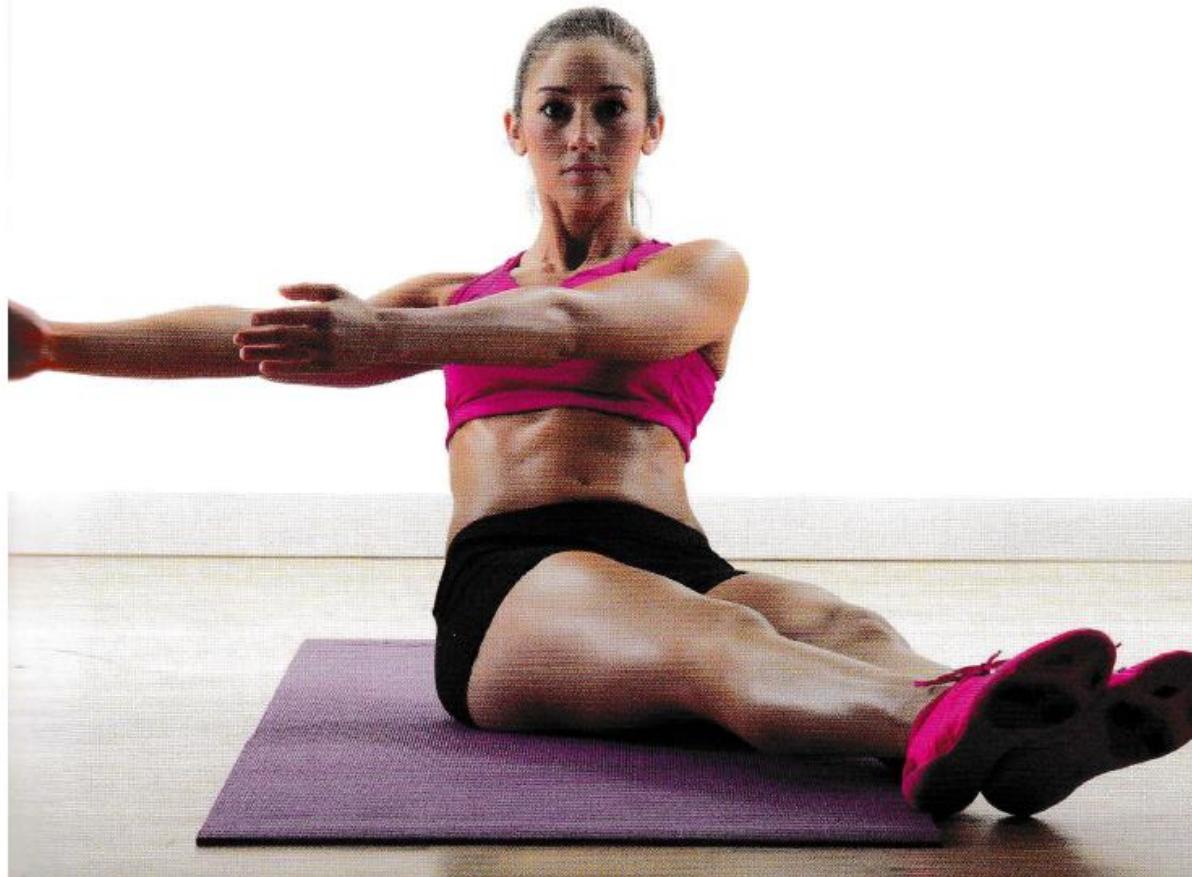
Your large lower-body muscles will be put to the test with this quad-killing routine.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Squat Pedal	0:30	—
In and Outs	0:30	—
Squat Jump	0:30	—
Pedal	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS



Level 3 - Routines

TOTAL TIME
60:00

POWER HOUR 2

Who said you need to keep it short and sweet? Prepare to burn over 800 calories with this grueling, hour-long workout. Be sure to do 10 minutes of dynamic stretching before beginning the cardio warm-up.

WARM UP
5:00

WARM-UP

Start things off with a quick cardio warm-up. Don't push yourself yet; you should be working at 50 to 75 percent of your power.

WORKOUT
45:00

WORKOUT

Now it's time to kick it into high gear. Dig deep and keep your goals in mind.

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Sprint	0:30	—
Jumping Jack	0:30	—
High Knees	0:30	—
X-Jack	0:30	—
Squat	0:30	—

REPEAT 2 ROUNDS

NO REST BETWEEN ROUNDS

SET 1	EXERCISE	WORK	REST
High Knees	0:30	—	
1-2 Push	0:30	—	
Tuck Jump Burpee	0:30	—	
Jumping Jack	0:30	—	

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 3 - Routines

SET 2

EXERCISE

WORK REST

Squat Pedal

0:30 —

Single Leg Burpee

0:30 —

Lateral Lunge

0:30 —

Star

0:30 —



REPEAT 3 ROUNDS

REST 30 SECONDS

SET 3

EXERCISE

WORK REST

Squat Jump

0:30 —

Skater Jump

0:30 —

Pedal

0:30 —

Mountain Climber

0:30 —



REPEAT 3 ROUNDS

REST 30 SECONDS

SET 4

EXERCISE

WORK REST

Diagonal Mountain Climber

0:30 —

Log Hop T-Stand

0:30 —

Sprint

0:30 —

1-2 Push

0:30 —



REPEAT 3 ROUNDS

REST 30 SECONDS

TRAINER TIP

Your mind and body are going to scream at you to stop during this workout. Remember that you get out what you put in. Push as hard as possible to get maximum results.

SET 5

EXERCISE

WORK REST

Squat

0:30 —

Triceps Dip

0:30 —

Lizard Hop

0:30 —

Plus Jump

0:30 —



REPEAT 3 ROUNDS

REST 30 SECONDS

SET 6

EXERCISE

WORK REST

V-Up

0:30 —

Sprinter Sit-Up

0:30 —

Russian Twist

0:30 —

Up and Overs

0:30 —



REPEAT 3 ROUNDS

REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
15:00

CONQUER

An all-out onslaught is required to conquer this fast-paced, head-to-toe routine.

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

SET 1		SET 2			
EXERCISE	WORK	REST	EXERCISE	WORK	REST
Sprint	0:30	—	Dragon Walk	0:30	—
Single Leg Burpee	0:30	—	Sprinter Sit-Up	0:30	—
Cross-Country Seal	0:30	—	Reverse Push-Up	0:30	—
X-Jack	0:30	—	Up and Overs	0:30	—

 REPEAT 3 ROUNDS REST 30 SECONDS  REPEAT 3 ROUNDS REST 30 SECONDS

TOTAL TIME
12:00

POSTURE PERFECT

Doing regular posture-building exercises can pack a double punch when it comes to losing your gut. Good posture makes you look slimmer, and sticking to a posture-building routine every day will strengthen your ab muscles and help you earn your six-pack.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Pike	0:30	—
V-Up Double	0:30	—
Side Plank (right)	0:30	—
Sprinter Sit-Up	0:30	—
Side Plank (left)	0:30	—
Double-Cross Reach	0:30	—
Plank	0:30	—

 REPEAT 3 ROUNDS REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
22:30

KILLER CARDIO

The saying “what doesn’t kill you makes you stronger” is true of this routine. It features a killer combination of exercises from all three skill levels that will improve your strength and endurance.

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

SET 1		EXERCISE	WORK	REST
Sprint		0:30	—	
Star		0:30	—	
Plus Jump		0:30	—	
Cross-Country Seal		0:30	—	

 REPEAT 3 ROUNDS  REST 30 SECONDS

SET 2		EXERCISE	WORK	REST
High Knees		0:30	—	
Single Leg Burpee		0:30	—	
Lizard Hop		0:30	—	
X-Jack		0:30	—	

 REPEAT 3 ROUNDS  REST 30 SECONDS

SET 3		EXERCISE	WORK	REST
Jumping Jack		0:30	—	
Tuck Jump Burpee		0:30	—	
Grasshopper		0:30	—	
Mountain Climber		0:30	—	

 REPEAT 3 ROUNDS  REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
13:30



If it doesn't challenge you, then it doesn't change you! Tuck jumps and squat pedal collide in this stair-step challenge that will push every fiber in your body to change.

Do each exercise for the specified time. Rest one minute after each round.

TOTAL TIME
15:00



If your heart had a speedometer, the needle would be pegged all the way to redline with this turbo-charged cardio routine. Start your engines!

Do each exercise for 20 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Tuck Jump	0:30	—
Squat Pedal	0:05	—
Tuck Jump	0:25	—
Squat Pedal	0:10	—
Tuck Jump	0:20	—
Squat Pedal	0:15	—
Tuck Jump	0:15	—
Squat Pedal	0:20	—
Tuck Jump	0:10	—
Squat Pedal	0:25	—
Tuck Jump	0:05	—
Squat Pedal	0:30	—

REPEAT 3 ROUNDS

REST 1 MINUTE

EXERCISE	WORK	REST
Sprint	0:20	—
Tuck Jump	0:20	—
Mountain Climber	0:20	—
Single Leg Burpee	0:20	—
Star	0:20	—
Lizard Hop	0:20	—

REPEAT 6 ROUNDS

REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
22:30

DEFINE YOURSELF

Turn heads with the defined shoulders, back, abs, and legs this routine will create. Aim for maximum reps with each exercise.

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Squat	0:30	—
Pedal	0:30	—
Lateral Lift	0:30	—
Pelvic Peel	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

EXERCISE	WORK	REST
1-2 Push	0:30	—
V-Up	0:30	—
Diagonal	0:30	—
Mountain Climber	0:30	—
Flutter-Up	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

EXERCISE	WORK	REST
Side Press (right)	0:30	—
Military Push-Up	0:30	—
Side Press (left)	0:30	—
Plank	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
15:00

BE AGILE

This combination of exercises will challenge your balance, stabilization, and athletic performance to make you more agile on and off the field.

Do each exercise for 20 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Log Hop T-Stand	0:20	—
Spiderman	0:20	—
Plus Jump	0:20	—
Grasshopper	0:20	—
Single Leg Burpee	0:20	—
Skater Jump	0:20	—

REPEAT 6 ROUNDS

REST 30 SECONDS



Level 3 - Routines

TOTAL TIME
60:00

POWER HOUR 3

If you really want to test your endurance, take on a Power Hour. Begin with 10 minutes of dynamic stretching before moving into the cardio warm-up and workout.

WARM UP
5:00

WARM-UP

After stretching, get moving with a quick cardio warm-up. Start slow; you don't need to push yourself yet.

EXERCISE	WORK	REST
Sprint	0:30	—
Jumping Jack	0:30	—
High Knees	0:30	—
X-Jack	0:30	—
Squat	0:30	—

REPEAT 2 ROUNDS

NO REST BETWEEN ROUNDS

WORKOUT
45:00

WORKOUT

Push yourself as hard as you can for the next 45 minutes.

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

SET 1	EXERCISE	WORK	REST
	Cross-Country Seal	0:30	—
	Shoulder Press	0:30	—
	Tuck Jump Burpee	0:30	—
	Squat Jump	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 3 - Routines

SET 2		SET 3			
EXERCISE	WORK	REST	WORK		
Squat Pedal	0:30	—	Log Hop T-Stand	0:30	—
Single Leg Burpee	0:30	—	Diagonal		
High Knees	0:30	—	Mountain Climber	0:30	—
1-2 Push	0:30	—	Grasshopper	0:30	—

 REPEAT 3 ROUNDS  REPEAT 3 ROUNDS

REST 30 SECONDS REST 30 SECONDS

SET 4			
EXERCISE	WORK	REST	
Single Leg Peel (right)	0:30	—	
Single Leg Peel (left)	0:30	—	
Pigeon Peel	0:30	—	
Butterfly Peel	0:30	—	

 REPEAT 3 ROUNDS

REST 30 SECONDS

SET 5		SET 6			
EXERCISE	WORK	REST	WORK		
Squat	0:30	—	V-Up	0:30	—
Military Push-Up	0:30	—	Sprinter Sit-Up	0:30	—
Lizard Hop	0:30	—	Russian Twist	0:30	—
Plus Jump	0:30	—	Plank	0:30	—

 REPEAT 3 ROUNDS  REPEAT 3 ROUNDS

REST 30 SECONDS REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
15:00

DROP SETS

A drop set is a bodybuilding technique that allows the lifter to continue an exercise set past fatigue by moving to a lower weight, doing fewer reps, or switching to a similar exercise. This routine gives HIIT the drop set treatment, alternating plyometric exercises with their standard counterparts for incredible results.

Do each exercise for 30 seconds, followed by the specified rest. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Squat Jump	0:30	—
Squat	0:30	0:30
Pedal	0:30	—
Reverse Lunge	0:30	0:30
Plyo Push-Up	0:30	—
Push-Up	0:30	0:30

REPEAT 3 ROUNDS

REST 30 SECONDS

TOTAL TIME
7:30

SWEAT AND SMILE

Push as hard as you can during this dynamic stack routine. With each round, the work-to-rest ratio increases. Sweat or regret? The choice is yours!

Do each exercise for the specified time. Complete all three rounds. Rest 30 seconds after each round.

EXERCISE	ROUND 1		ROUND 2		ROUND 3	
	WORK	REST	WORK	REST	WORK	REST
Tuck Jump Burpee	0:15	0:15	0:20	0:10	0:30	—
Star	0:15	0:15	0:20	0:10	0:30	—
Lizard Hop	0:15	0:15	0:20	0:10	0:30	—
Plus Jump	0:15	0:15	0:20	0:10	0:30	—

REST 30 SECONDS

REST 30 SECONDS

REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
60:00

POWER HOUR 4

Power Hour routines pull exercises from all three levels into one 60-minute, head-to-toe workout. Requiring strength, endurance, and mental toughness, these hour-long sessions are the ultimate HIIT routines! Get started with 10 minutes of dynamic stretching before the cardio warm-up.

WARM UP
5:00

WARM-UP

This quick cardio warm-up should start to raise your heart rate, but don't push too hard yet.

EXERCISE	WORK	REST
Sprint	0:30	—
Jumping Jack	0:30	—
High Knees	0:30	—
X-Jack	0:30	—
Squat	0:30	—

REPEAT 2 ROUNDS

NO REST BETWEEN ROUNDS

WORKOUT
45:00

WORKOUT

For this portion, you should be working as hard as you can. Keep moving!

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

SET 1	EXERCISE	WORK	REST
	Sprint	0:30	—
	Squat	0:30	—
	Shoulder	0:30	—
	Press Jack	0:30	—
	Mountain Climber	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 3 - Routines

SET 2		SET 3			
EXERCISE	WORK	REST	WORK		
Burpee	0:30	—	Log Hop T-Stand	0:30	—
Cross-Country Seal	0:30	—	Diagonal	0:30	—
X-Jack	0:30	—	Mountain Climber	0:30	—
Push-Up	0:30	—	Grasshopper	0:30	—

SET 4		SET 5			
EXERCISE	WORK	REST	WORK		
Pedal	0:30	—	Sphinx	0:30	—
Pelvic Peel	0:30	—	Jumping Jack	0:30	—
Pigeon Peel	0:30	—	Lizard Hop	0:30	—
Butterfly Peel	0:30	—	Plus Jump	0:30	—

SET 6	
EXERCISE	WORK
Pike	0:30
Sprinter Sit-Up	0:30
Up and Overs	0:30
Plank	0:30

Level 3 - Routines

TOTAL TIME
7:30

ACHIEVER

In order to reach your goals, you have to push beyond your comfort zone. This high-tempo, explosive routine will elevate you to the next level.

Do each exercise for 30 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Squat Thrust	0:30	—
Burpee	0:30	—
Single Leg Burpee	0:30	—
Tuck Jump Burpee	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

TOTAL TIME
15:00

FEEL THE BURN

This routine will have your legs screaming as the lactic acid builds and the burn increases. Stay strong and focused and you'll see results.

Do each exercise for 20 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Squat	0:20	—
Reverse Lunge	0:20	—
Squat Jump	0:20	—
Pedal	0:20	—
Lateral Lunge	0:20	—
In and Outs	0:20	—

REPEAT 6 ROUNDS

REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
22:30

BY DESIGN

Build the body you've always wanted through hard work, dedication, and commitment. This head-to-toe HIIT routine will supply the foundation.

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

SET 2		
EXERCISE	WORK	REST
1-2 Push	0:30	—
Star	0:30	—
Squat Pedal	0:30	—
Flutter Up	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 1		
EXERCISE	WORK	REST
Diagonal		
Mountain Climber	0:30	—
Tuck Jump	0:30	—
Pelvic Peel	0:30	—
V-Up	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

SET 3		
EXERCISE	WORK	REST
Plyo Trio	0:30	—
Single Leg Burpee	0:30	—
Lateral Lift	0:30	—
Up and Overs	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

TOTAL TIME
9:00

DEDICATED

Dedication and commitment are the keys to your success. Put yourself to the test with this three-exercise set that will supercharge your metabolism.

Do each exercise for 20 seconds. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Tuck Jump	0:20	—
Lizard Hop	0:20	—
Star	0:20	—

REPEAT 6 ROUNDS

REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
60:00

POWER HOUR 5

There are a lot of ways you can spend an hour, but few will be as challenging or rewarding as an hour of HIIT. Do 10 minutes of dynamic stretching before diving into the cardio warm-up.

WARM UP
5:00

WARM-UP

Before you push yourself to the max, get your body moving with a quick cardio warm-up.

EXERCISE	WORK	REST
Sprint	0:30	—
Jumping Jack	0:30	—
High Knees	0:30	—
X-Jack	0:30	—
Squat	0:30	—

REPEAT 2 ROUNDS

NO REST BETWEEN ROUNDS

WORKOUT
45:00

WORKOUT

This is the time to give it your all. It can be tough to maintain intensity for 45 minutes. Focus on form and build in more rest if you need to.

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

SET 1	EXERCISE	WORK	REST
	Plus Jump	0:30	—
	Skater Jump	0:30	—
	Log Hop T-Stand	0:30	—
	1-2 Push	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 3 - Routines

SET 2		SET 3	
EXERCISE	WORK	EXERCISE	WORK
Single Leg		Squat Pedal	0:30
Peel (right)	0:30	—	—
Dragon Walk	0:30	—	—
Single Leg		In and Outs	0:30
Peel (left)	0:30	—	—
Sprinter Sit-Up	0:30	Tuck Jump Burpee	0:30
		Reverse Push-Up	0:30

 REPEAT 3 ROUNDS  REPEAT 3 ROUNDS

REST 30 SECONDS REST 30 SECONDS

SET 4		SET 5	
EXERCISE	WORK	EXERCISE	WORK
Lizard Hop	0:30	Sphinx	0:30
Flutter-Up	0:30	—	—
Plyo Trio	0:30	Cross-Country Seal	0:30
Up and Overs	0:30	—	—

 REPEAT 3 ROUNDS  REPEAT 3 ROUNDS

REST 30 SECONDS REST 30 SECONDS

SET 6	
EXERCISE	WORK
Plank	0:30
Side Plank (right)	0:30
Plank	0:30
Side Plank (left)	0:30

 REPEAT 3 ROUNDS

REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
12:00



No rest during this routine! Instead, this routine alternates high-impact exercises with lower-impact active recovery exercises, making sure that every second counts.

Do each exercise in order, alternating high-impact exercises with active recovery exercises. Go slowly during the active recovery exercises.

EXERCISE	WORK	ACTIVE RECOVERY	WORK
Sprint	0:30	Squat	0:30
Single Leg Burpee	0:30	Push-Up	0:30
Cross-Country Seal	0:30	Reverse Lunge	0:30
Tuck Jump	0:30	Peel	0:30

REPEAT 3 ROUNDS

NO REST BETWEEN ROUNDS

TOTAL TIME
15:00



HIIT can help you lose weight, increase your muscle tone, and gain strength, but it won't be easy. You have to be willing to work hard and build your body from the ground up, rep by rep, second by second.

Do each exercise for 30 seconds. Rest one minute after each round.

EXERCISE	WORK	REST
Plus Jump	0:30	—
Squat Pedal	0:30	—
Dragon Walk	0:30	—
Sprinter Sit-Up	0:30	—
Tuck Jump Burpee	0:30	—
Skater Jump	0:30	—
Reverse Push-Up	0:30	—
1-2 Push	0:30	—

REPEAT 3 ROUNDS

REST 1 MINUTE

Level 3 - Routines

TOTAL TIME
60:00

POWER HOUR 6

The last of the power-hour series of workouts includes six sets of some of the most popular HIIT exercises. Before you begin, do 10 minutes of dynamic stretching.

WARM UP
5:00

WARM-UP

Get your muscles warmed up with five minutes of cardio exercises. Work at 50 to 75 percent of your power.

WORKOUT
45:00

WORKOUT

Push yourself for 45 minutes of high-intensity exercises. If you feel fatigued, increase the rest times between rounds.

Do each exercise for 30 seconds. Do three rounds of each set. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Sprint	0:30	
Jumping Jack	0:30	
High Knees	0:30	
X-Jack	0:30	
Squat	0:30	

REPEAT 2 ROUNDS

NO REST BETWEEN ROUNDS

SET 1	EXERCISE	WORK	REST
	Sprint	0:30	—
	Squat Jump	0:30	—
	Cross-Country Seal	0:30	—
	1-2 Push	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS

Level 3 - Routines

SET 2		SET 3			
EXERCISE	WORK	REST	WORK		
Jumping Jack	0:30	—	Burpee	0:30	—
Mountain Climber	0:30	—	Squat Pedal	0:30	—
Pedal	0:30	—	Triceps Dip	0:30	—
Spiderman	0:30	—	Reverse Push-Up	0:30	—
 REPEAT 3 ROUNDS	REST 30 SECONDS		 REPEAT 3 ROUNDS	REST 30 SECONDS	

SET 4		SET 5			
EXERCISE	WORK	REST	WORK		
High Knees	0:30	—	Sphinx	0:30	—
X-Jack	0:30	—	Plus Jump	0:30	—
Lateral Lunge	0:30	—	Grasshopper	0:30	—
Shoulder Press	0:30	—	Tuck Jump	0:30	—
 REPEAT 3 ROUNDS	REST 30 SECONDS		 REPEAT 3 ROUNDS	REST 30 SECONDS	

SET 6	
EXERCISE	WORK
Plank	0:30
Side Plank (right)	0:30
Sprinter Sit-Up	0:30
Side Plank (left)	0:30
 REPEAT 3 ROUNDS	REST 30 SECONDS

Level 3 - Routines

TOTAL TIME
6:00

WORK IT

This simple, fun, and sweaty routine brings together three HIIT favorites, one from each level: sprints, squat jumps, and tuck jump burpees. Push for maximum heart rate, and remember: you get out what you put in.

Do each exercise for 30 seconds. Rest 30 seconds after each set.

EXERCISE	WORK	REST
Tuck Jump Burpee	0:30	—
Sprint	0:30	—
Squat Jump	0:30	—

REPEAT 3 ROUNDS

REST 30 SECONDS



Level 3 - Routines

TOTAL TIME
12:00



In this routine, the work-to-rest ratio varies with each set. It will challenge your athleticism and strength, but the results and sense of achievement upon completion will be priceless.

Complete each set and rest for the specified time. Repeat the sequence three times.

SET 1		
EXERCISE	WORK	REST
High Knees	0:20	—
Jumping Jack	0:20	—
Tuck Jump	0:20	—

REST 10 SECONDS

SET 2		
EXERCISE	WORK	REST
Burpee	0:20	—
Lizard Hop	0:20	—
Star	0:20	—

REST 20 SECONDS

SET 3		
EXERCISE	WORK	REST
Sprint	0:20	—
Tuck Jump Burpee	0:20	—
1-2 Push	0:20	—

REST 30 SECONDS

 REPEAT 3 TIMES

Level 3 - Routines

TOTAL TIME
9:00

ONE STEP CLOSER

Each workout brings you one step closer to your goals. Stay committed and determined for this short, energetic routine that will challenge your entire body.

Do each exercise for 20 seconds. Rest 30 seconds after each round.

TOTAL TIME
15:00

GET FIT

HIIT gives you the tools to get fit, but it will take hard work and commitment to achieve your goals. Stay fast and focused for this explosive routine.

Do each exercise in order. Rest 30 seconds after each round.

EXERCISE	WORK	REST
Plus Jump	0:20	—
Skater Jump	0:20	—
1-2 Push	0:20	—

REPEAT 6 ROUNDS

REST 30 SECONDS

EXERCISE	WORK	REST
Sprint	0:20	—
Tuck Jump	0:20	—
Diagonal		
Mountain Climber	0:20	—
Single Leg Burpee	0:20	—
Squat Pedal	0:20	—
Plyo Trio	0:20	—

REPEAT 6 ROUNDS

REST 30 SECONDS

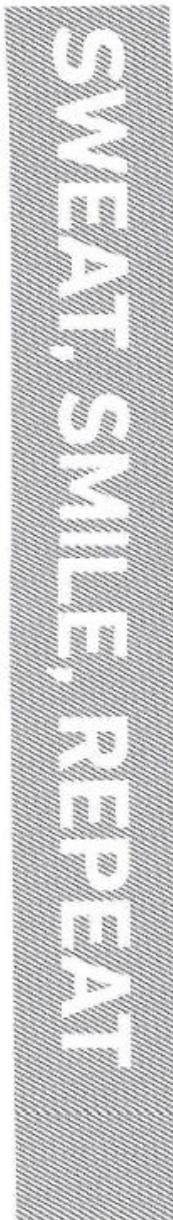
Level 3 - Routines

The final Level 3 routine represents the HIIT philosophy: push hard and earn your sweat, enjoy your workouts with a smile, and repeat daily.

Do each round following the specified work-to-rest ratio. Rest one minute after each round.

TOTAL TIME
19:55

EXERCISE	ROUND 1		ROUND 2		ROUND 3	
	WORK	REST	WORK	REST	WORK	REST
Sprint	0:30	0:30	0:30	0:15	0:30	0:10
Squat Pedal	0:30	0:30	0:30	0:15	0:30	0:10
Diagonal						
Mountain Climber	0:30	0:30	0:30	0:15	0:30	0:10
Tuck Jump	0:30	0:30	0:30	0:15	0:30	0:10
Single Leg Burpee	0:30	0:30	0:30	0:15	0:30	0:10
1-2 Push	0:30	0:30	0:30	0:15	0:30	0:10
Plyo Push-Up	0:30	0:30	0:30	0:15	0:30	0:10
	REST 1 MINUTE		REST 1 MINUTE		REST 1 MINUTE	



Level 3 - Routines



This short but intense introduction to HIIT is the perfect way to shake up your weekly workout routine or kick off a weight-loss program. Commit to three days of HIIT and you'll start to feel a difference!

DAY ROUTINE

- 1 Sweat, Smile, Repeat
- 2 Power Hour 1
- 3 Power Hour 2

TRAINER TIPS

- Before starting your HIIT routine, do a few minutes of dynamic stretching as a warm-up.
- Review the exercises in each routine and make sure you know how to do them properly before beginning a workout.
- In addition to your workout challenge, challenge yourself to make healthy eating choices. Monitoring your caloric intake will help you make the most of HIIT.

Level 3 - Routines

This week-long challenge features a blend of short and long sets, plyometrics, compound strength exercises, and core-building exercises to kick your workouts into high gear. After just one week of HIIT, you'll begin to feel stronger and more energized.

DAY	ROUTINE
1	Work It
2	Power Hour 2
3	Redline
4	Power Hour 4
5	Drop Sets
6	Power Hour 6
7	Killer Cardio



TRAINER TIPS

- Warm up before each routine with three to five minutes of dynamic stretching.
- Choosing a consistent time and place to do your HIIT workouts will make it easier to make them part of your daily routine.
- If you experience soreness the day after working out, use a foam roller to facilitate myofascial release.



Level 3 - Routines



After two weeks of HIIT, you should see results! The routines in this program will help you lose weight, build strength, and improve cardiovascular endurance with a combination of body weight and plyometric exercises. The first week will get you acclimated to HIIT, and the second week takes it up a notch with longer and more challenging routines.

DAY	ROUTINE
1	Hard Charger
2	Full Throttle
3	Level Up
4	High Five
5	Heavy HIIT-er
6	Conquer
7	Posture Perfect

DAY

ROUTINE

8 Leg Hell 3.0

9 Power Hour 1

10 Killer Cardio

11 Power Hour 3

12 Redline

13 Power Hour 5

14 Sweat, Smile, Repeat



TRAINER TIPS

- Remember that quality is more important than quantity. The 14-Day Challenge introduces more athletic exercises, which means attention to form is critical.
- Stay mentally strong and focus on your goals. Two weeks takes dedication. It's easy for "just one day off" to turn into two and then three. Stick with it.
- Be aware of what you eat. You'll see greater changes if you are disciplined in your eating as well as your exercise.

Level 3 - Routines



This four-week workout plan features a variety of routine styles and formats to keep things interesting, fun, and intense. The length and difficulty of the routines increases each week, ensuring that you're always challenged. Monitor your progress by completing the fitness assessment every two weeks.

DAY	ROUTINE	DAY	ROUTINE
1	Achiever	8	Full Throttle
2	Feel the Burn	9	Posture Perfect
3	Every Second Counts	10	Get Results
4	Defined	11	Under Construction
5	Hard Charger	12	One Step Closer
6	Conquer	13	Get Fit
7	Level Up	14	Drop Sets

DAY **ROUTINE**

15 Sweat and Smile

16 Heavy HIIT-er

17 Be Agile

18 Killer Cardio

19 High Five

20 Challenge = Change

21 Redline

DAY **ROUTINE**

22 Power Hour 1

23 Power Hour 2

24 Power Hour 3

25 Power Hour 4

26 Power Hour 5

27 Power Hour 6

28 Smile, Sweat, Repeat

**TRAINER TIPS**

- For top performance and injury prevention, warm up with dynamic stretching before beginning your workout.
- If you've been using a regular timer to measure the time increments for your workouts, try switching to an app that allows you to program specific intervals, such as Interval Timer Pro.
- Recovery is important, especially when you're working out daily. Stay hydrated during your workouts, and use a foam roller to alleviate muscle pain.
- If you're making the commitment to do HIIT for 28 days, commit to monitoring your diet as well. Getting the results you want takes discipline.

Level 4 - Routines

Cardio exercise is defined as any exercise that increases the work of the heart and lungs, raising your heart rate. The exercises in this part will get you sweating with a variety of formats including short, incendiary exercises, such as the sprint; multiplanar exercises, such as the cross-country seal; and explosive plyometric exercises, such as the burpee. Check the leveled progression guide for each exercise. If a movement is too simple, try the next level up. If you're struggling, try the next level down.

Level 4 - Routines

SQUAT THRUST

The difference between a burpee and squat thrust is a topic of some debate, but in my studio, a burpee includes a push-up and a jump while the squat thrust does not. That doesn't mean it's easier, though. Fewer steps means you can do more reps!

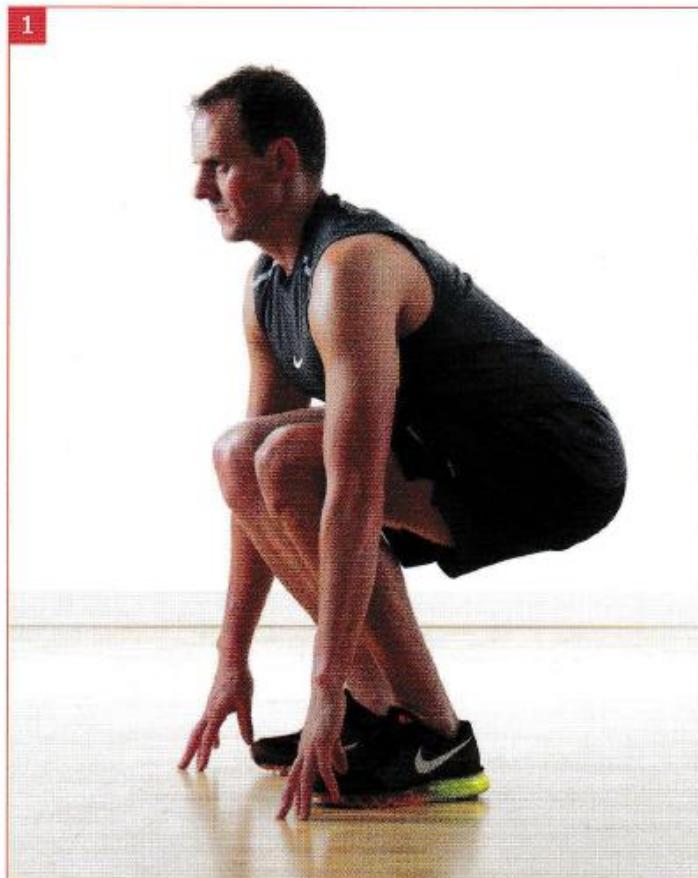


PROGRESSION

LEVEL 1: **Squat Thrust**

LEVEL 2: Burpee

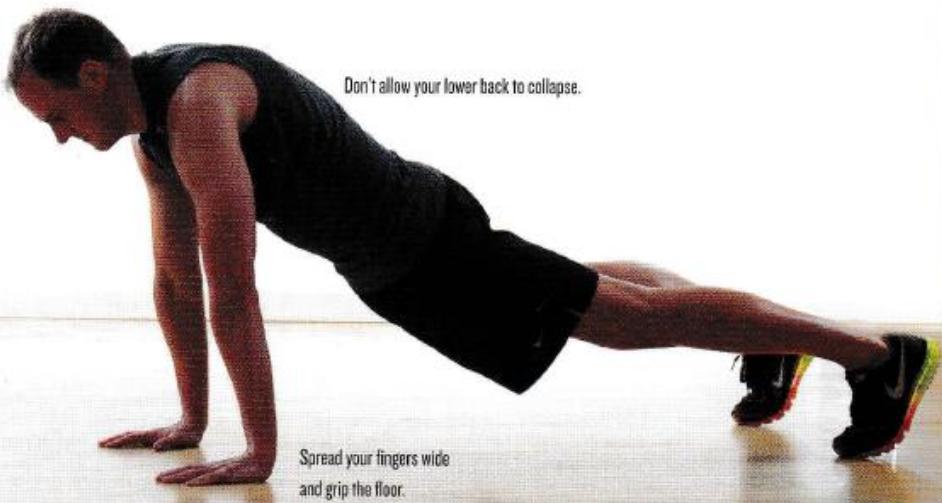
LEVEL 3: Single Leg Burpee



With your feet hip width apart, bend your knees and bring your hands to the floor just in front of your feet.

Level 4 - Routines

2



Don't allow your lower back to collapse.

Spread your fingers wide and grip the floor.

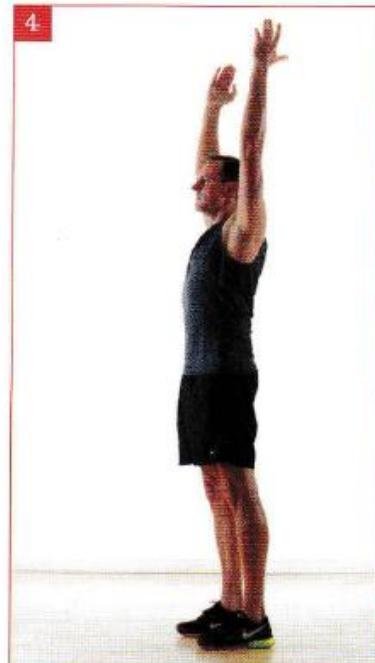
Hop your feet back into a plank position.

3



Jump your feet back to your hands, shifting your weight into the heels and lifting your chest.

4



Stand up, tucking the pelvis, engaging the abs, and extending the arms above your head. Repeat as quickly as possible while maintaining proper form.

Level 4 - Routines

HIGH KNEES

This is an excellent exercise for runners and athletes who wish to improve running form and foot speed. The dynamic running motion will challenge your cardiovascular endurance and help to strengthen your hip flexors.

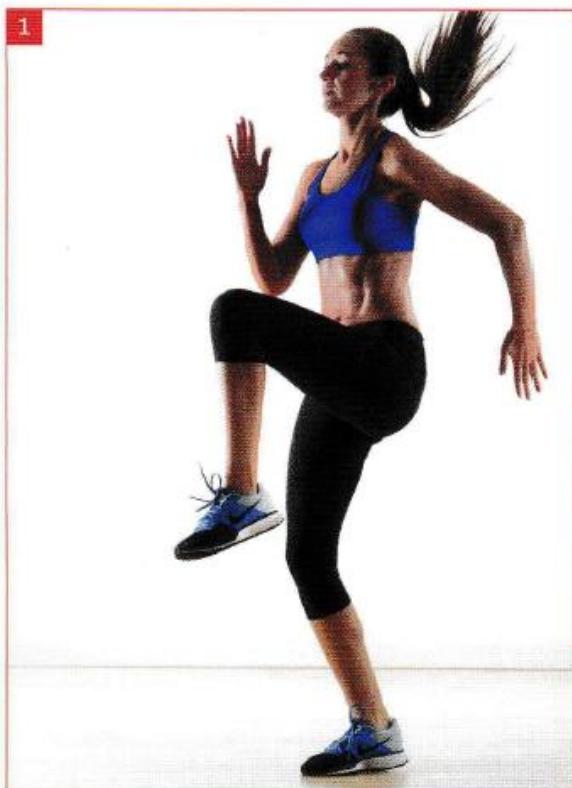


PROGRESSION

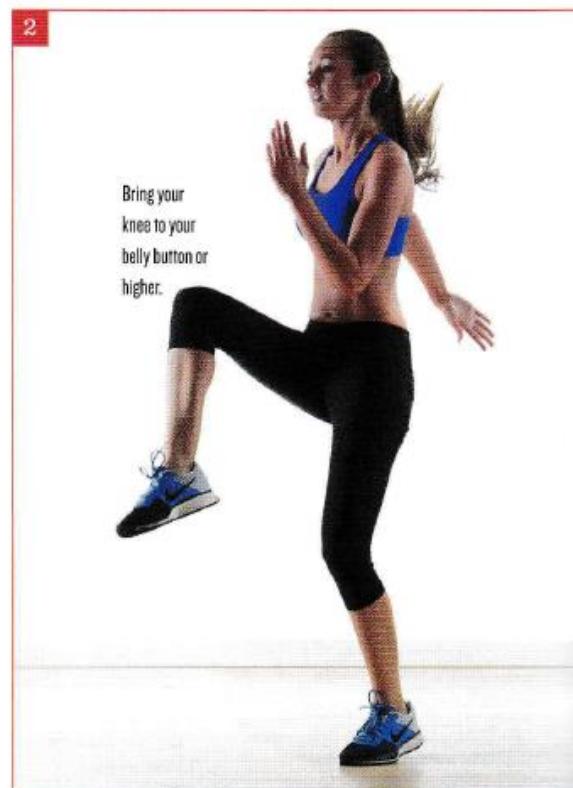
LEVEL 1: **High Knees**

LEVEL 2: **Tuck Jump**

LEVEL 3: **Tuck Jump Burpee**



Stand with feet hip width apart. Drive your right knee toward your chest and quickly place it back on the ground.



Immediately follow by driving the left knee to the chest. Alternate knees as quickly as you can. The movement is similar to jogging in place, but you bring your knees higher. Keep your chest up, shoulders back, and core engaged.

Level 4 - Routines

MOUNTAIN CLIMBER

Mountain climbers strengthen your core, hip flexors, and legs and provide an intense cardio challenge. Drive your knees toward your chest as quickly as possible to maximize the cardiovascular benefits.

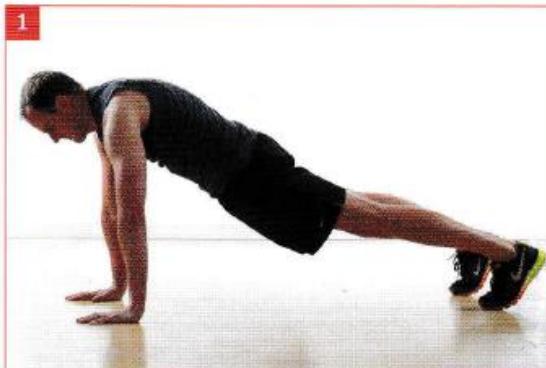


PROGRESSION

LEVEL 1: Mountain Climber

LEVEL 2: Grasshopper

LEVEL 3: Lizard Hop

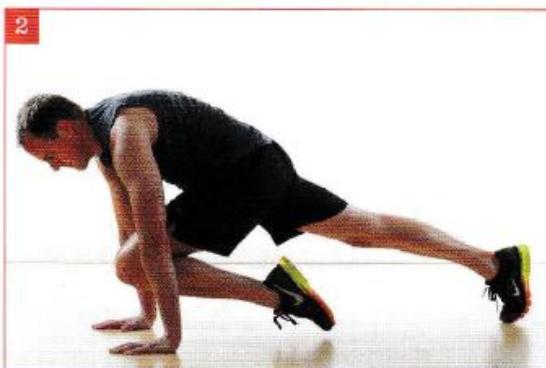


Position your hands on the floor slightly wider than shoulder width apart. Rise up onto your toes and engage the core to form a straight line between your ankles and head.

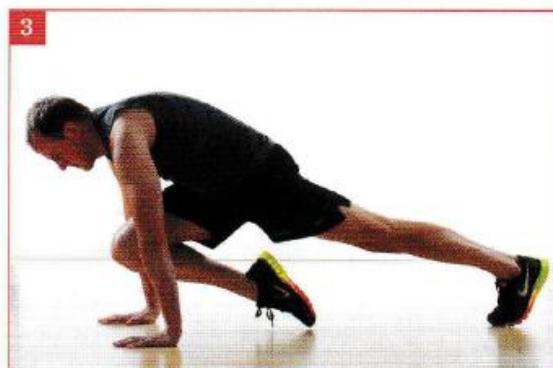


CHALLENGE

Try elevating your hands on a small step, bench, or a stability ball to increase the difficulty level of this exercise.



Bring your left knee in toward your chest, engaging your core. Attempt to pull your knee all the way through your supporting arms to maximize engagement of the core.



Quickly extend the left leg and simultaneously pull the right knee toward the chest. Repeat with controlled speed.

Level 4 - Routines

SPRINT

Sprinting is a simple and effective means of elevating your heart rate and burning fat. This high-intensity exercise can be done in place or back and forth across an open space. Keep moving quickly to maximize the cardio benefits.

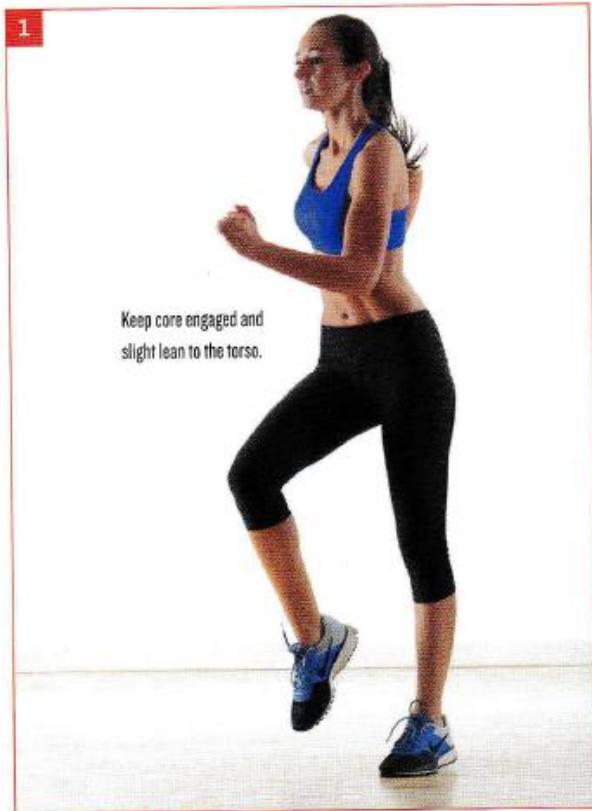


PROGRESSION

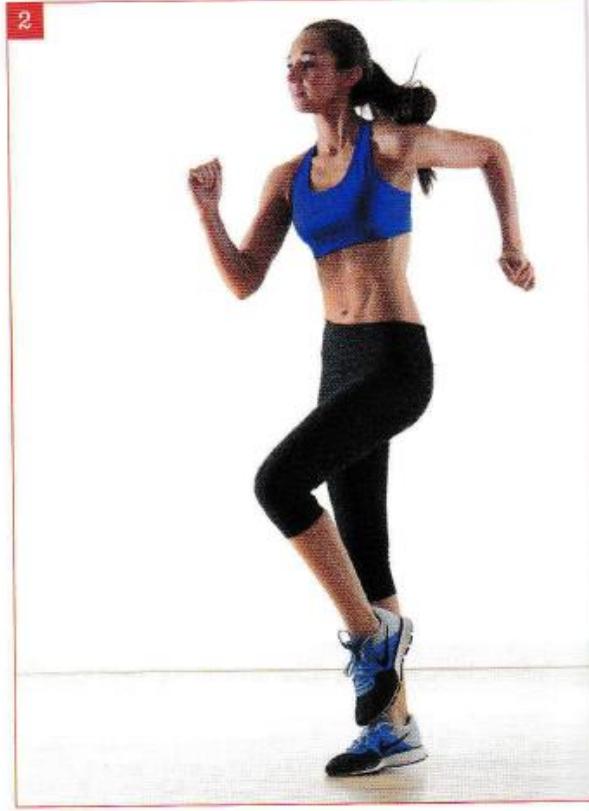
LEVEL 1: Sprint

LEVEL 2: Cross-Country Seal

LEVEL 3: Plus Jump



Stand tall, with feet shoulder width apart and a slight lean to the body. Drive your right knee to your chest as your left arm swings forward.



As your right leg lowers, drive forward with your left knee and right arm. Repeat with control, always moving opposite arms and legs.

Level 4 - Routines

JUMPING JACK

Jumping jacks are one of the most familiar and effective cardio exercises out there. This explosive move is a great way to improve cardiovascular endurance and also engage the core, shoulders, back, and calves.

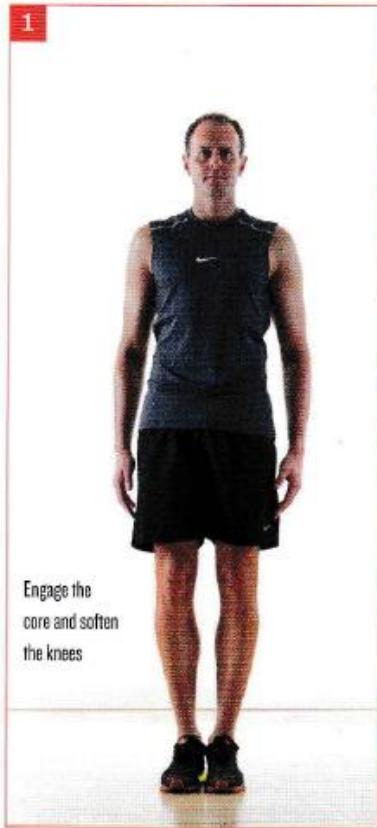


PROGRESSION

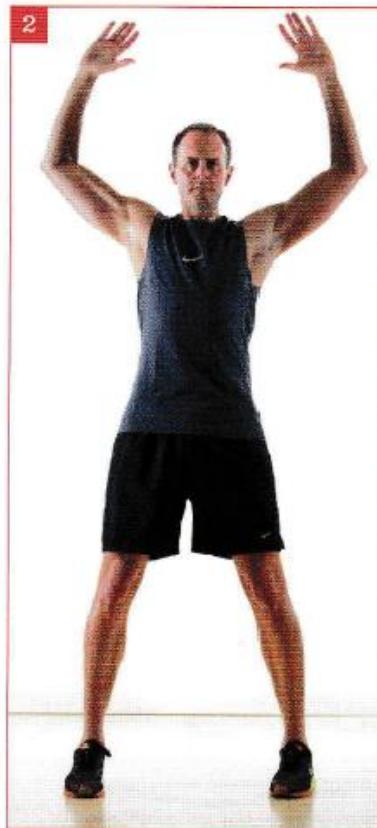
LEVEL 1: Jumping Jack

LEVEL 2: X-Jack

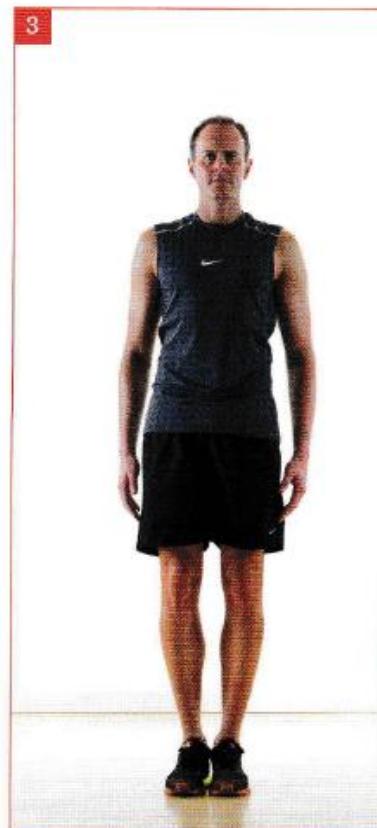
LEVEL 3: Star



Stand with your feet together and your arms at your sides.



Jump up as you spread your feet wide and raise your arms overhead in a V-shape. Land with your feet spread and arms up.



Jump again, bringing your feet together and returning your arms to the sides. Repeat.

Level 4 - Routines

BURPEE

The burpee is indisputably the ultimate total-body exercise. Each one will work your chest, arms, shoulders, thighs, hamstrings, and core. Burpees can be intimidating, but the benefits are worth the challenge.

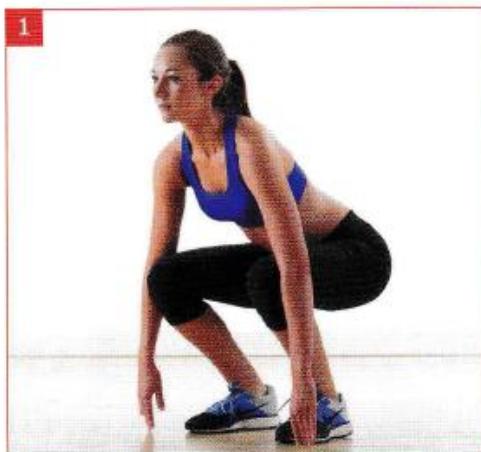


PROGRESSION

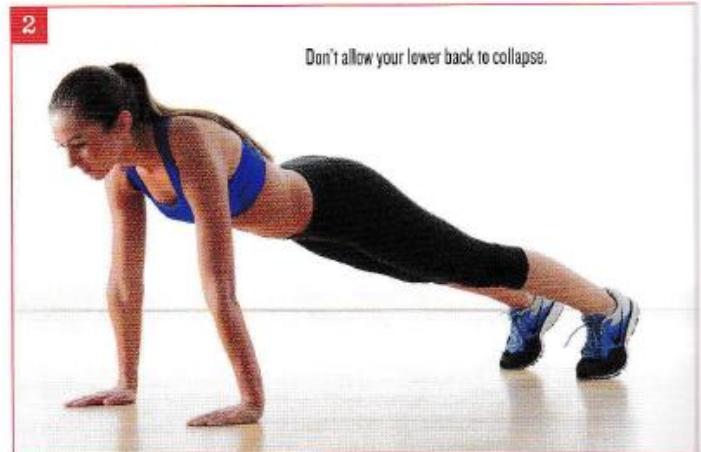
LEVEL 1: Squat Thrust

LEVEL 2: **Burpee**

LEVEL 3: Single Leg Burpee



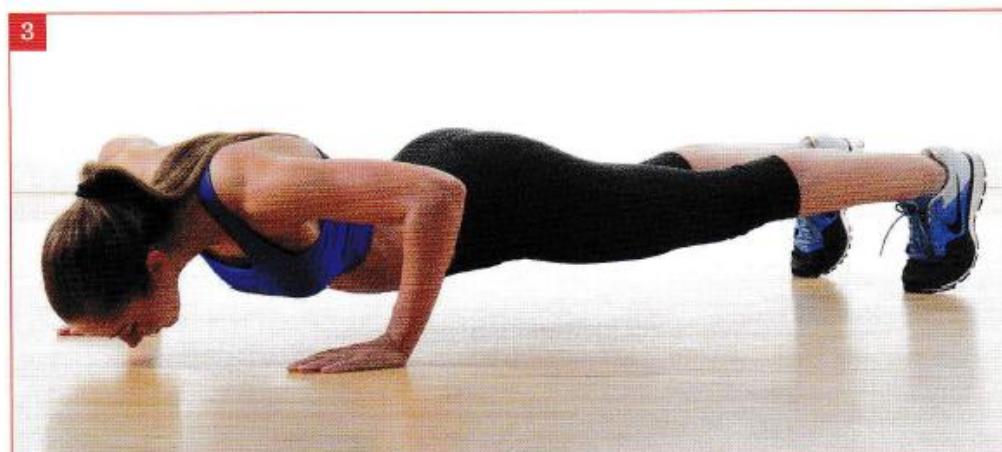
1



2

With your feet hip width apart, bend your knees and bring your hands to the floor just in front of your feet.

Hop your feet back into a plank position. Spread your fingers wide and grip the floor.

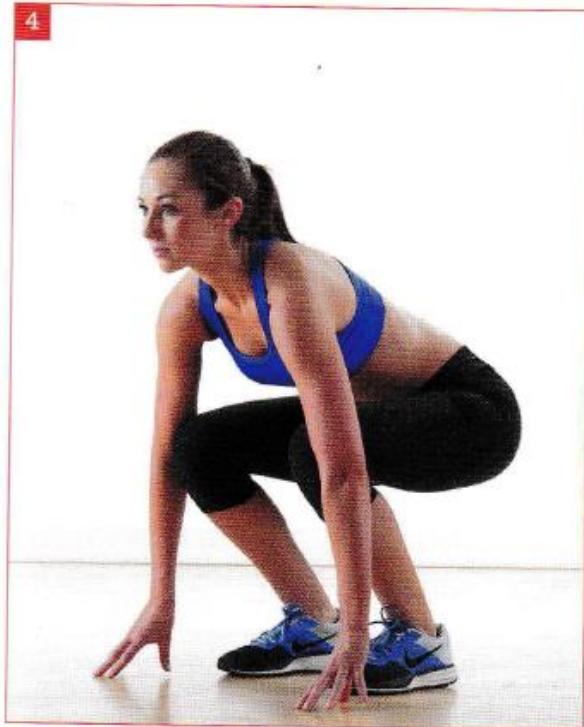


3

Perform one push-up with your core engaged.

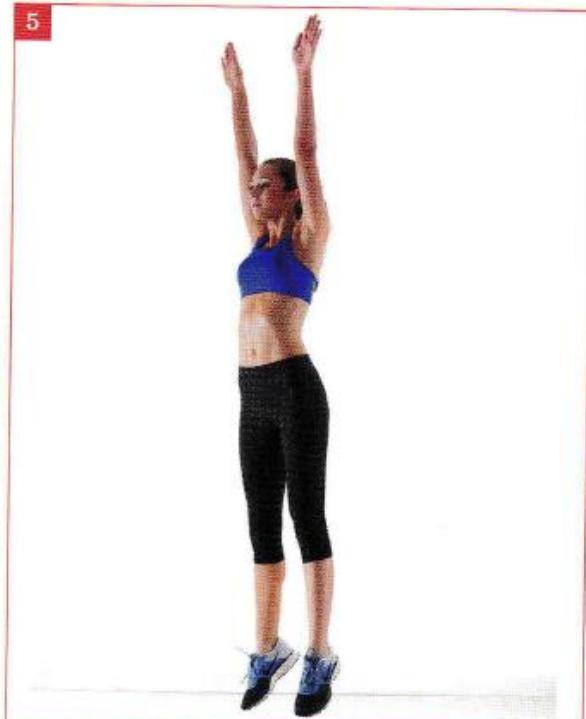
Level 4 - Routines

4



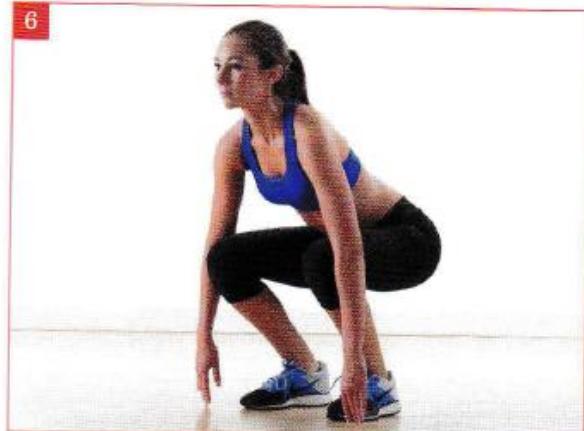
Jump your feet back to your hands, shifting your weight into the heels and lifting your chest.

5



Jump up from the crouched position and reach overhead with your hands.

6



Land softly with a slight bend at your knees, hips, and ankles. Repeat.

CHALLENGE

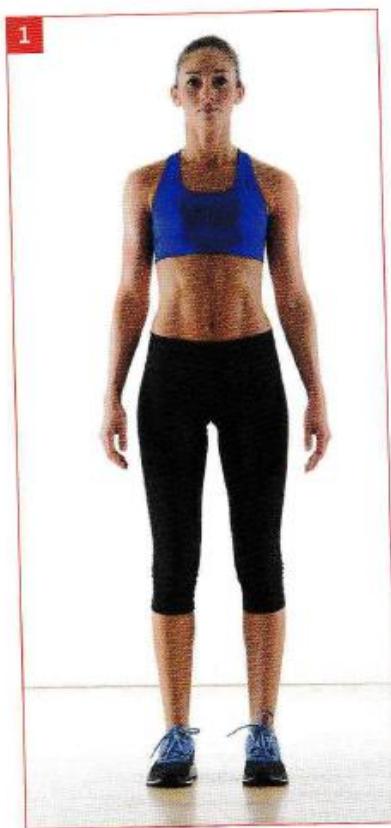
Substitute the regular push-up with a triceps push-up, keeping your elbows tight to your rib cage.



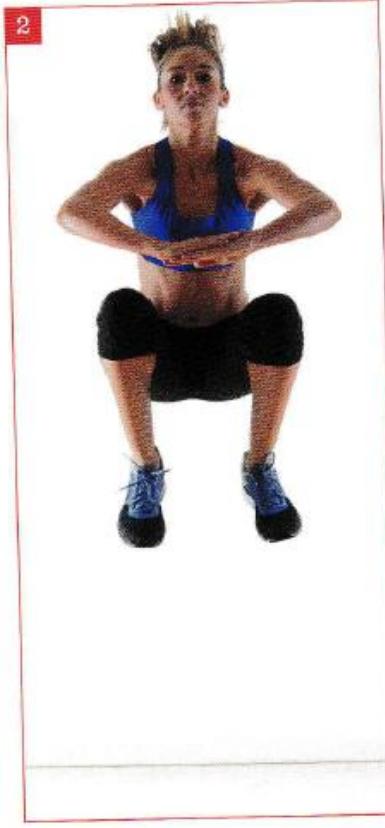
Level 4 - Routines

TUCK JUMP

Tuck jumps are an intense, plyometric move that will drive your heart rate through the roof while working the muscles in your core and legs. The explosive nature of the exercise will improve agility and power.



Stand tall with your knees slightly bent.



Quickly lower into a half squat and immediately explode upward. Jump as high as you can, driving your knees toward the chest and attempting to touch them to the palms of your hands.

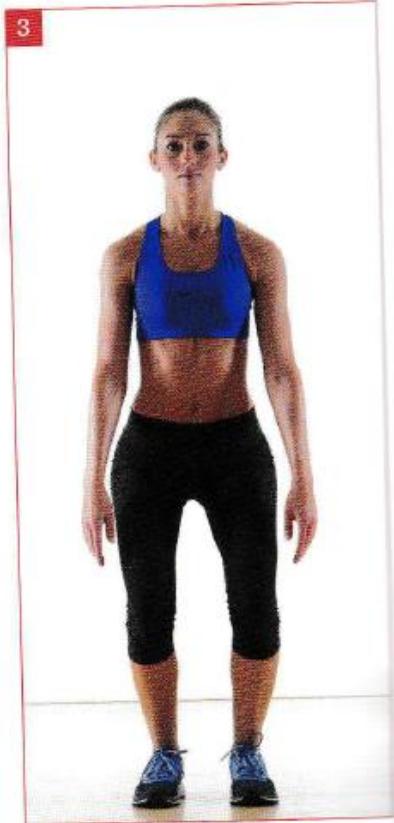


PROGRESSION

LEVEL 1: High Knees

LEVEL 2: **Tuck Jump**

LEVEL 3: Tuck Jump Burpee



Land softly, absorbing the impact by bending at the ankles, knees, and hips to decelerate the body.

Level 4 - Routines

GRASSHOPPER

The grasshopper's powerful legs are the inspiration for this exercise. This move will torch the thighs, core, and shoulders while increasing athletic performance and hip mobility. Move as quickly as you can while maintaining proper form.



PROGRESSION

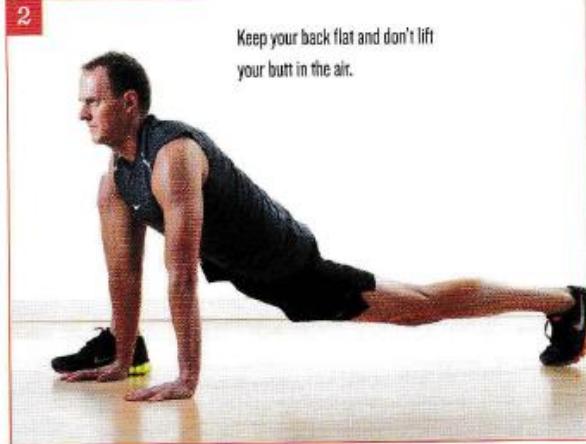
LEVEL 1: Mountain Climber

LEVEL 2: Grasshopper

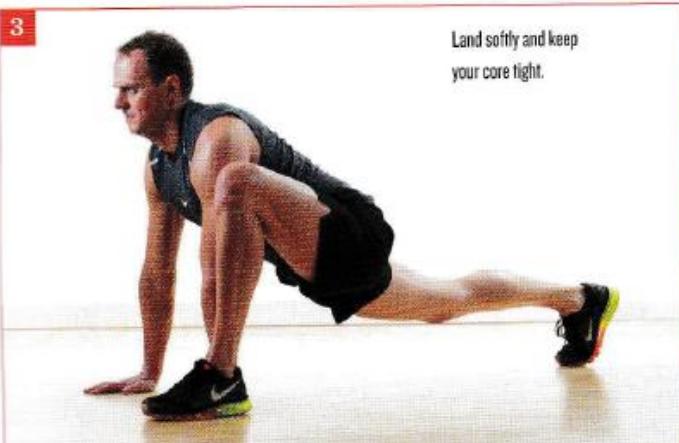
LEVEL 3: Lizard Hop



Assume a plank position. Your elbows should be directly beneath your shoulders and your body should form a straight line from head to heels.



Bring your right foot forward, and place it on the floor just outside of your right hand.



Land softly and keep your core tight.

Jump and switch the feet, landing with the left foot on the floor just outside of the left hand. Repeat, alternating legs with controlled speed.

Level 4 - Routines

CROSS-COUNTRY SEAL

This exercise mimics the motion of cross-country skiing, and improves cardiovascular endurance by working all the major muscle groups of the body. The cross-country seal opens the arms laterally, creating a multi-planar exercise that targets the shoulders, back, legs, and glutes.

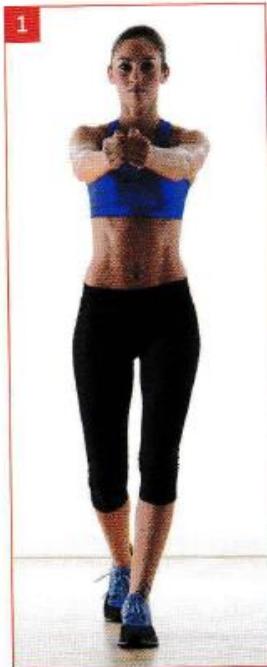


PROGRESSION

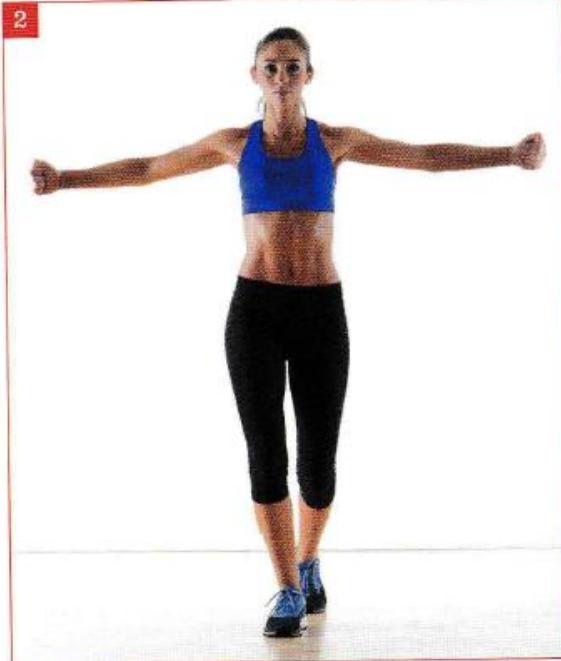
LEVEL 1: Sprint

LEVEL 2: Cross-Country Seal

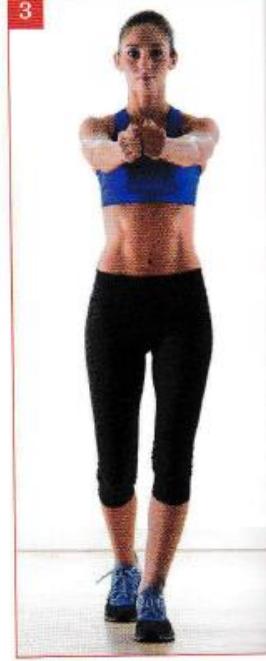
LEVEL 3: Plus Jump



Stand with your left foot in front of the right, arms extended. Bend softly at the knees, engage your core, and lean forward slightly.



Jump and switch feet, opening your arms and squeezing your shoulder blades while in the air. Land softly, with your right foot in front of the left.



Jump and switch feet again, returning to the starting position with your arms in front of you. Repeat with controlled speed.

Level 4 - Routines

X-JACK

This innovative twist on the traditional jumping jack will boost your metabolism and tone your legs, core, shoulders, and back.

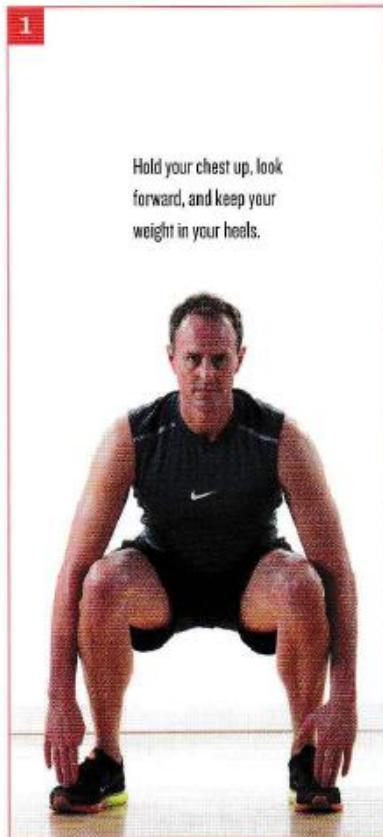


PROGRESSION

LEVEL 1: Jumping Jack

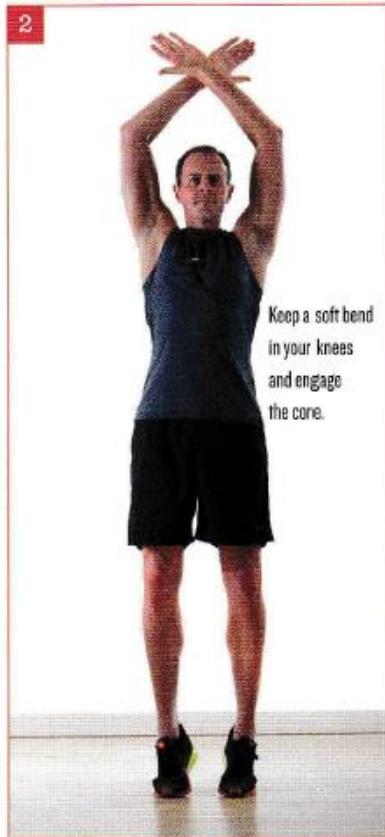
LEVEL 2: X-Jack

LEVEL 3: Star



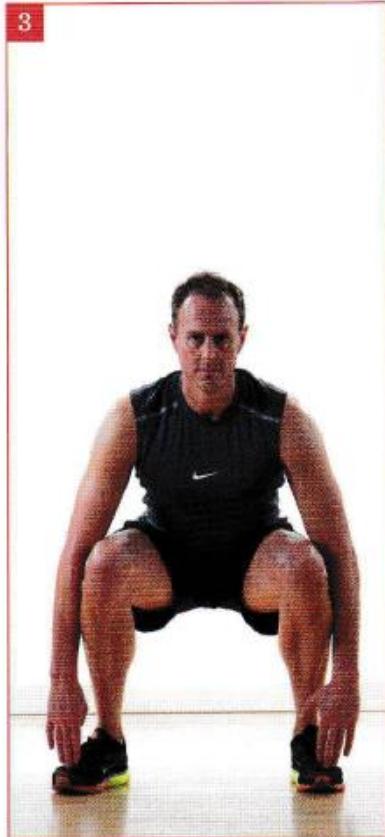
1

Hold your chest up, look forward, and keep your weight in your heels.



2

Keep a soft bend in your knees and engage the core.



3

With feet shoulder width apart, bend from your hips, knees, and ankles and drop into a squat position. If you can, touch your toes with your fingertips.

Jump out of the squat position. As you jump, extend your legs and raise your arms overhead, crossing your wrists to make an X.

Land with your feet together and your weight on the balls of your feet. Lower back to the squat position and repeat.

Level 4 - Routines

SINGLE LEG BURPEE

In this modification of the traditional burpee, you raise one leg throughout the plank and push-up phase of the exercise. The increased load challenges your abdominals, lower back, and stabilizing leg.

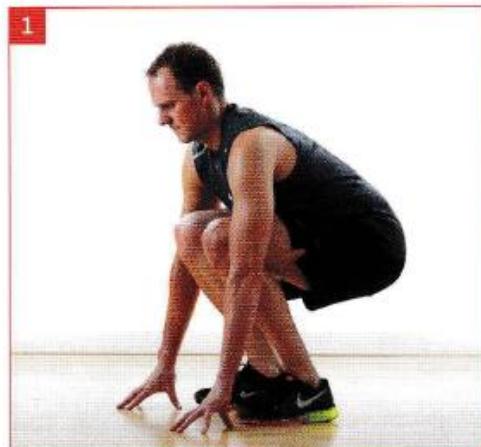


PROGRESSION

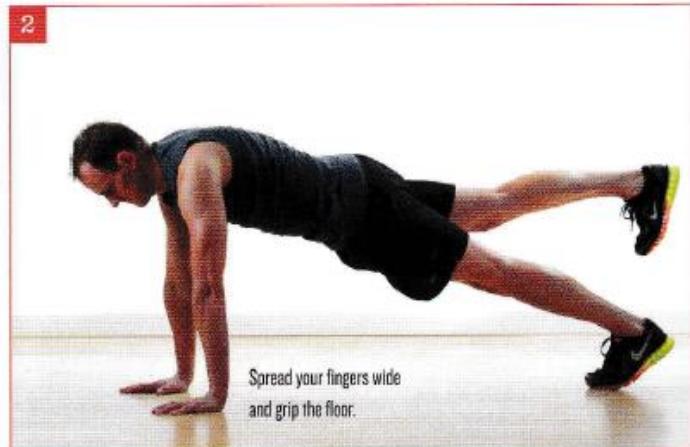
LEVEL 1: Squat Thrust

LEVEL 2: Burpee

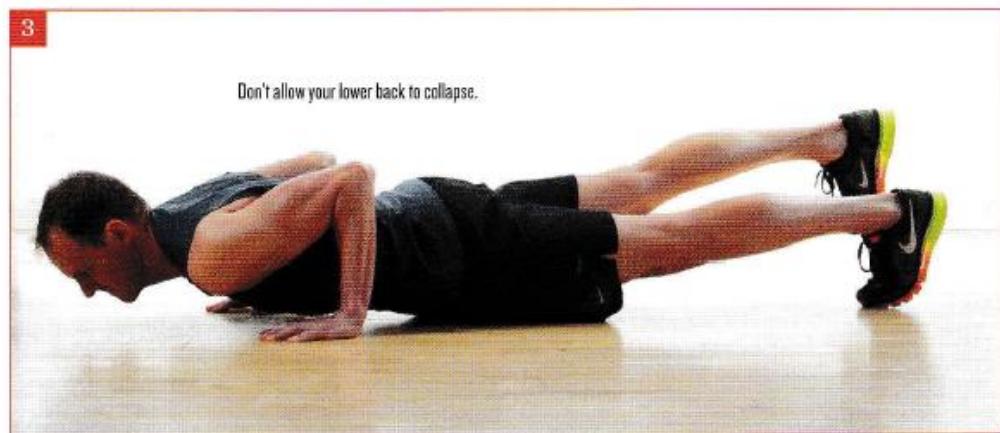
LEVEL 3: Single Leg Burpee



With your feet hip width apart, bend your knees and bring your hands to the floor just in front of your feet.



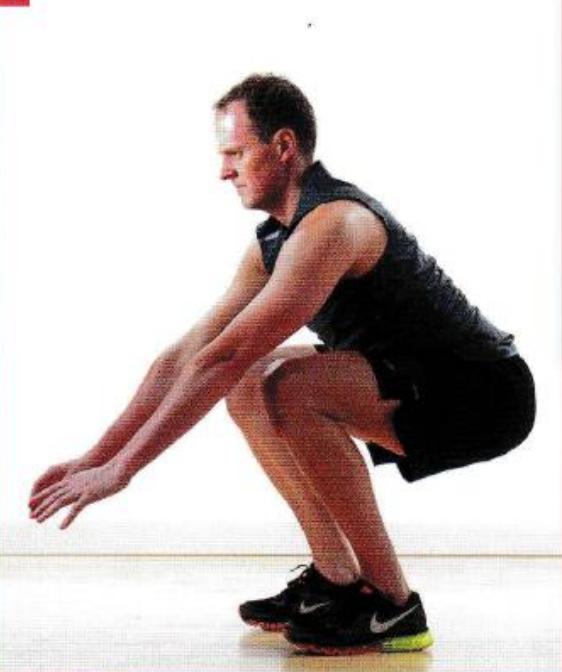
Hop your feet back into a plank position with one leg lifted off the floor to shoulder height.



Perform one push-up with your core engaged and leg elevated.

Level 4 - Routines

4



Lower the leg and jump your feet back to your hands, shifting your weight into the heels and lifting your chest.

5



Jump up from the crouched position and reach overhead with your hands.

6



Land softly with a slight bend at your knees, hips, and ankles. Repeat, alternating the elevated leg with each rep.

CHALLENGE

For added challenge, substitute the regular push-up with a triceps push-up, keeping your elbows tight to your rib cage.

Level 4 - Routines

TUCK JUMP BURPEE

The tuck jump and the burpee, two of the toughest exercises in this book, combine to create an incredible cardiovascular and strength exercise reserved only for those feeling superhuman.

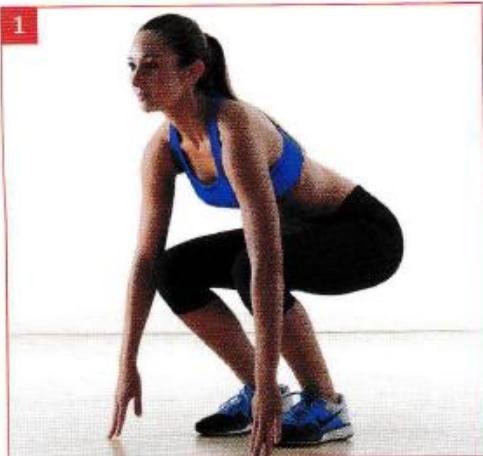


PROGRESSION

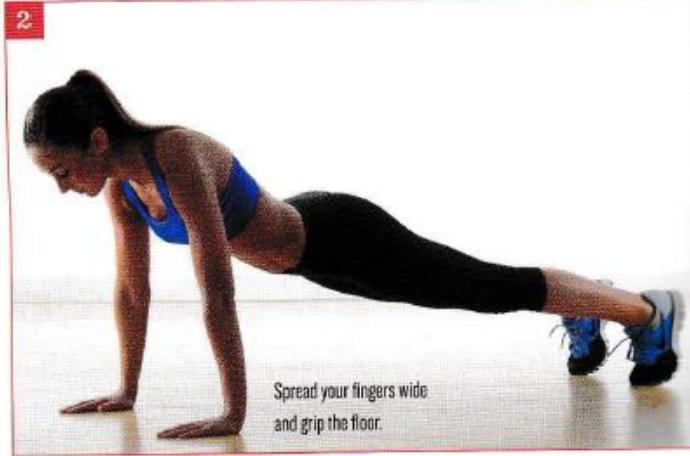
LEVEL 1: High Knees

LEVEL 2: Tuck Jump

LEVEL 3: Tuck Jump Burpee

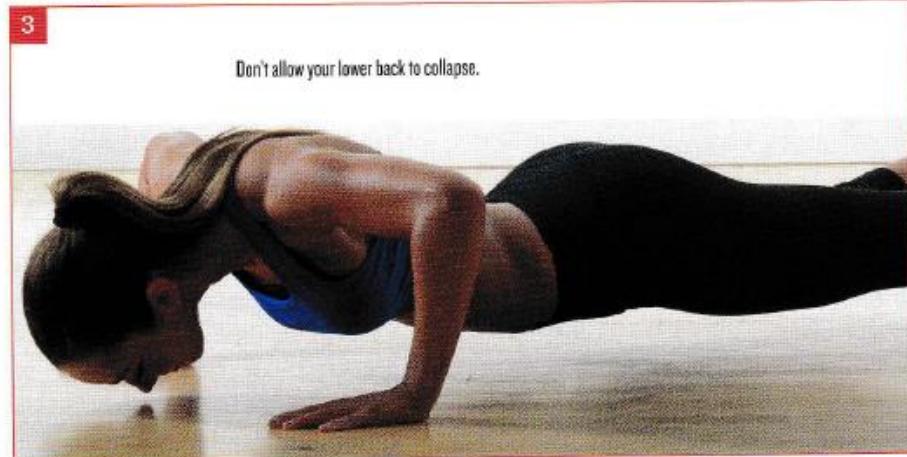


With your feet hip width apart, bend your knees and bring hands to the floor just in front of your feet.



Hop your feet back into a plank position

Spread your fingers wide and grip the floor.

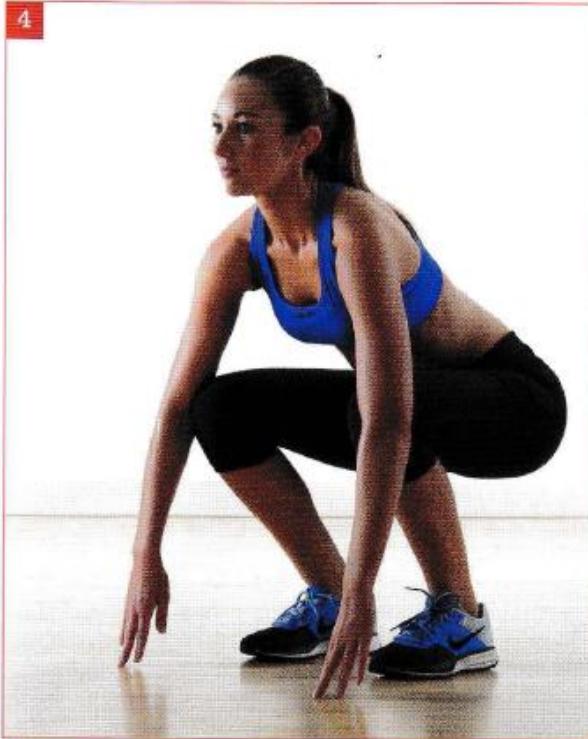


Perform one push-up with your core engaged.

Don't allow your lower back to collapse.

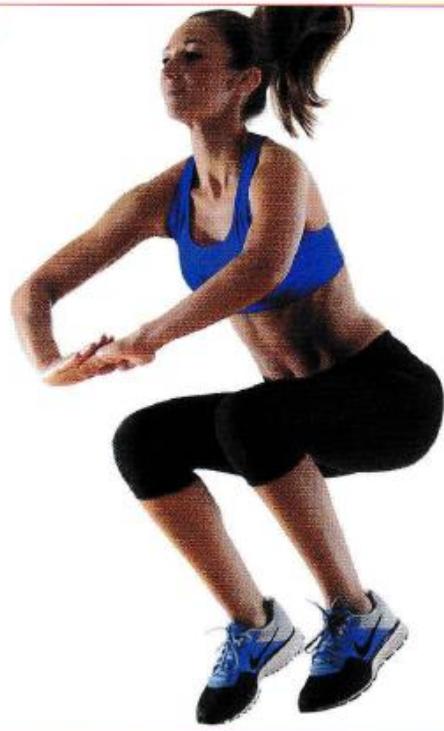
Level 4 - Routines

4



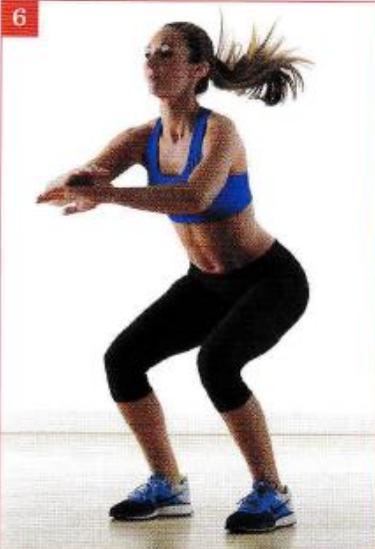
Jump your feet back to your hands, shifting your weight into the heels and lifting your chest.

5



Jump up from the crouched position and tuck your knees to your chest.

6



Land softly with a slight bend at your knees, hips, and ankles. Repeat.



CHALLENGE

For added challenge, substitute the regular push-up with a triceps push-up, keeping your elbows tight to your rib cage.

Level 4 - Routines

LIZARD HOP

This explosive exercise builds upper-body strength, increases hip mobility, and creates core stability. Keep your movements quick and controlled to gain the most benefit.

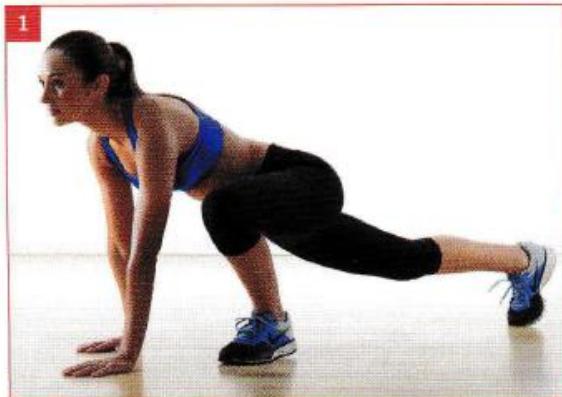


PROGRESSION

LEVEL 1: Mountain Climber

LEVEL 2: Grasshopper

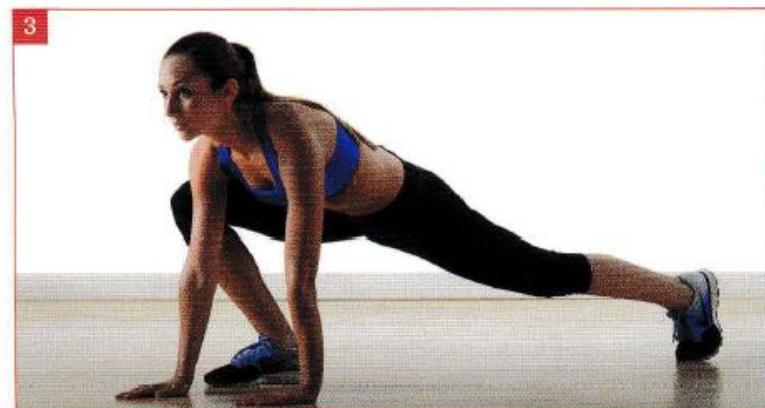
LEVEL 3: Lizard Hop



Begin in a staggered push-up position with your left hand ahead of right. Bend your left leg so that your foot is on the floor slightly to the side of the left hip.



Bend your elbows slightly and engage your core. Imagine loading a spring full of energy and then explode, pressing through the floor and switching your hands and feet in the air.



Land softly with your right hand in front of the left, and your right leg bent.

Level 4 - Routines

STAR

This plyometric powerhouse combines the squat jump and the jumping jack, resulting in a challenging exercise that will get your heart pumping and your quads burning.



PROGRESSION

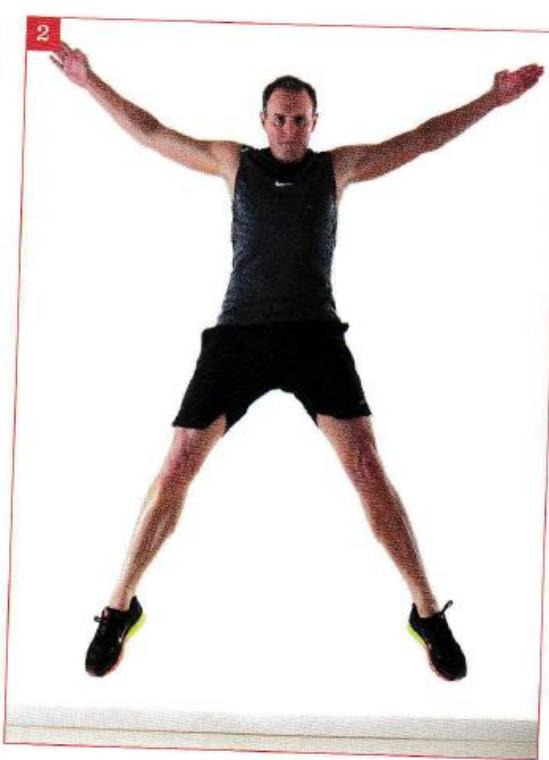
LEVEL 1: Jumping Jack

LEVEL 2: X-Jack

LEVEL 3: Star



With your body weight in your heels, inhale as you bend at the knee, lowering into a squat position and wrapping your arms loosely around your shins.



Engage your core and exhale as you jump and explode through your heels into the air. Open your arms and legs as wide as you can, making a "star" shape.



Land as softly and silently as possible, bending slightly at the hips, knees, and ankles to decelerate the body.

Level 4 - Routines

PLUS JUMP

Small, plyometric hops from front to back and from side to side elevate the heart rate, super-charge the metabolism, and strengthen the ankles. This is a great exercise for building agility and foot speed.

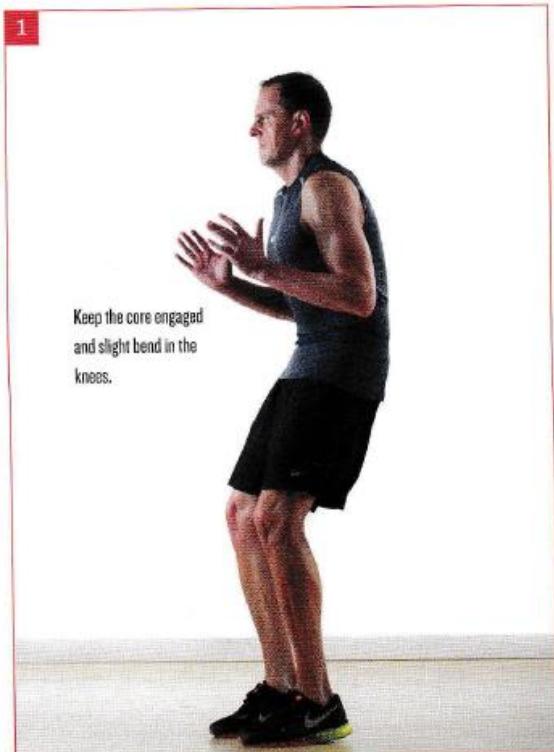


PROGRESSION

LEVEL 1: Sprint

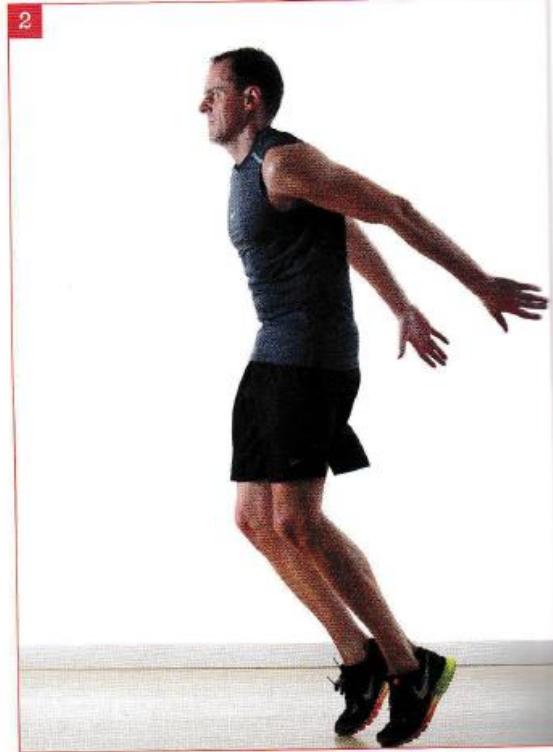
LEVEL 2: Cross-Country Seal

LEVEL 3: Plus Jump



Keep the core engaged and slight bend in the knees.

Jump forward with feet together and a slight bend in the knees.



Quickly jump backward, landing softly with the core engaged. Jump forward and back a total of four times.

Level 4 - Routines

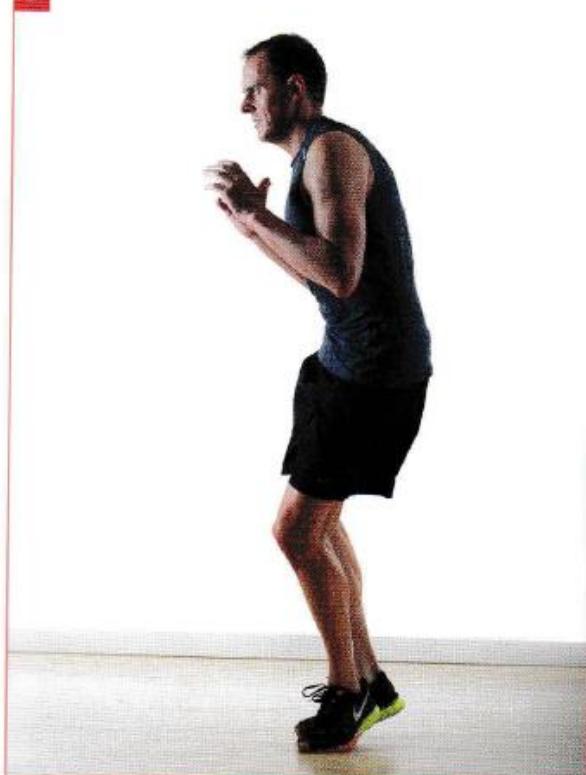


CHALLENGE

Try hopping on one leg at a time, switching legs after you've repeated the sequence four times.



3



Jump to the right, keeping the soft bend in the knees and core engaged for balance.

4



Quickly jump to the left and then back to the right. Jump side to side a total of four times. Move as fast as possible to keep your heart rate up.

UPPER-BODY EXERCISES

The exercises in this part focus on the muscles of the upper body, including the shoulders, back, chest, triceps, and core. They are designed to increase muscle tone and definition while building strength and stability. Check the leveled progression guide for each exercise and modify your routine as needed by selecting a similar exercise that is more or less difficult based on your needs.

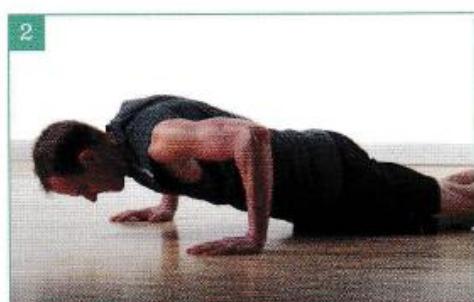
UPPER-BODY EXERCISES

KNEELING PUSH-UP

This modified push-up builds upper-body and core strength using the muscles of the chest, back, shoulders, triceps, abs, and even the legs. It's a great way to develop the strength required to tackle a full push-up, as well as an excellent substitute for those with compromised wrists or shoulders.



Begin on all fours with your shoulders directly over your wrists. Tilt your pelvis and lower your hips until your body forms a straight line from knees to shoulders.



Bend your elbows, bringing your chest toward the floor. When your elbows are bent slightly beyond 90 degrees, hold for one to two seconds.



Push up through your palms, extending the arms to return to the starting position.



PROGRESSION

LEVEL 1: Kneeling Push-Up

LEVEL 2: Push-Up

LEVEL 3: Plio Push-Up



TRAINER TIP

To speed your progression to regular push-ups, hold the pause at the deepest part of your push-up. This will help develop strength in your shoulders, chest, and back.



TRAINER TIP

Both kneeling and traditional push-ups engage the rotator cuff, posterior deltoids, rhomboids, abs, and the serratus anterior. Traditional push-ups with straight legs work more muscles in your lower body, involving your glutes and quadriceps as stabilizers throughout the movement. If you modify traditional push-ups by kneeling, add squats or T-stands to your workout to target the lower body.

UPPER-BODY EXERCISES

TRICEPS DIP

This targeted exercise is specifically designed to strengthen and define your triceps. The triceps run along the humerus (the main bone in your upper arm) between the shoulder and elbow. Along with the biceps, they aid in extension and retraction of the forearm and in the stabilization of the shoulder joint.

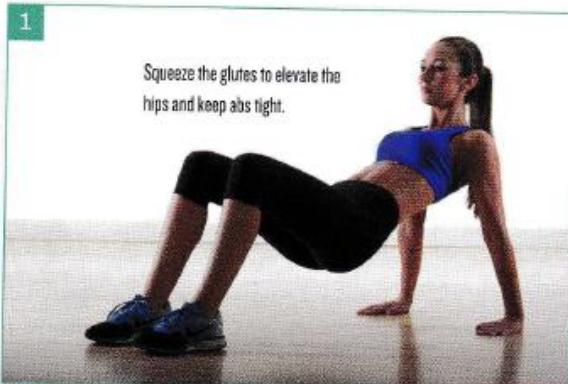


PROGRESSION

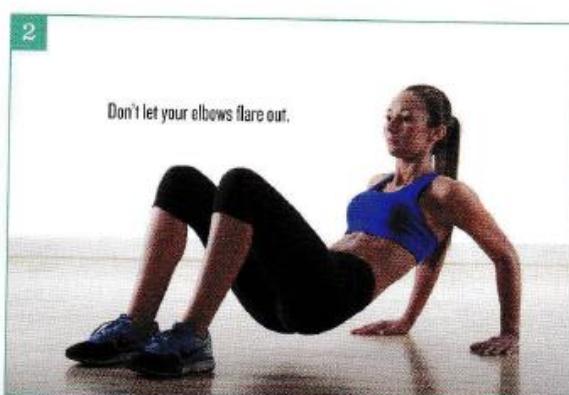
LEVEL 1: Triceps Dip

LEVEL 2: Military Push-Up

LEVEL 3: Sphinx



Sit with your feet flat on the floor in front of you and knees slightly bent. Lean back slightly and place your hands on the floor behind your hips, fingers pointing toward your toes. Elevate the hips by engaging the core, hamstrings, and glutes.



Bend your elbows, lowering your hips until they're just above the floor.



Extend your arms, bringing your hips back up to the starting position. Repeat.



TRAINER TIP

For a deeper movement, you can do triceps dips with your hands on a stable, elevated surface, such as a bench.

UPPER-BODY EXERCISES

SHOULDER PRESS JACK

This twist on the classic jumping jack focuses on the *latissimus dorsi*, or lats, the largest muscles in your back. Concentrate on keeping the lats engaged and use explosive movements to boost your heart rate.

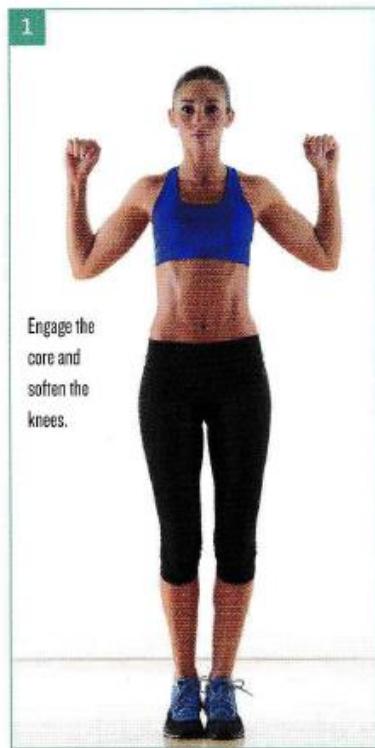


PROGRESSION

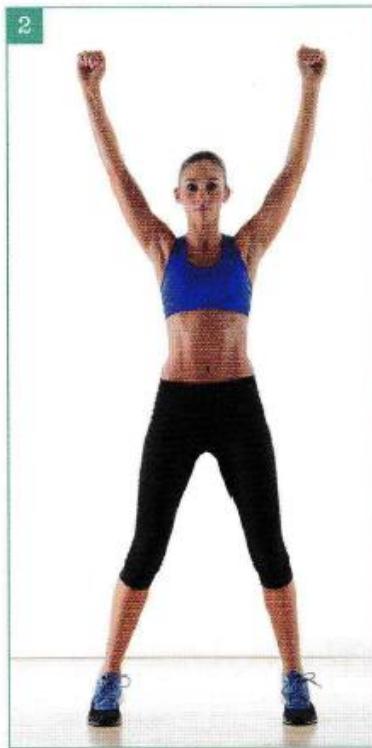
LEVEL 1: Shoulder Press Jack

LEVEL 2: Shoulder Press

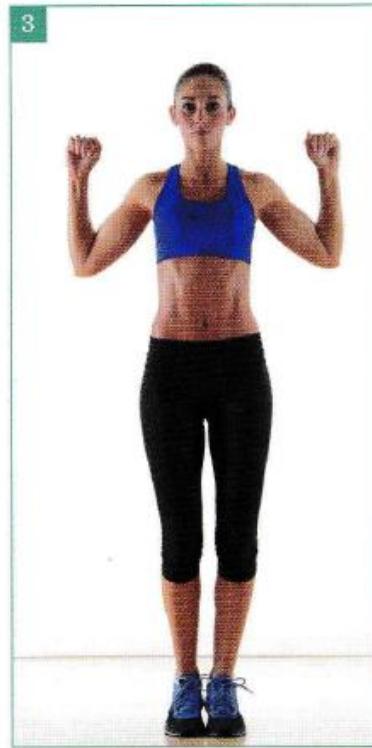
LEVEL 3: Reverse Push-Up



Stand with your feet together and your hands up, with elbows by your sides. Make your hands into fists and concentrate on engaging your lats.



Jump up, opening your feet wider than your shoulders and simultaneously punching your arms toward the roof.



Jump again, bringing the feet together as you tuck your elbows into your sides and concentrate on squeezing and engaging the lats. Repeat.

UPPER-BODY EXERCISES

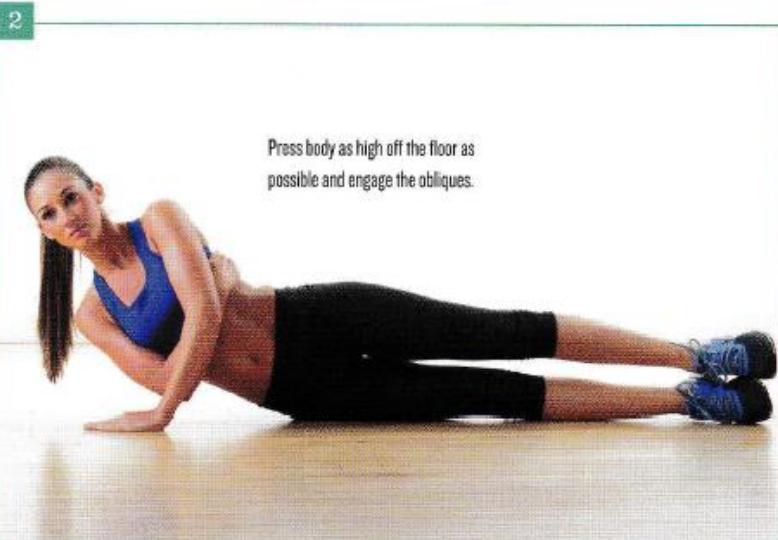
SIDE PRESS

The side press isolates the shoulders and triceps, making it an excellent way to build upper-body strength.

1



2



PROGRESSION

LEVEL 1: Side Press

LEVEL 2: Side Plank Push-Up

LEVEL 3: Pliyo Trio

Lie on your side with your bottom arm wrapped around your core. Your top arm should be placed with your hand flat on the floor and your elbow at a 90-degree angle in front of your chest.



CHALLENGE

For an added challenge, lift the top leg as you press. Elevating the leg will work your glutes, abductors, adductors, and obliques.

UPPER-BODY EXERCISES

INCHWORM

This full-body exercise works the arms, chest, back, and core. As your body inches along the floor, it mimics the up-and-down motion of a moving inchworm.

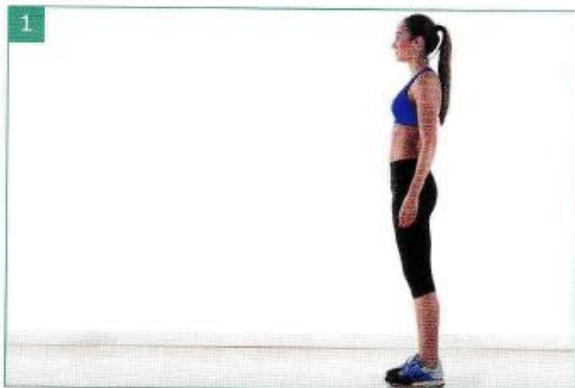


PROGRESSION

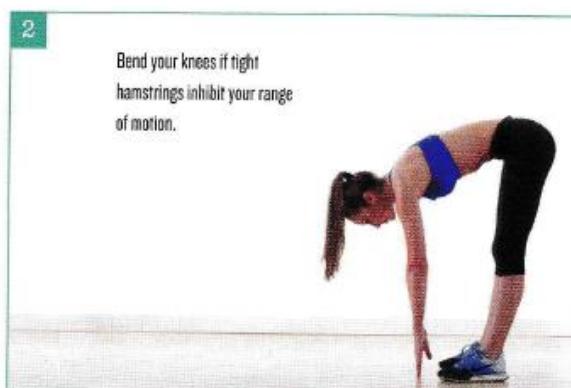
LEVEL 1: Inchworm

LEVEL 2: Spiderman

LEVEL 3: Dragon Walk



Stand tall with straight legs.



Fold forward from the hips and bend over to touch the floor.



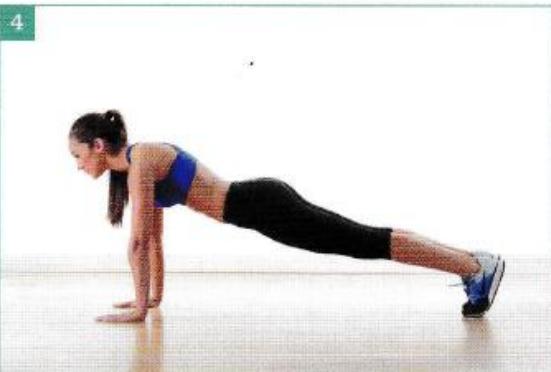
Walk your hands forward one at a time.



TRAINER TIP

If you have limited space, do the inchworm in place. Walk your hands forward, then reverse the movement and walk your hands backward.

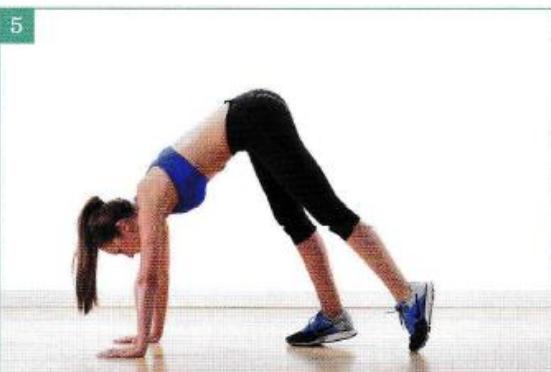
UPPER-BODY EXERCISES



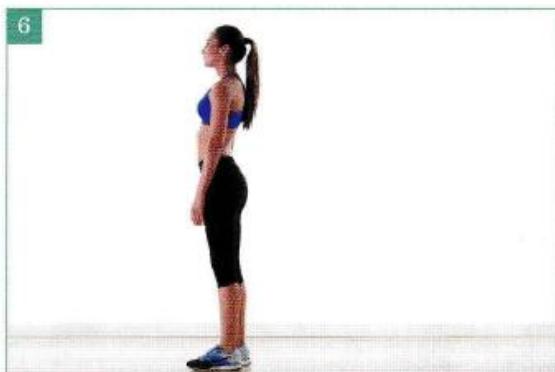
Stop when you reach a plank position, with your hands under your shoulders.

CHALLENGE

For an even greater challenge to your arms and shoulders, do a push-up or diagonal mountain climbers after you walk out your arms.



Walk your feet forward one at a time, taking small steps.



When your feet meet your hands, engage your core and roll up your spine to finish in the starting position.



CHALLENGE

Add a weight plate. Place a weight plate under your toes, forcing you to pull the weight simultaneously with both the feet to the hands. This increases the work load for the quads and core.

Add a gliding disk. Use a gliding disk (or paper plate on carpeted floors) to make the exercise more cardiovascular and fluid, elevating the heart rate and burning a few more calories.

UPPER-BODY EXERCISES

PUSH-UP

The push-up may be the perfect compound exercise. If done correctly, it builds upper-body and core strength using the muscles of the chest, back, shoulders, triceps, abs, and even the legs. Keep an eye on your form.

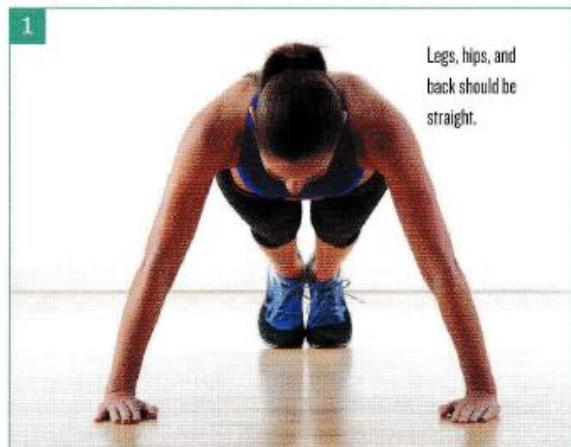


PROGRESSION

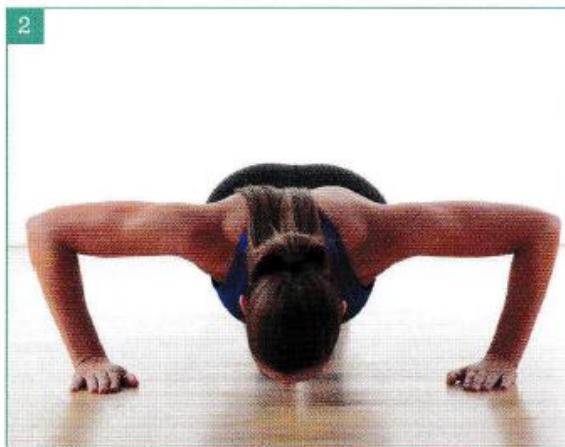
LEVEL 1: Kneeling Push-Up

LEVEL 2: Push-Up

LEVEL 3: Plyo Push-Up



Begin on all fours and position your hands on the floor slightly wider than shoulder width apart. Extend your legs and rise up onto your toes, engaging your core and forming a straight line from ankles to head.



Bend your elbows, bringing your chest toward the floor. Once your elbows are bent slightly beyond 90 degrees, push up through your hands, extending the arms to return to the starting position.



CHALLENGE

There are many push-up variations to try. Try adjusting the position of your hands to work slightly different muscle groups and make the move more challenging.



Tricep



Heart to Hands



Staggered

UPPER-BODY EXERCISES

MILITARY PUSH-UP

The military push-up changes the hand positioning of the traditional push-up, which puts more pressure on the triceps. It's a great way to strengthen and tone your arms, as well as your core and shoulders.

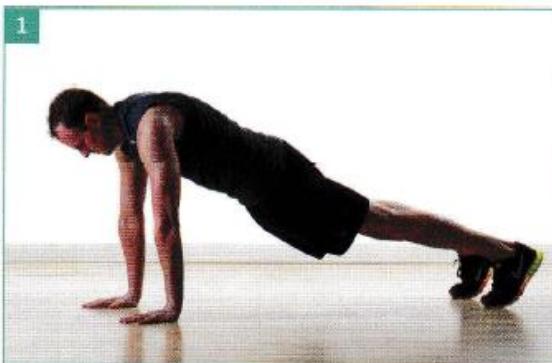


PROGRESSION

LEVEL 1: Triceps Dip

LEVEL 2: Military Push-Up

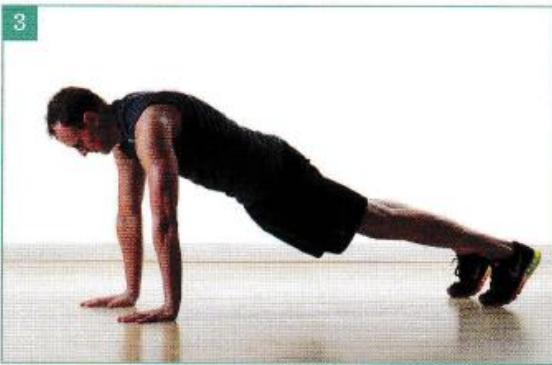
LEVEL 3: Sphinx



Assume a traditional push-up position with your core engaged and your body in a straight line between the head and ankles. Position your hands directly under your shoulders. Your hands should not be wider than the shoulders.



Lower your chest toward the floor, keeping your elbows and arms tight to your sides.



Push up through your hands, extending the arms to return to the starting position.



CAUTION

Due to the increased load on the triceps, military push-ups are difficult to perform with correct form. If you feel your hips lifting while doing the exercise, switch to a traditional push-up or perform the military push-ups on your knees.

UPPER-BODY EXERCISES

PIKE PUSH-UP

Pike push-ups are one of the best body weight exercises you can do to build shoulder strength and also the precursor to handstand push-ups.

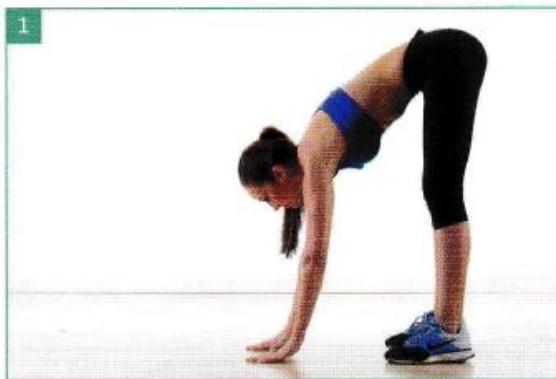


PROGRESSION

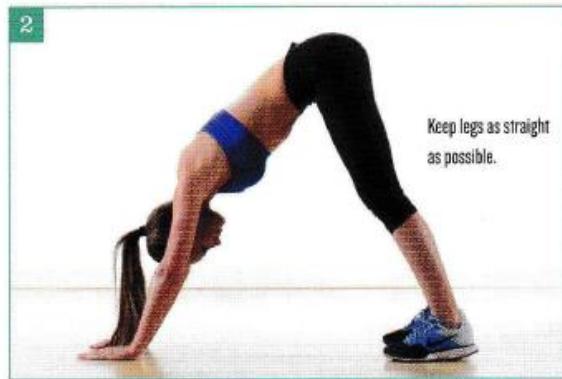
LEVEL 1: Shoulder Press Jack

LEVEL 2: Pike Push-Up

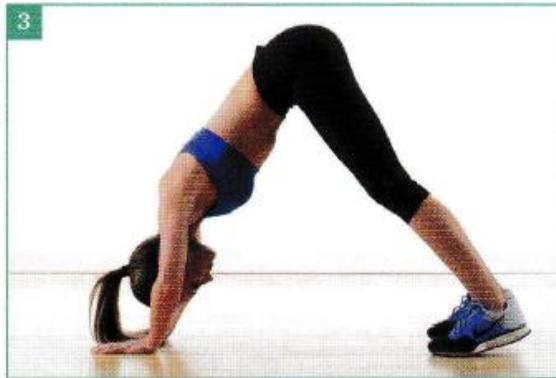
LEVEL 3: Reverse Push-Up



Stand tall and then fold forward from the hips until your hands are on the floor.



Walk hands away from the body until you form a triangle with the ground. The further your hands are from the feet, the easier the exercise becomes, as you can use the muscles of the chest and back to assist the shoulders.



Bend your arms and lower the crown of your head to the floor. Your arms should form approximately a 90-degree angle. Extend the arms and repeat.

TRAINER TIP

This exercise becomes more difficult as you move your feet closer to your hands, because you are pressing a greater proportion of body weight. Adjust how close your feet are to your hands to vary the difficulty level.

UPPER-BODY EXERCISES

SPIDERMAN

This variation on the push-up is inspired by the agile superhero of the same name. It will increase hip mobility and flexibility and build core strength.

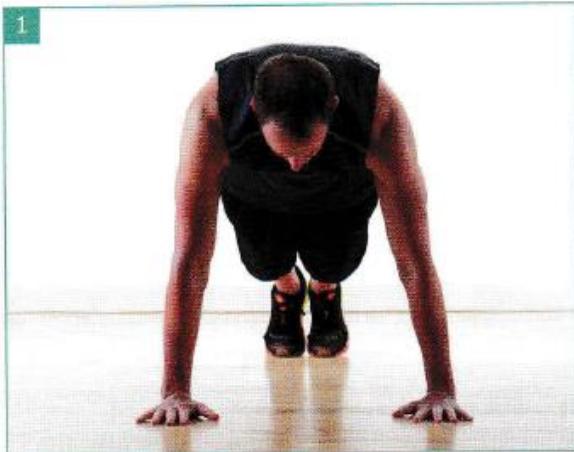


PROGRESSION

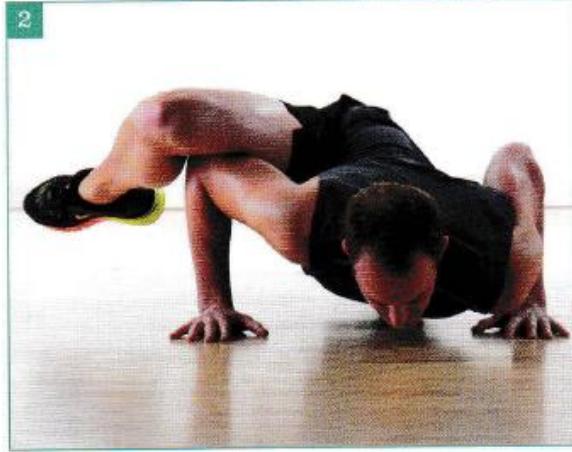
LEVEL 1: Inchworm

LEVEL 2: **Spiderman**

LEVEL 3: Dragon Walk



Assume a standard push-up position, with palms just wider than shoulders, arms straight, and body in a straight line balanced between arms and toes.



Bend your arms, bringing the chest down as you lift your right foot off the floor. Swing the right leg out sideways, bringing your right knee up toward your right shoulder.

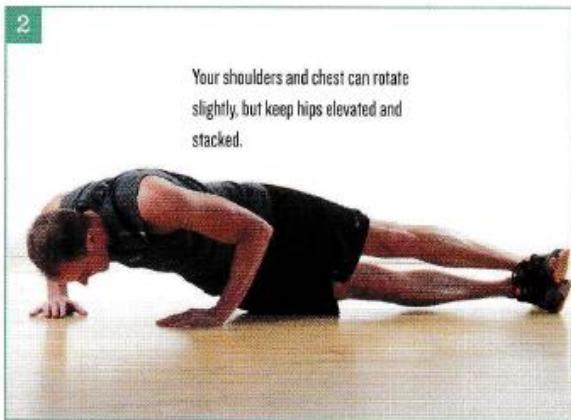
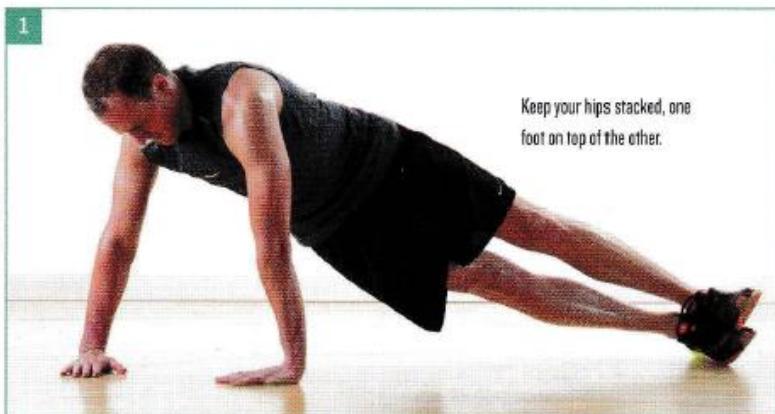


Bring your right foot back to the floor and push your body back to the starting position. Repeat, alternating legs.

UPPER-BODY EXERCISES

SIDE PLANK PUSH-UP

The side plank push-up is an excellent way to isolate the shoulders and triceps while engaging the obliques for stabilization. Correct hand placement is essential for success on this exercise.



Bend your elbows and lower your chest. Allow the right elbow to bend behind you and the left elbow to tuck to the body, similar to a military or triceps push-up.



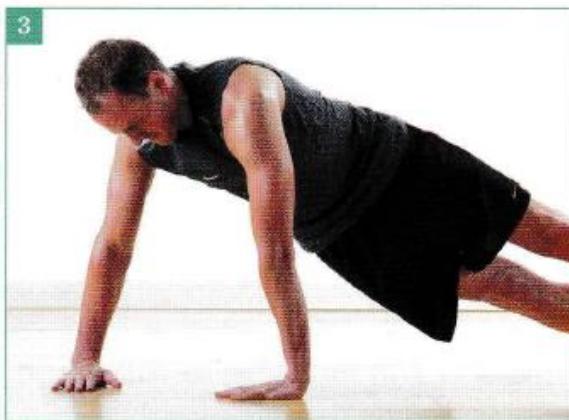
PROGRESSION

LEVEL 1: Side Press

LEVEL 2: Side Plank Push-Up

LEVEL 3: Plyo Trio

Assume a side plank position with your right hand on the floor, fingertips pointing away from the body. Reach across your body and place the left hand on the floor with the fingertips perpendicular to your right hand. Your index fingers should form a 90-degree angle with roughly six inches between the hands.



Press through the hands, elevating the hips and return to the starting position. Repeat, focusing on correct form over speed.

UPPER-BODY EXERCISES

PLYO PUSH-UP

The push-up is a nearly perfect compound exercise. Adding in an explosive plyometric press and controlled landing will generate incredible upper-body power. Master the traditional and military-style push-ups before attempting this challenging exercise.

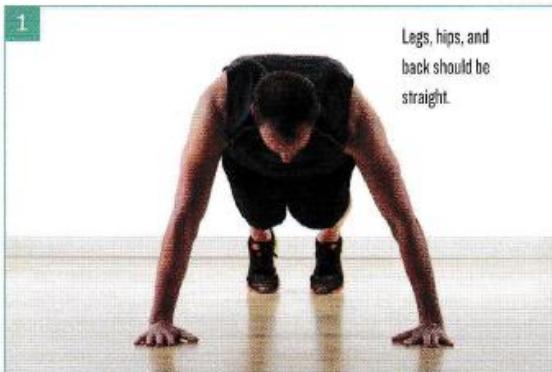


PROGRESSION

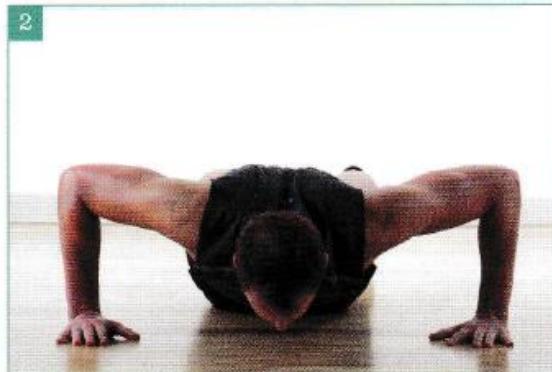
LEVEL 1: Kneeling Push-Up

LEVEL 2: Push-Up

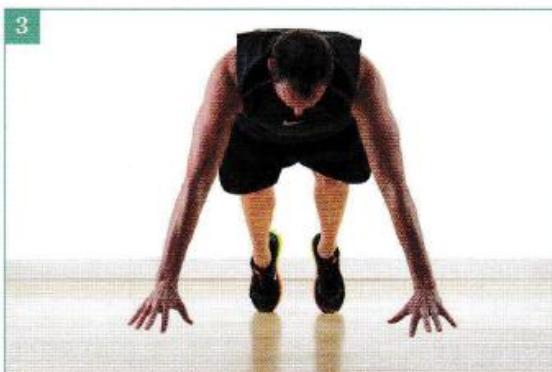
LEVEL 3: **Plyo Push-Up**



Begin in a traditional push-up position with your core engaged and your body balanced between your toes and hands, forming a straight line from ankles to head.



Bring your chest toward the floor until your elbows are bent slightly beyond 90 degrees.



Push up hard enough for your hands to come off the floor. Land with control and repeat.



CHALLENGE

As you gain strength and altitude, challenge yourself by attempting to clap or touch both palms to your chest before landing.

UPPER-BODY EXERCISES

SPHINX

This exercise combines a forearm plank and a push-up to work the chest, triceps, back, core, and hips.

It is essential to engage your core throughout this exercise for stability and to protect your lower back.

Start in a basic forearm plank position. Your body weight should be evenly balanced between your forearms and toes. Open your hands so that your palms are flat on the floor.

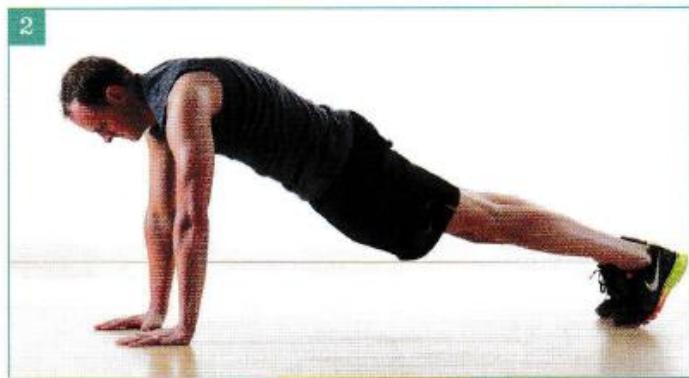
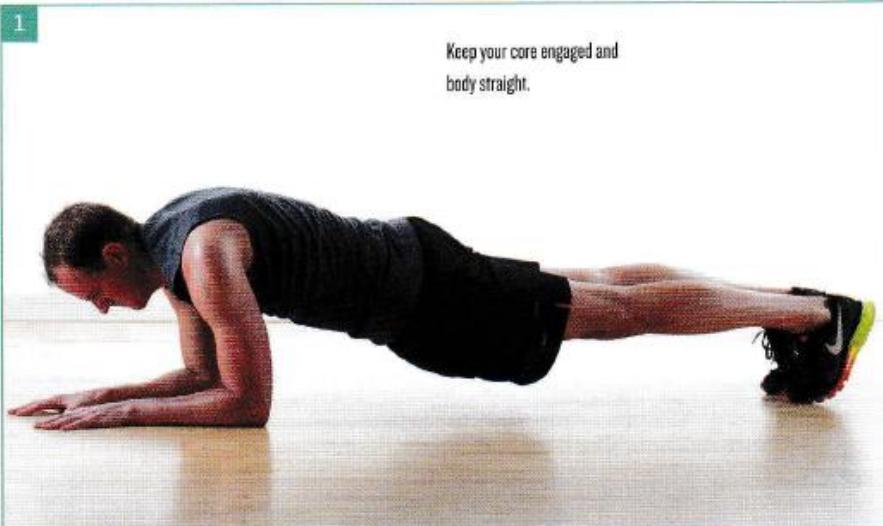


PROGRESSION

LEVEL 1: Triceps Dip

LEVEL 2: Military Push-Up

LEVEL 3: Sphinx



TRAINER TIP

If you find it difficult to extend both arms at the same time, build strength by extending one at a time. Follow a pattern of up, up, down, down (right, left, right, left), switching the lead arm with every rep.

Push through the palms of your hands to elevate your body until arms are straight. Slowly lower back down into a forearm plank and repeat.

UPPER-BODY EXERCISES

REVERSE PUSH-UP

The core-killing reverse push-up is not for the faint of heart. Adding an explosive drive with the legs forces your core to contract in order to slow and stabilize the body. Don't try this exercise if you have not mastered regular push-ups or military push-ups.

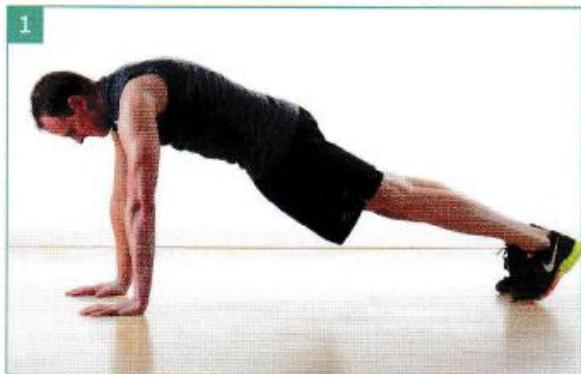


PROGRESSION

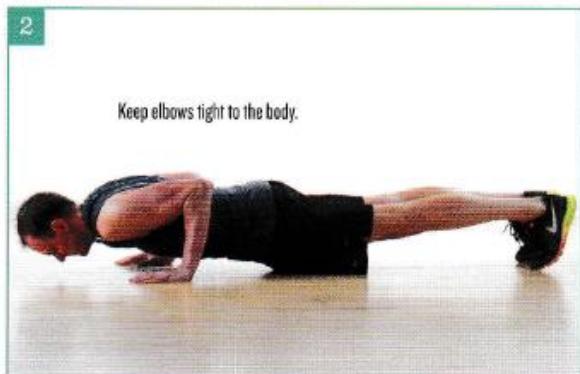
LEVEL 1: Shoulder Press Jack

LEVEL 2: Pike Push-Up

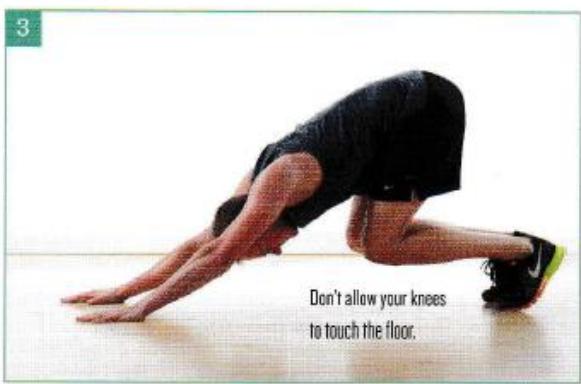
LEVEL 3: Reverse Push-Up



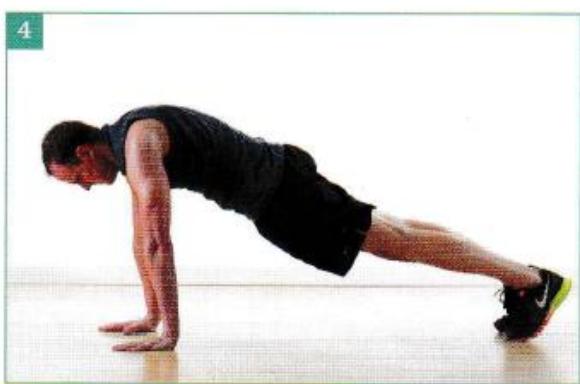
Assume a standard push-up position with shoulders over wrists, core engaged, and body forming a straight line from anklebone to shoulders.



Bend your elbows, lowering until your chest is just above the floor. Keep your core tight and body flat



Push back through palms of your hands, bending your legs and pulling your hips back toward your heels. Shift your weight into your heels.



Drive through the heels and explode back to a push-up position. Repeat with control, maintaining good form and core engagement throughout.

UPPER-BODY EXERCISES

DRAGON WALK

The dragon walk is a full-body movement that targets your core, chest, abs, triceps, glutes, shoulders, quads, back, and hip flexors. This challenging exercise will leave you breathing fire!

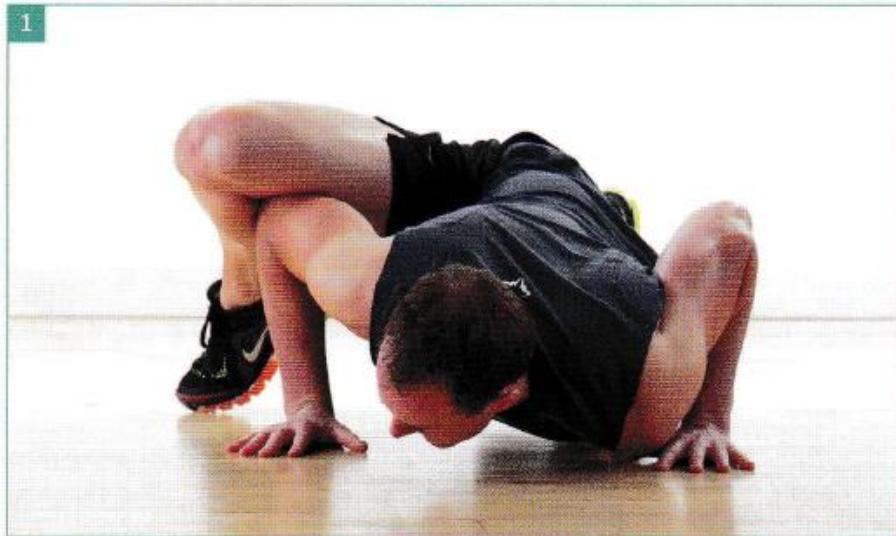


PROGRESSION

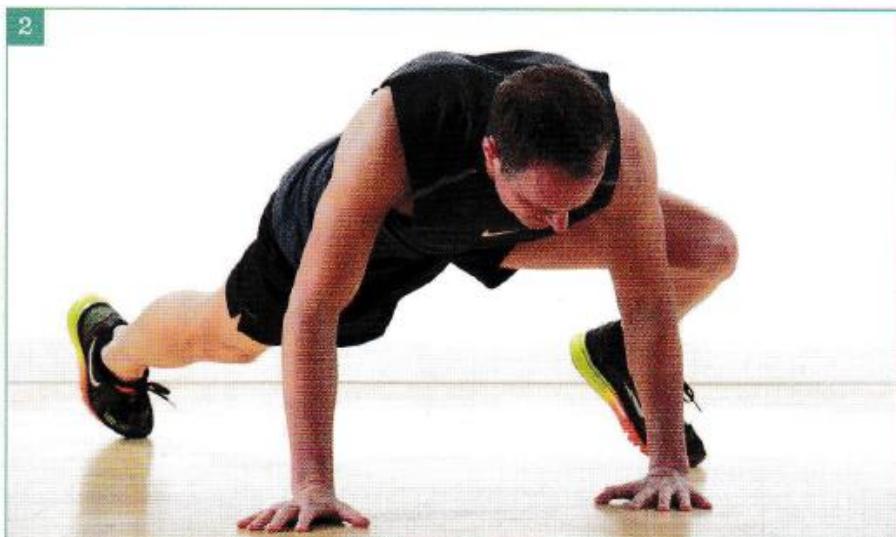
LEVEL 1: Inchworm

LEVEL 2: Spiderman

LEVEL 3: Dragon Walk



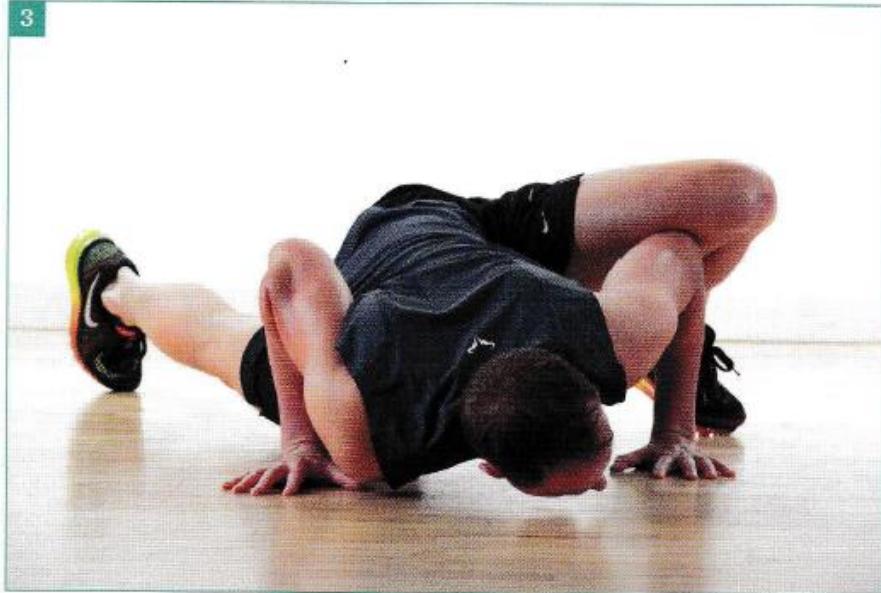
Assume a modified military push-up position, with your hands staggered and the right elbow touching the right knee.



Press out of the starting position and take a small step forward with your left hand and left foot.

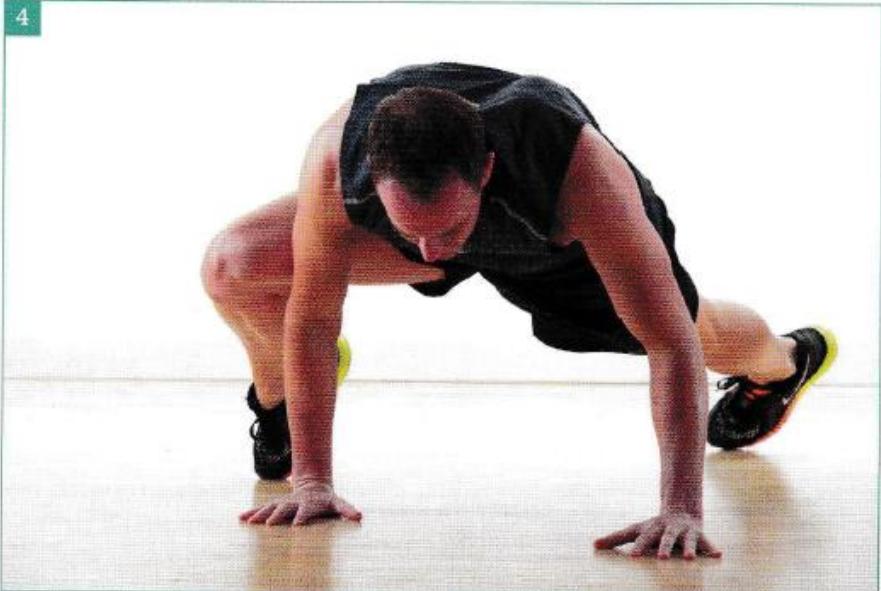
UPPER-BODY EXERCISES

3



Drop back into the staggered military push-up position, this time with the left elbow touching the left knee.

4



Repeat with controlled movement, alternating sides.

UPPER-BODY EXERCISES

PLYO TRIO

If you've mastered all the push-up variations in this book and are ready for a challenge, then take on the plyo trio. By explosively pressing off the floor and landing with a different hand position each time, this trio targets your entire upper body.



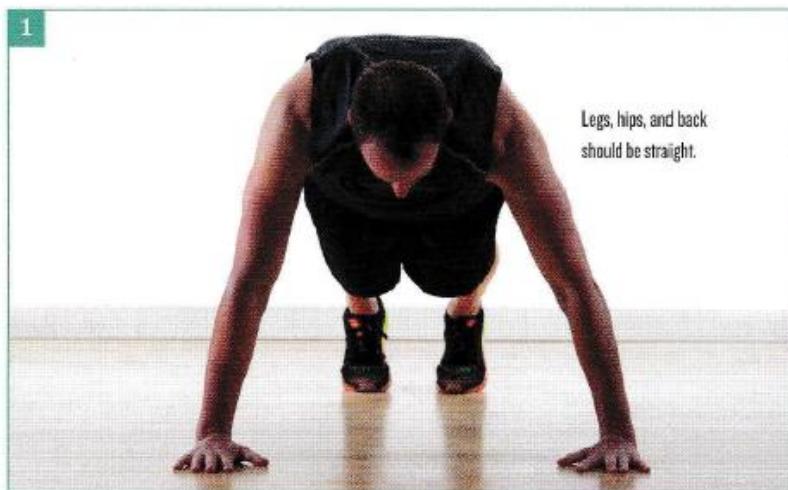
PROGRESSION

LEVEL 1: Side Press

LEVEL 2: Side Plank Push-Up

LEVEL 3: Plyo Trio

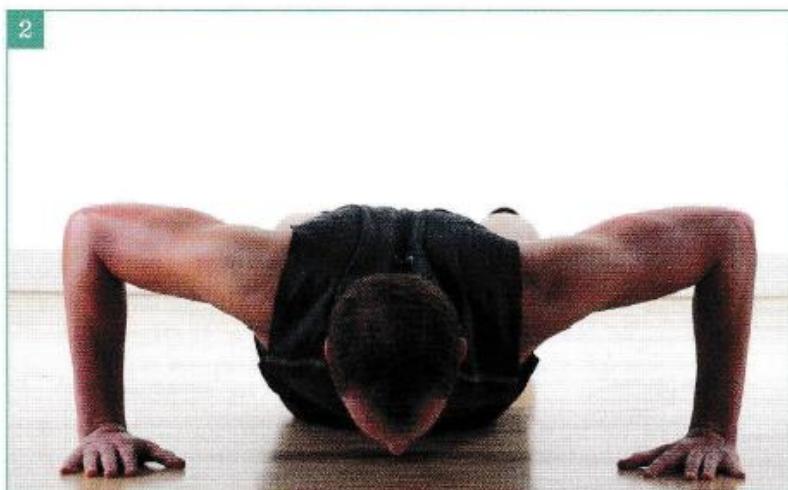
1



Legs, hips, and back
should be straight.

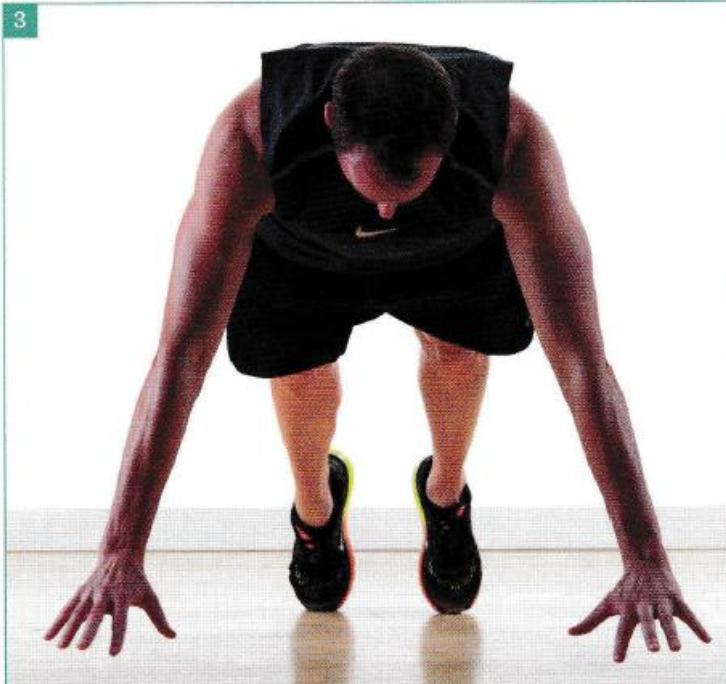
Begin in a traditional push-up position, with your hands just wider than shoulder width apart. Your core should be engaged and your body should form a straight line from ankles to head.

2



Lower your chest toward the floor, bending your elbows slightly beyond 90 degrees.

UPPER-BODY EXERCISES

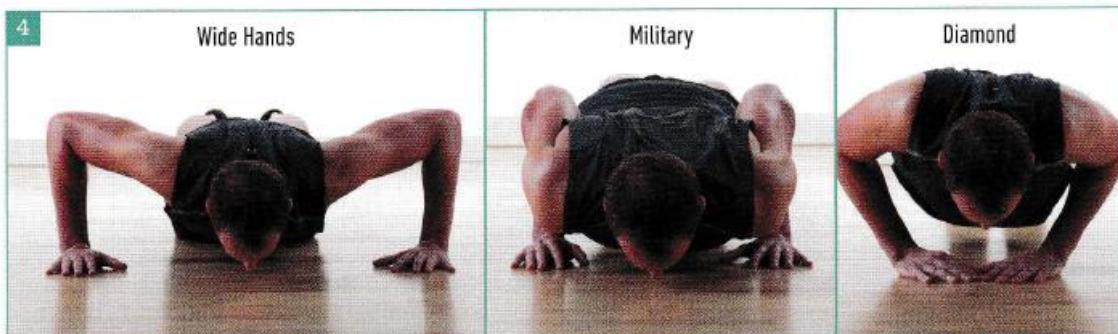


Push up through your palms with enough force to lift off the floor.



CAUTION

As you push your body and lift off of the floor, be sure to keep your core engaged. Land with control, using your elbows, wrists, and core to absorb the impact. Landing with straight arms could cause injury. Practice on your knees before tackling the movement from a standard push-up position.



Land with your hands wider than shoulder width apart. Repeat the movement, alternating your hand position each time you land.

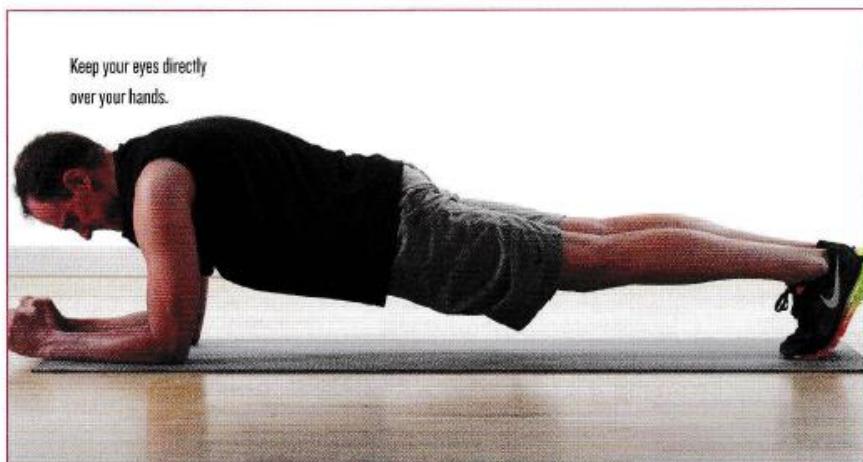
CORE EXERCISES

Although almost every exercise in this book works your core as a stabilizer, the exercises in this part specifically target the muscles of your abdomen and lower back to build strength, balance, muscle tone, and definition. The exercises range in difficulty from Level 1 to Level 3. Level 3 exercises are the most challenging, and involve more dynamic movement. Check the level progression guide for each exercise and scale your workout accordingly.

CORE EXERCISES

PLANK

This deceptively simple exercise is the secret to rock-hard abs. The plank position engages the transverse abdominals, which aid in stabilization of the spine and pull in the tummy. It helps develop strength in the core, shoulders, and glutes.



PROGRESSION

LEVEL 1: Plank

LEVEL 2: Diagonal Mountain Climber

LEVEL 3: 1-2 Push

Place your forearms on the floor and extend your legs until your body is balanced between your toes and forearms. Your elbows should be directly beneath your shoulders and your body should form a straight line from head to heels.



CHALLENGE

Try one of these variations to increase the difficulty of your plank.



Lift one leg: Lift one leg and extend it upward. Keep your hips square with the ground and resist the urge to rotate.



Lift one arm: Extend one arm straight out in front of you.



Use a stability ball: Rest your forearms on the ball while keeping your toes on the floor. Keep your hips down and engage your core to prevent the ball from rolling.

CORE EXERCISES

BICYCLE CRUNCH

The bicycle crunch is an excellent exercise for building core strength and toning the thighs. The movement of your legs mimics the motion of riding a bike.

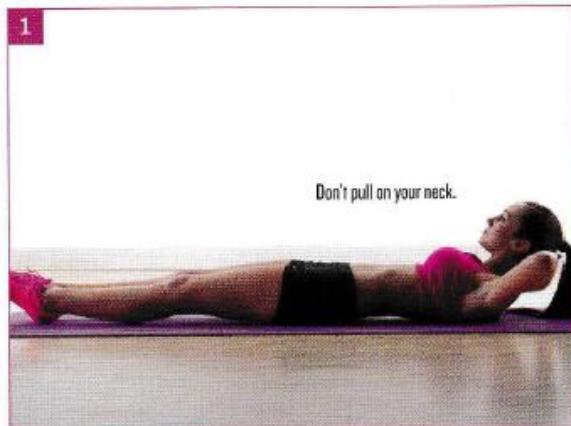


PROGRESSION

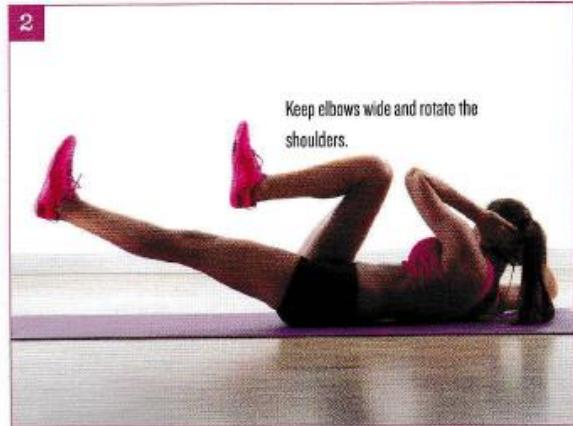
LEVEL 1: **Bicycle Crunch**

LEVEL 2: Double-Cross Reach

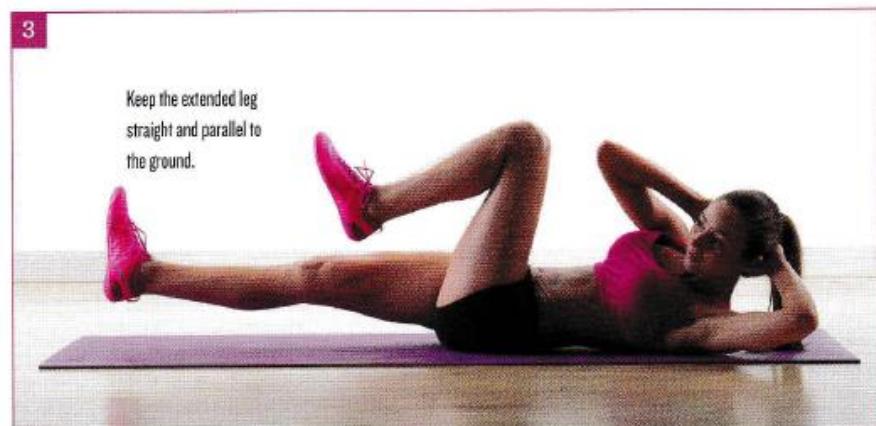
LEVEL 3: Flutter-Up



Lie flat on the floor with your hands behind your head, elbows out wide, and fingers interlocked. Lift your shoulder blades off of the floor by activating the abs.



Elevate your legs until your heels are several inches from the floor. With the left leg extended, bring your right knee toward your chest until it is bent at 90 degrees. Simultaneously rotate your core to pull your left shoulder toward your right knee.



Switch sides, extending the right leg and simultaneously pulling the left knee toward your chest. Rotate your core and pull your right shoulder toward the left knee. Repeat, alternating sides.

CORE EXERCISES

PIKE

The pike, or leg raise, is the one ab exercise I always come back to in the studio. Pikes are a simple yet highly effective way to target your lower abs and hip flexors.



PROGRESSION

LEVEL 1: Pike

LEVEL 2: V-Up

LEVEL 3: V-Up Doubles

1

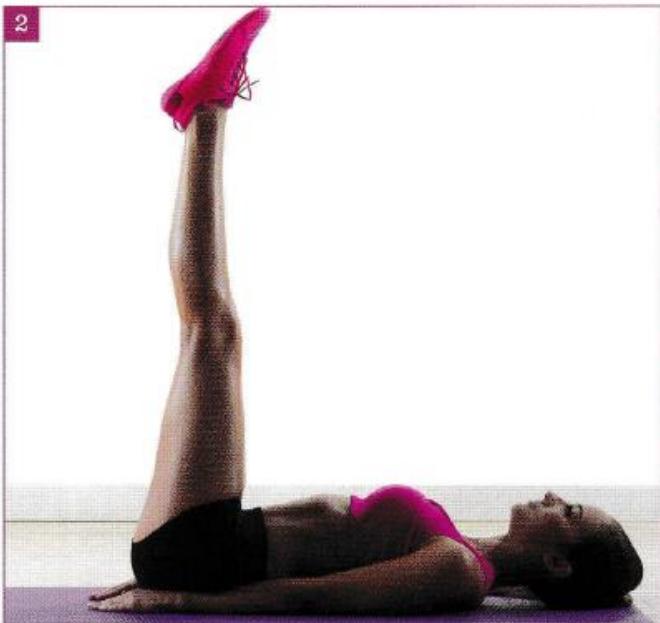
Keep your pelvis flat.



Lie on your back and place your hands under your hips with palms facing down. Keep your legs as straight as possible and squeeze them together.

2

Slowly raise your legs until they are perpendicular to the floor. Hold the contraction at the top for a second and slowly lower your feet to within an inch of the floor.



CAUTION

If your back arches as the legs lower, you are taking your legs too low. The weight and leverage of the legs is too much for your core to control. Adjust the angle of the legs accordingly to keep the work in the abs and hip flexors.

CORE EXERCISES

SIDE PLANK

The side plank will tighten and shrink your waistline by working the underlying abdominal muscles (obliques and transverse abs).

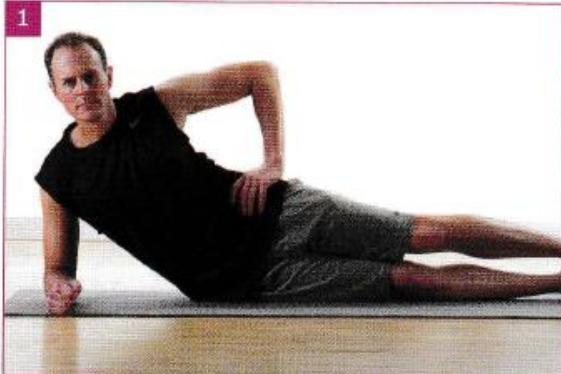


PROGRESSION

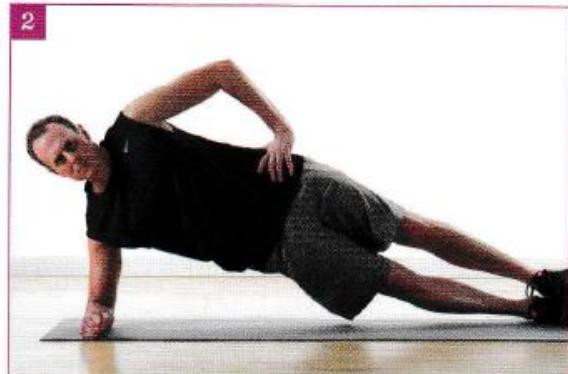
LEVEL 1: Side Plank

LEVEL 2: Russian Twist

LEVEL 3: Up and Over



Lie on your side with your legs straight and your forearm on the floor.



Lift up at the hips, creating a straight line from head to heels. Rest the non-working arm on your hip or behind your head. Hold the position.



CHALLENGE

Add some variety to your workout with these side plank variations.



Lift and lower the hips:

Increase the demand on your core by adding a side bend.



Lift the arm overhead:

Lengthen your body and challenge your stabilizing muscles.



Lift the top leg:

Increase the load on both your core and the stabilizing leg, challenging both strength and balance.

CORE EXERCISES

CIRCLES

This exercise focuses on the *rectus abdominis*, the internal and external obliques, and the *transverse abdominis*. It's an incredible way to tone, tighten, and strengthen your core.

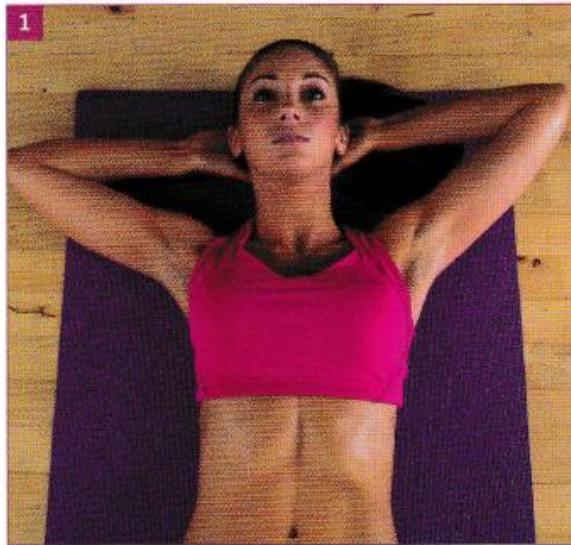


PROGRESSION

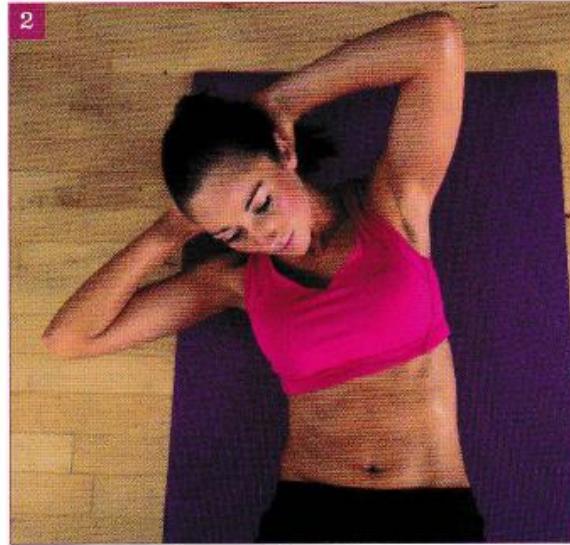
LEVEL 1: Circles

LEVEL 2: In-and-Out Abs

LEVEL 3: Sprinter Sit-Up



Lie on your back with your legs bent and feet flat on the floor. Place your hands behind your head with elbows out wide. Lift your shoulder blades, engaging the abs.



Drop your right elbow toward the right hip and engage the obliques.

CORE EXERCISES



CHALLENGE

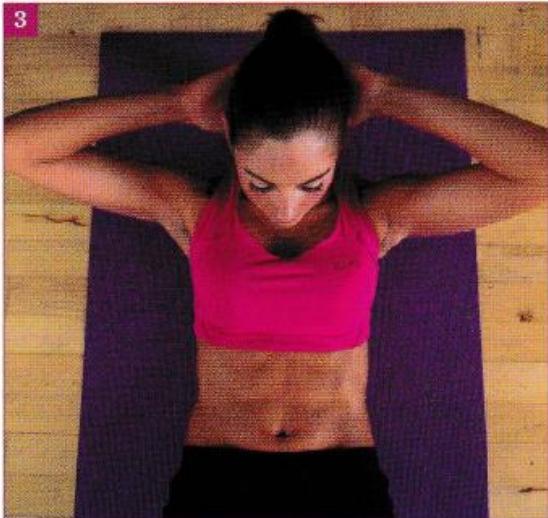
Once you've mastered the basic circles movement, challenge yourself with these variations.



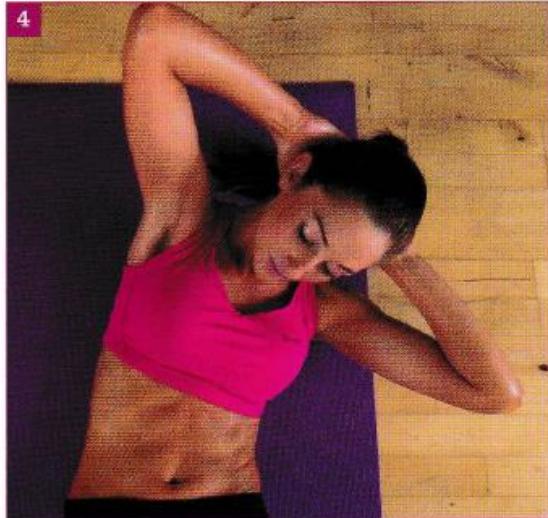
Boxer Circles Bring your guard up and make the circles tighter and faster. Duck and weave!

Rib Cage Isolations Extend the arms overhead and make tight circles, isolating the ribcage and core.

Figure 8 Alternate the direction of your circles. This can be applied to the basic circles or the advanced variations.



Deepen the crunch by lifting your shoulder blades higher and rotating to the center.

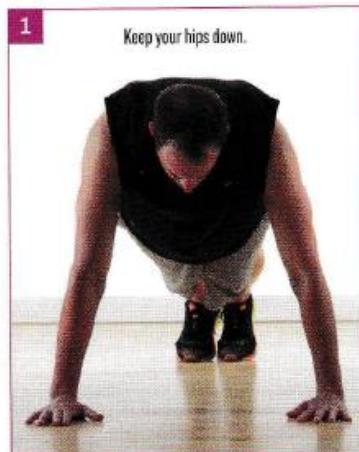


Drop the left elbow toward the left hip and engage the obliques before returning to the starting position.

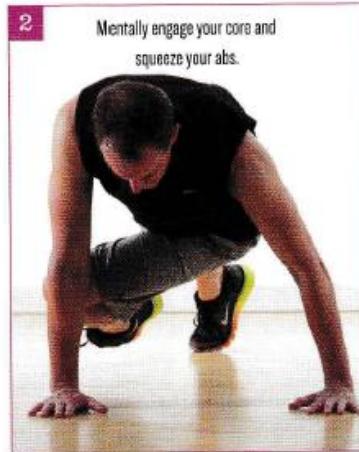
CORE EXERCISES

DIAGONAL MOUNTAIN CLIMBER

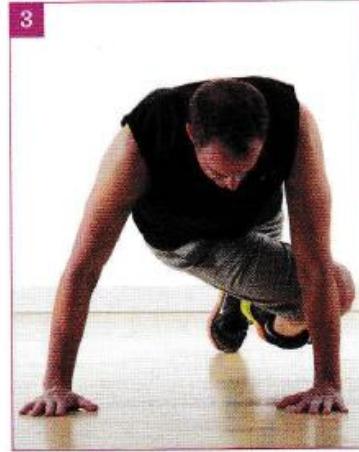
Adding a cross-body knee pull to the classic mountain climber adds a dynamic stability challenge. A favorite of my clients in studio, the diagonal mountain climber will take you to the summit.



1 Keep your hips down.



2 Mentally engage your core and squeeze your abs.



3

Position your hands on the floor slightly wider than shoulder width apart. Rise up onto your toes and engage the core to form a straight line between your ankles and head.

Pull your left knee forward and across your body to the back of the right elbow. Make sure your knee comes all the way across the body to maximize engagement of the core.

Extend the left leg and simultaneously pull the right knee toward the left elbow. Continue alternating legs, moving as rapidly as possible while maintaining proper form.



CHALLENGE

Try elevating your hands on a small step, bench, or a stability ball to increase the difficulty of this exercise.

PROGRESSION

LEVEL 1: Plank

LEVEL 2: Diagonal Mountain Climber

LEVEL 3: Flutter-Up



CORE EXERCISES

V-UP

The V-up takes its name from the shape your body forms during the exercise. This advanced ab exercise engages the six-pack abdominal muscles, the erector muscles of the spine, and the hip flexors. V-ups require great coordination as well as balance.

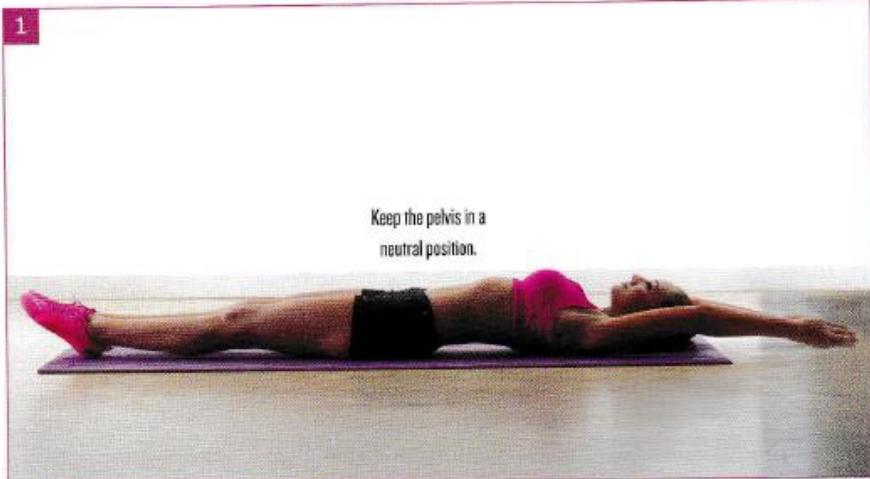


PROGRESSION

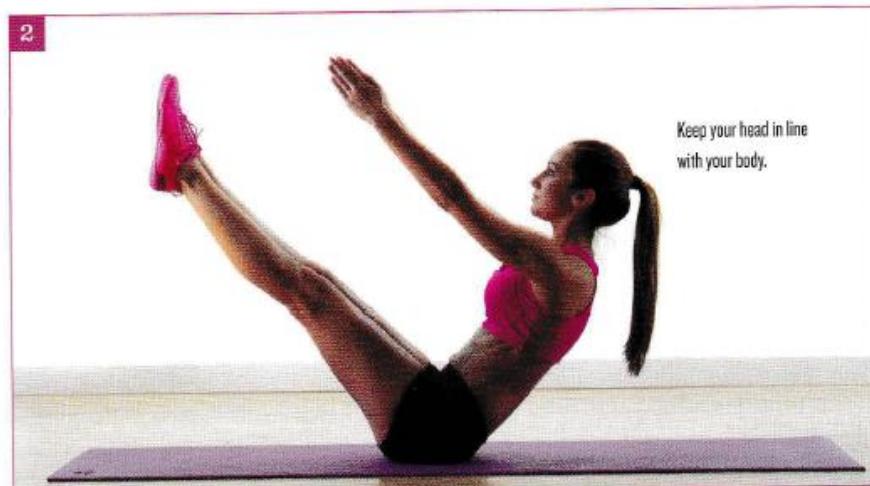
LEVEL 1: Pike

LEVEL 2: V-Up

LEVEL 3: V-Up Doubles



Lie on your back with arms and legs straight. Extend your arms above your head.



In one fluid motion, simultaneously lift your torso and legs. Extend your arms so they are parallel to the legs. Control the body back to the starting position and repeat.

CORE EXERCISES

DOUBLE-CROSS REACH

The double-cross reach will test your balance and coordination while working your abs, back, thighs, and hip flexors.



PROGRESSION

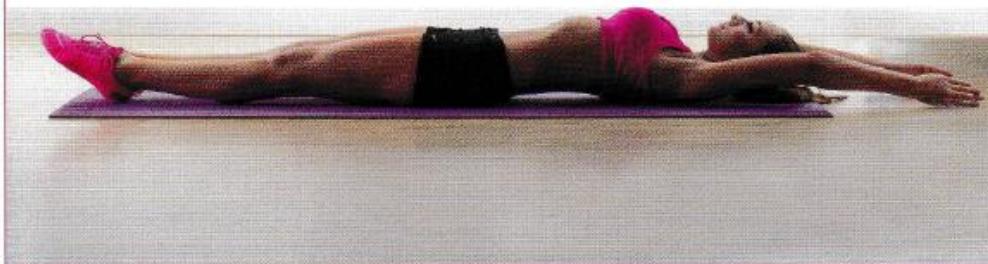
LEVEL 1: Bicycle Crunch

LEVEL 2: **Double-Cross Reach**

LEVEL 3: Flutter-Up

1

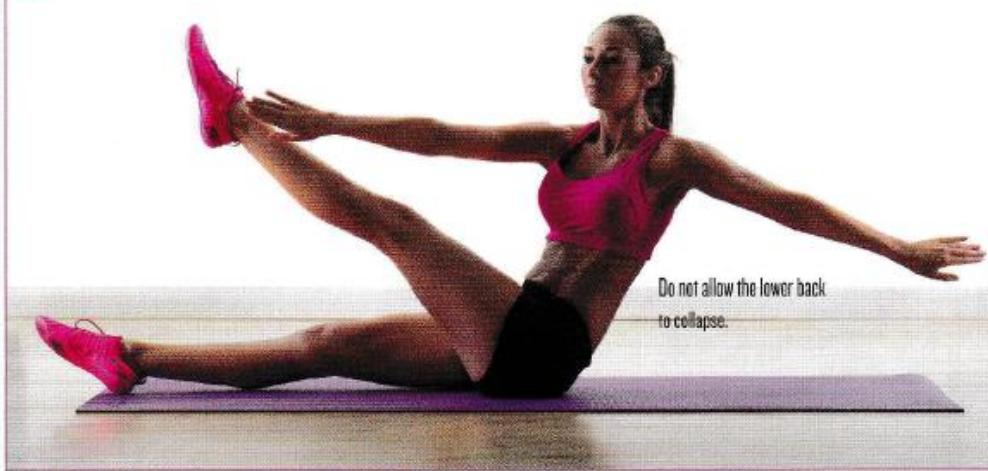
Keep pelvis in a neutral position.



Lie on your back with legs straight and arms extended above your head.

2

Do not allow the lower back to collapse.



In one fluid motion, simultaneously lift your torso and legs, reaching with your right hand across the body to touch the toes of your left foot.

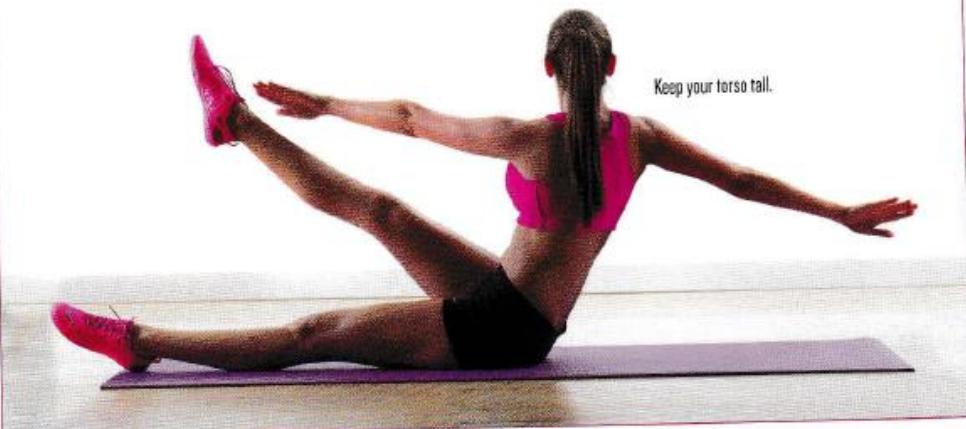
CORE EXERCISES



CAUTION

This advanced exercise can stress the lower back. If you have lower back pain or injury, substitute the bicycle crunch instead.

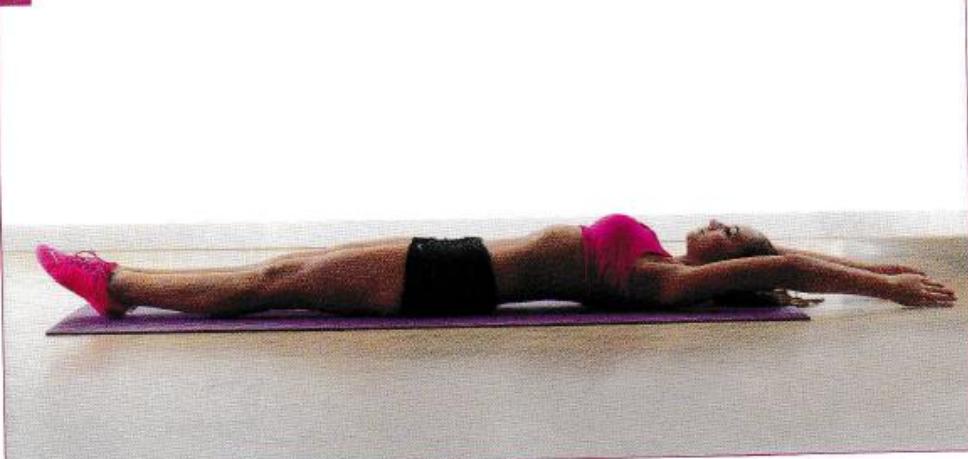
3



Keep your torso tall.

Scissor the legs so that your left hand touches the toes of your right foot.

4



Slowly lower back to the starting position and repeat, this time beginning by touching the left hand to the toes of the right foot.

CORE EXERCISES

FLUTTER-UP

This exercise adds a flutter kick to the V-up, which increases the demand on the stabilizing muscles of the core. The flutter-up is a guaranteed core killer that will get results.

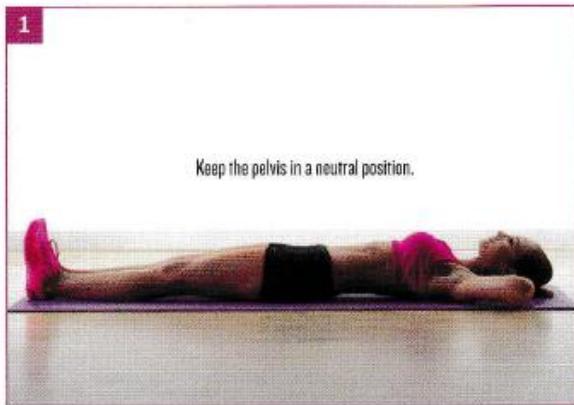


PROGRESSION

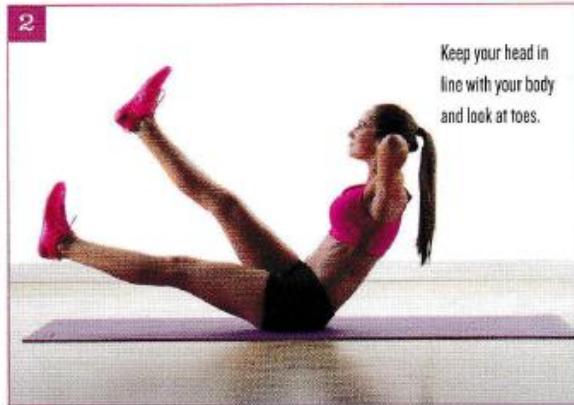
LEVEL 1: Bicycle Crunch

LEVEL 2: Double-Cross Reach

LEVEL 3: **Flutter-Up**



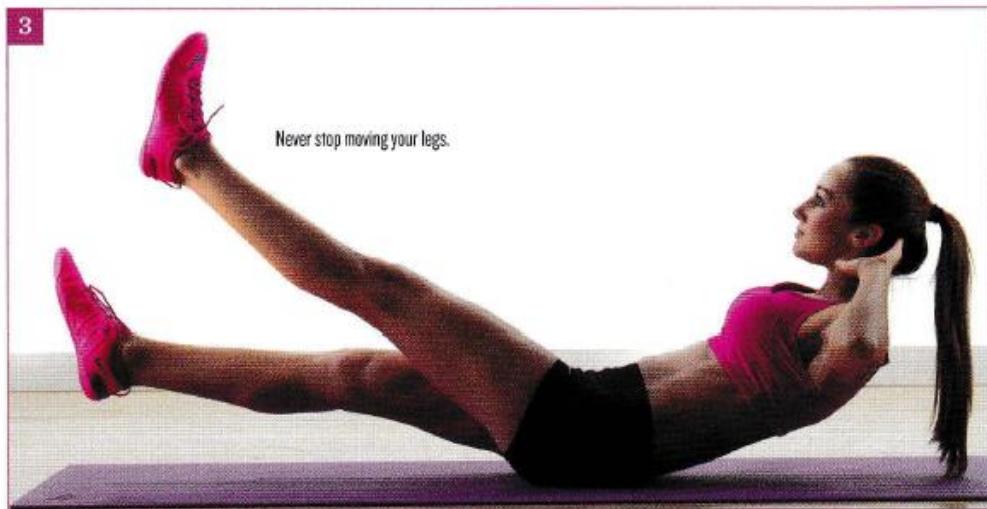
Keep the pelvis in a neutral position.



Keep your head in line with your body and look at toes.

Lie on your back with arms and legs straight and hands behind your head.

Flutter the legs as if treading water while simultaneously lifting the legs and torso until your body forms the shape of a V.



Never stop moving your legs.

Continue to flutter kick the legs as you slowly lower your torso back to the mat.

CORE EXERCISES

IN-AND-OUT ABS

In-and-out abs combines the core work of the classic plank with a dynamic tuck that challenges the thighs and hips and engages stabilizing muscles.

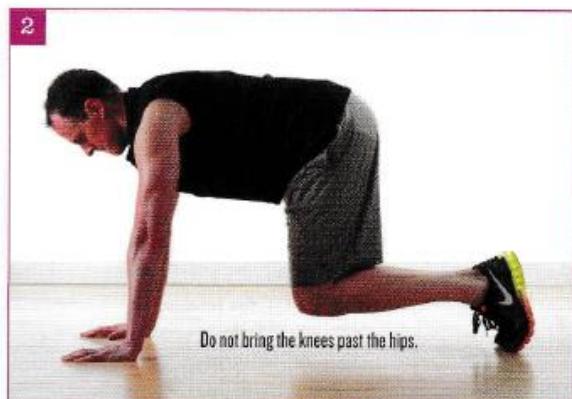
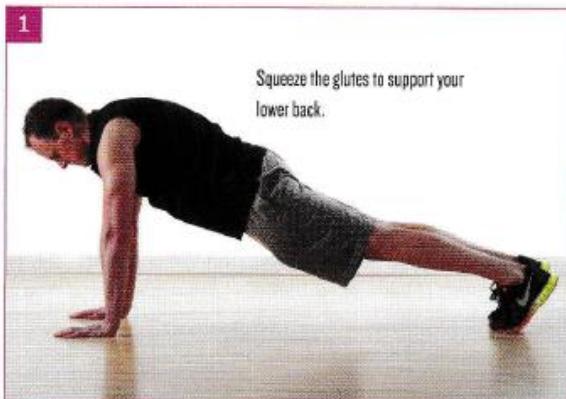


PROGRESSION

LEVEL 1: Plank

LEVEL 2: In-and-Out Abs

LEVEL 3: Sprinter Sit-Up



Begin in a plank position, with hands slightly wider than shoulder width apart. Your body should form a straight line from ankles to head.

Jump in, tucking both knees under your body and landing on your toes with your legs bent at 90 degrees.

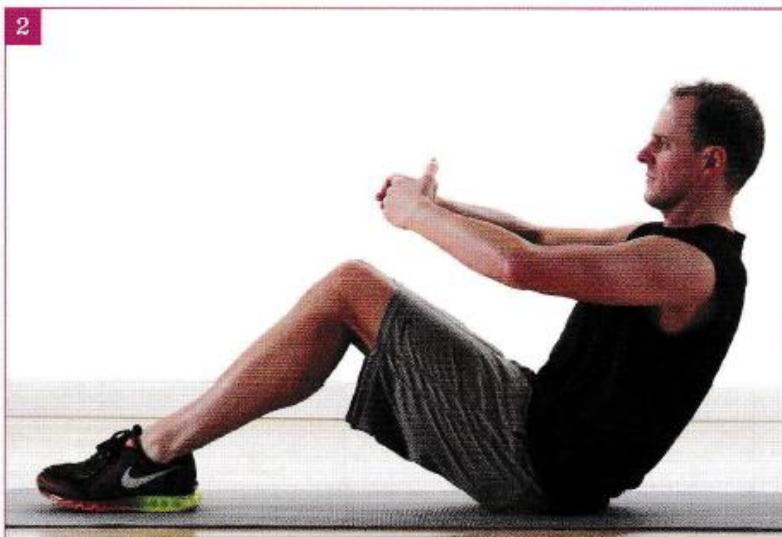
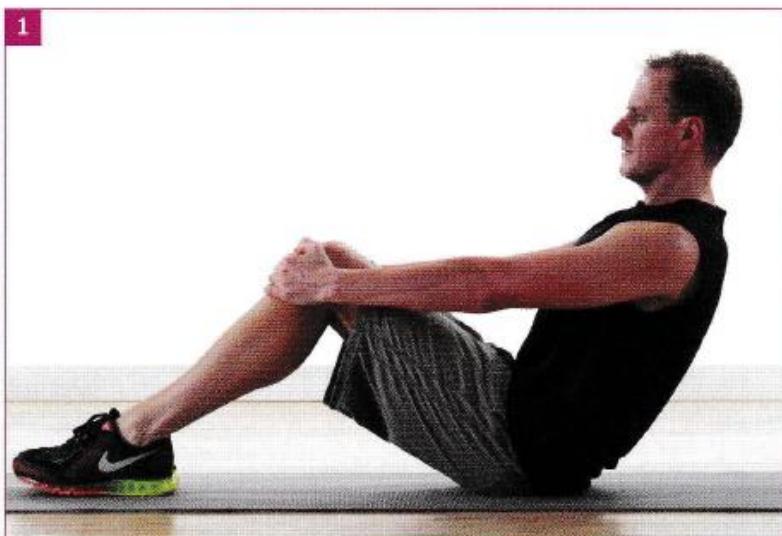


Jump back to the starting position, engaging the core for stability. Repeat.

CORE EXERCISES

RUSSIAN TWIST

This classic ab exercise targets the obliques, but your back muscles will also be engaged to stabilize and support your spine.



PROGRESSION

LEVEL 1: Side Plank

LEVEL 2: **Russian Twist**

LEVEL 3: Up and Over

Sit with your knees bent and your heels on the floor. Hold onto your knees and straighten your arms as you lean back without rounding your spine. This is the perfect position for your spine; don't let it curve during the exercise.

Lift arms from knees and extend in front of rib cage. Arms remain slightly rounded as if holding a beach ball to your chest



CAUTION

Do not do this exercise if you have lower back pain or injury. Substitute the bicycle crunch instead.

CORE EXERCISES



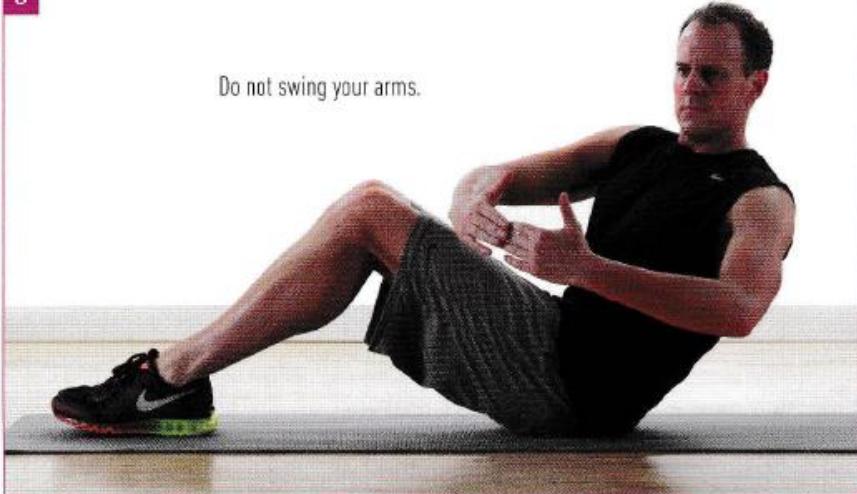
CHALLENGE

To increase the difficulty of this exercise, elevate your feet. For an even greater challenge, elevate and extend the legs.



3

Do not swing your arms.



Pull your belly button to your spine and rotate to the left. This is a small, controlled motion. If you feel pain in your lower back, reduce the amount of twist.

4

Inhale to center and rotate to the right. Repeat, keeping your abs engaged and spine straight.



CORE EXERCISES

V-UP DOUBLES

V-up doubles build on the traditional V-up with an isolation hold of the legs and a second elevation of the torso. This breaks up the exercise, slowing it down and making it harder to use momentum to carry the load. This advanced ab exercise engages the six-pack abdominal muscles, the erector muscles of the spine, and the hip flexors. V-ups require great coordination as well as balance.



PROGRESSION

LEVEL 1: Pike

LEVEL 2: V-Up

LEVEL 3: **V-Up Doubles**

1

Keep the pelvis in a
"flat" neutral position.

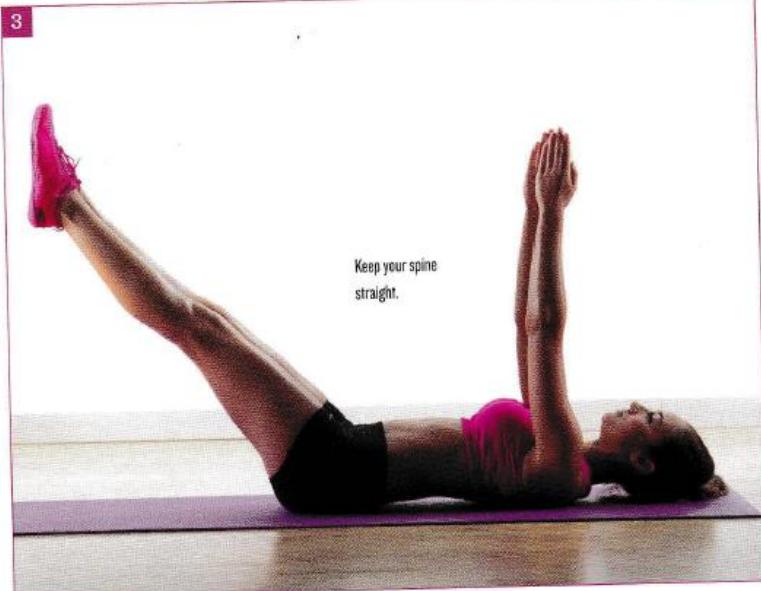
2

Keep your head in
line with your body.

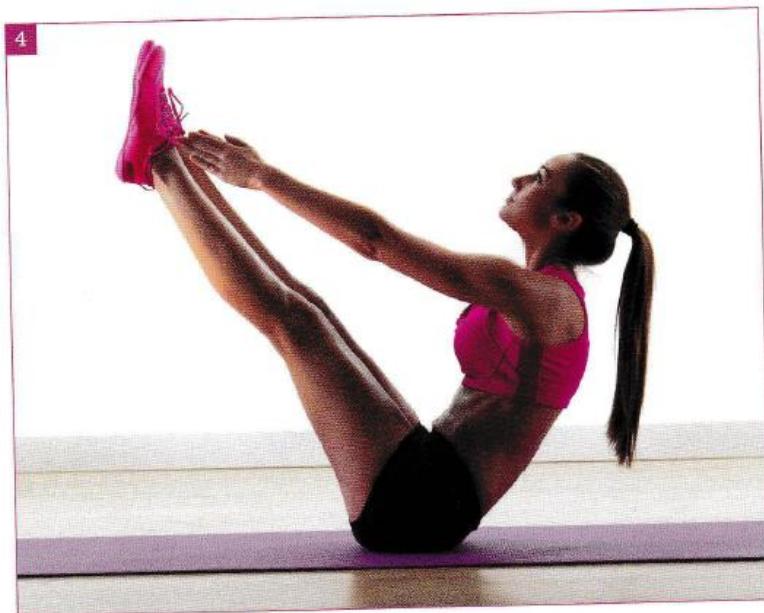
Lie on your back with arms and legs straight. Extend your arms straight to the ceiling.

In one fluid motion, simultaneously lift your torso and legs. Extend your arms so they are parallel to the legs and reach forward to touch your toes.

CORE EXERCISES



Lower your torso back to the floor in a controlled motion, keeping your legs and arms elevated.



Engage your core and lift the torso again in a fluid, controlled motion. Touch your toes. Control the body back to the starting position and repeat.

CORE EXERCISES

SPRINTER SIT-UP

This is no ordinary sit-up. The alternating movements of the arms and legs will force your stabilizing core muscles to work, while aggressively driving the knees works the hip flexors.

Lie on your back with your arms at your sides and legs extended.

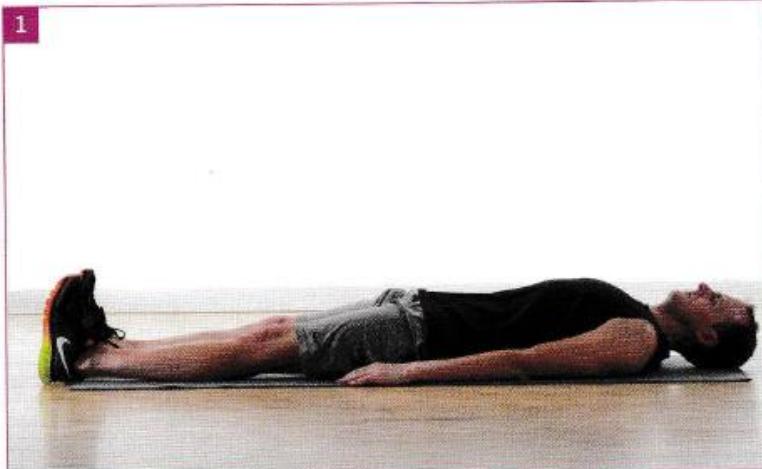


PROGRESSION

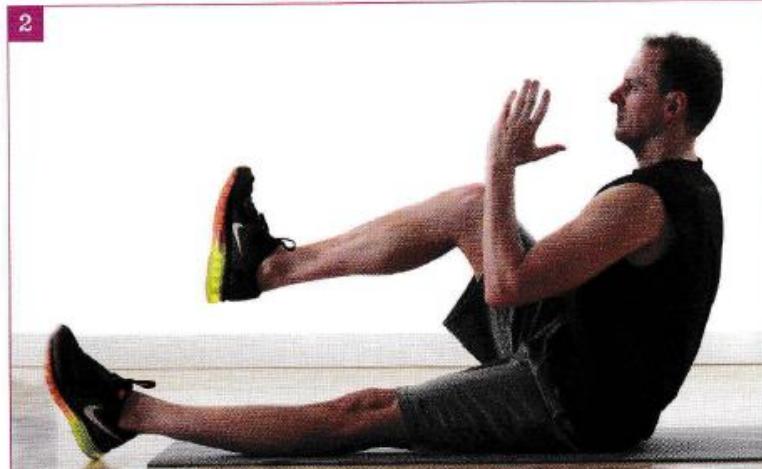
LEVEL 1: Circles

LEVEL 2: In-and-Out Abs

LEVEL 3: Sprinter Sit-Up

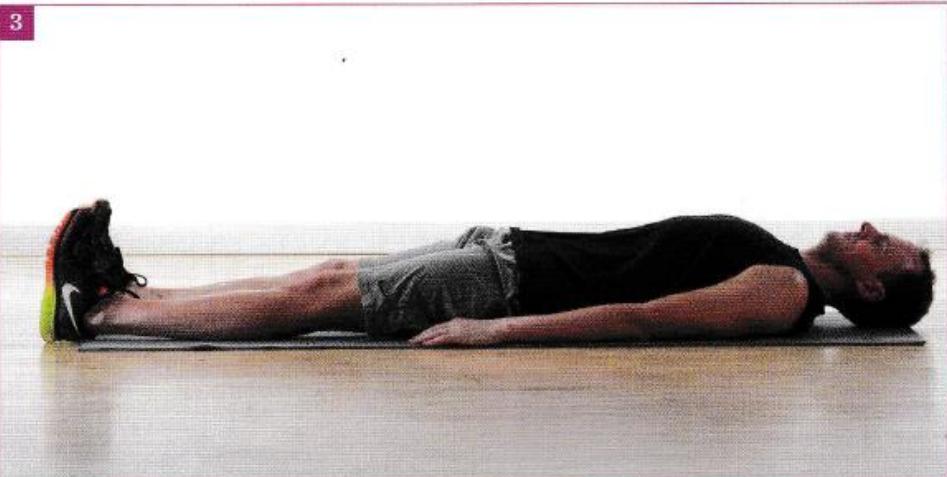


Sit up with an explosive movement, simultaneously bringing the right knee to your chest and swinging the left arm forward, as if running.



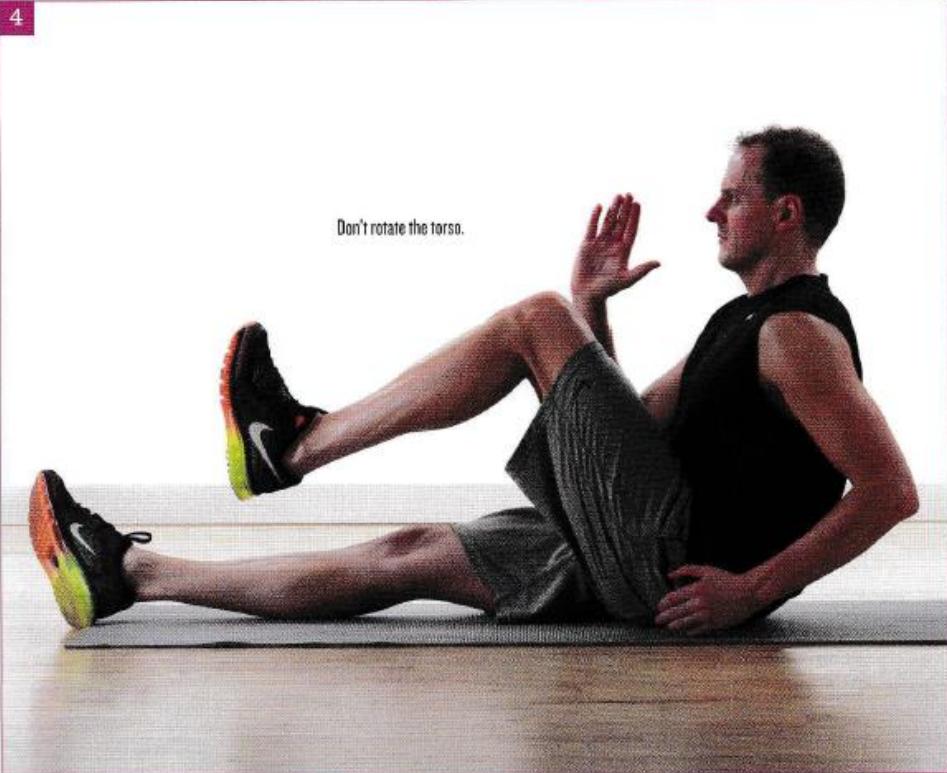
CORE EXERCISES

3



Fully extend the right leg and return the left arm to the starting position.

4



Sit up again, this time bringing the left knee in to the chest as you swing the right arm forward. Repeat, alternating arm and leg movements, as though sprinting.

CORE EXERCISES

UP AND OVER

This balance-oriented ab exercise targets the obliques and hip flexors, but your back muscles will also be engaged to stabilize and support your spine.

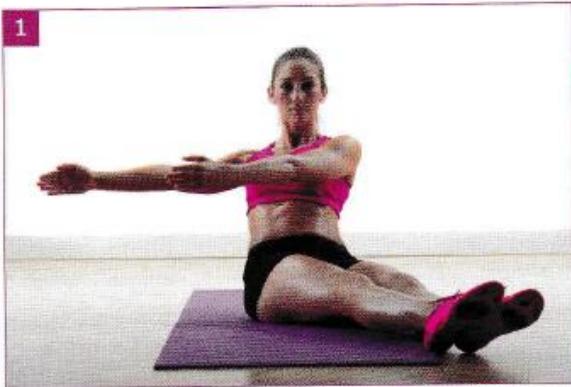


PROGRESSION

LEVEL 1: Side Plank

LEVEL 2: Russian Twist

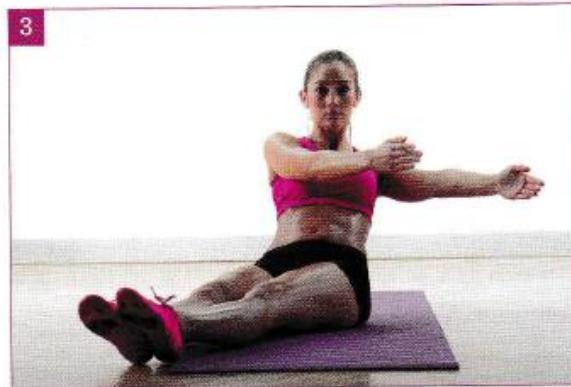
LEVEL 3: Up and Over



Sit on ground with your legs extended 45 degrees to the left of your torso. Extend your arms in the opposite direction of the legs, 45 degrees to the right of your torso.



Elevate the feet from the floor and swing them up and over to the right. Simultaneously move your arms in the opposite direction, counter-balancing your body.



Complete the movement with your feet on the floor, 45 degrees to the right of the torso. Repeat with control, alternating sides.



CHALLENGE

Lean back and lengthen your torso on each swing, keeping your feet up the entire time.



TRAINER TIP

You may find it helpful to stand a yoga brick on its end so you have a physical object to swing the legs up and over.

CORE EXERCISES

1-2 PUSH

The 1-2 push is an intense, full-body move that will elevate your heart rate while working the muscles in your core, arms, and legs. To this day, it is the one exercise I cannot do while simultaneously yelling to motivate my clients. Complete the move as quickly as you can, but remember that form comes first.

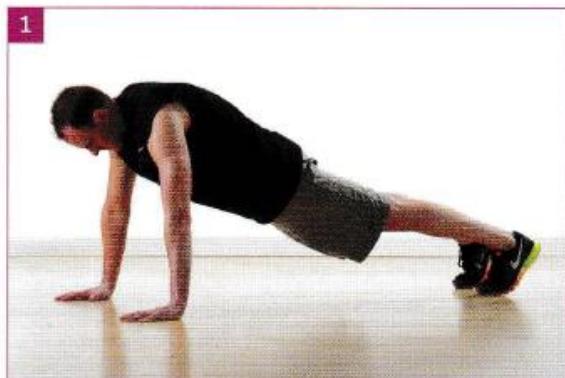


PROGRESSION

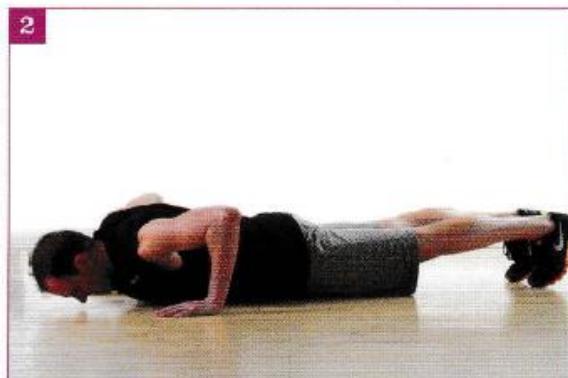
LEVEL 1: Plank

LEVEL 2: Diagonal Mountain Climber

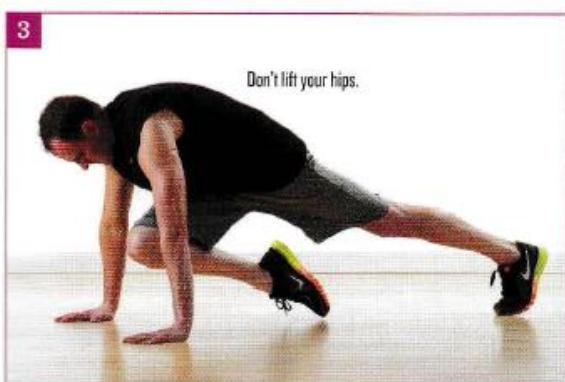
LEVEL 3: 1-2 Push



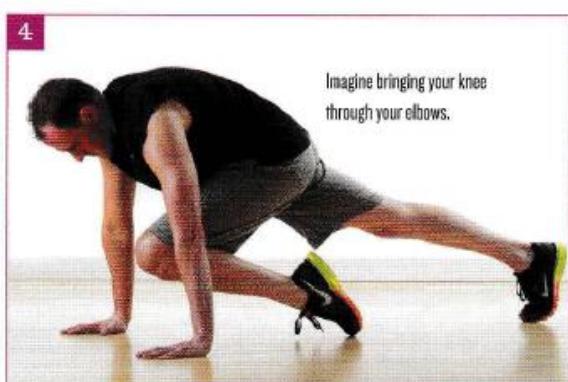
Begin in a push-up position, with hands slightly wider than shoulder width apart. Engage the core.



Bend your elbows, bringing the chest toward the floor. When your elbows are bent slightly beyond 90 degrees, push up off the floor and extend the arms.

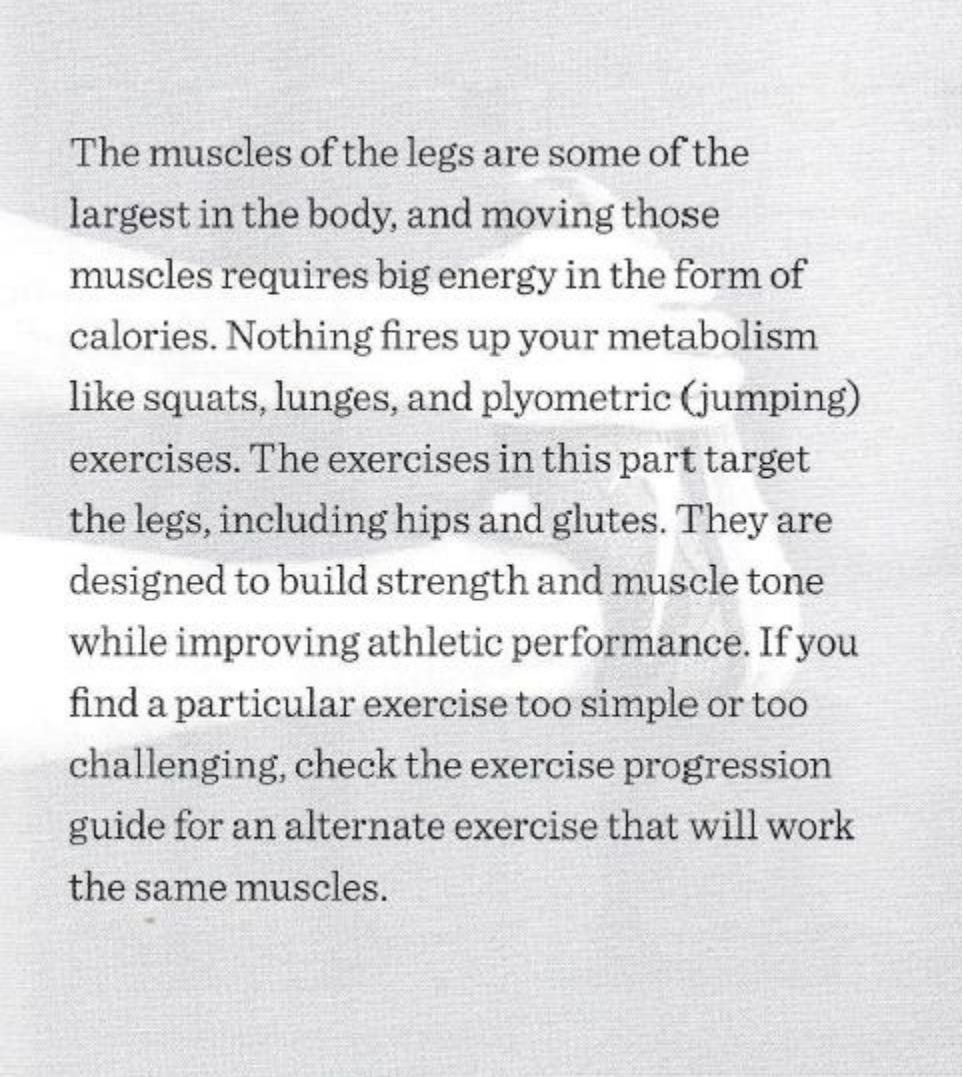


As arms reach full extension, bring your right knee to your chest.



Quickly switch legs, bringing the left knee to the chest. Return to starting position and repeat.

LOWER-BODY EXERCISES



The muscles of the legs are some of the largest in the body, and moving those muscles requires big energy in the form of calories. Nothing fires up your metabolism like squats, lunges, and plyometric (jumping) exercises. The exercises in this part target the legs, including hips and glutes. They are designed to build strength and muscle tone while improving athletic performance. If you find a particular exercise too simple or too challenging, check the exercise progression guide for an alternate exercise that will work the same muscles.

LOWER-BODY EXERCISES

SQUAT

The body weight squat is a compound, full-body exercise that primarily engages the muscles of the thighs, hips, and butt. It also helps to develop core strength by engaging the lower back and abdominals.

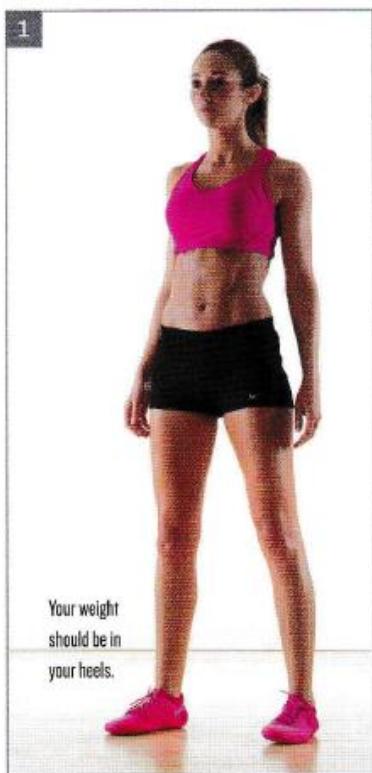


PROGRESSION

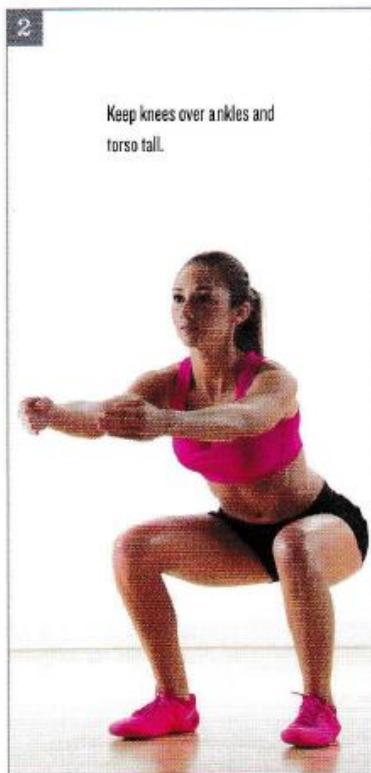
LEVEL 1: **Squat**

LEVEL 2: **Squat Jump**

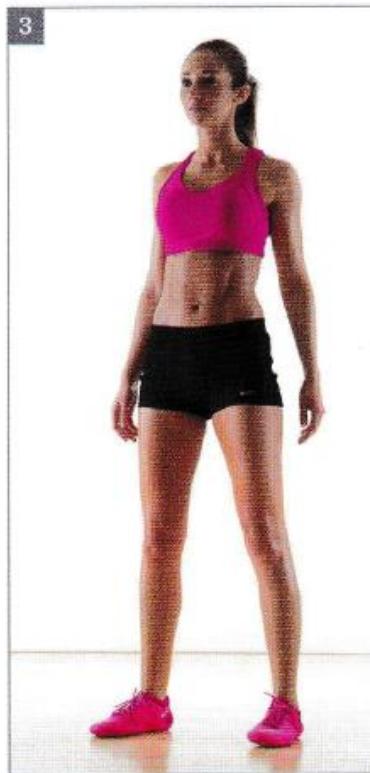
LEVEL 3: **In and Outs**



Stand tall, with your feet shoulder width apart and toes pointing forward.



Inhale as you bend at the knee, lowering your body as if about to sit in a chair. At the bottom of the movement, your knees should be at a 90-degree angle and your thighs parallel to the ground.



Exhale as you press through your heels, returning to the starting position. Squeeze your glutes as you stand, tucking your pelvis under and pulling the belly button inward to engage your core.

LOWER-BODY EXERCISES

REVERSE LUNGE

The reverse lunge is a simple, low-impact way to strengthen the quads, hamstrings, glutes, and calves.



PROGRESSION

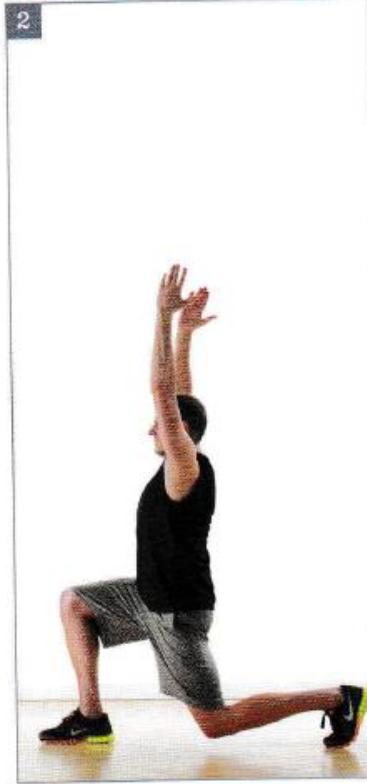
LEVEL 1: Reverse Lunge

LEVEL 2: Pedal

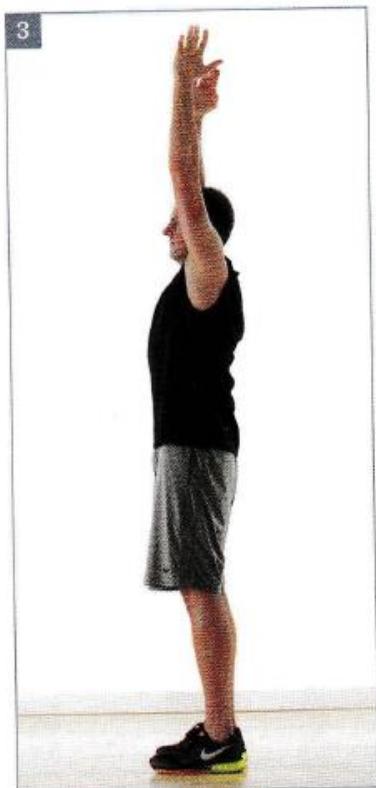
LEVEL 3: Squat Pedal



Stand tall with hands overhead.



Take a large, controlled step backward with your left foot. Lower your hips so that your right thigh is parallel to the floor and your right knee is directly over your ankle. Your left knee should be bent at 90 degrees, pointing to the floor and directly under your hip.



Return to a standing position by pressing through the heel of the right foot and bringing your left foot forward, standing tall to engage the core. Repeat, this time leading with the right leg.

LOWER-BODY EXERCISES

LATERAL LUNGE

Lateral lunges increase dynamic balance, strengthening and toning the glutes, hamstrings, and thighs in the process.

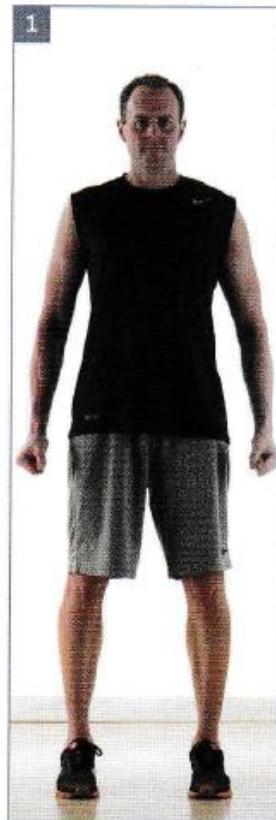


PROGRESSION

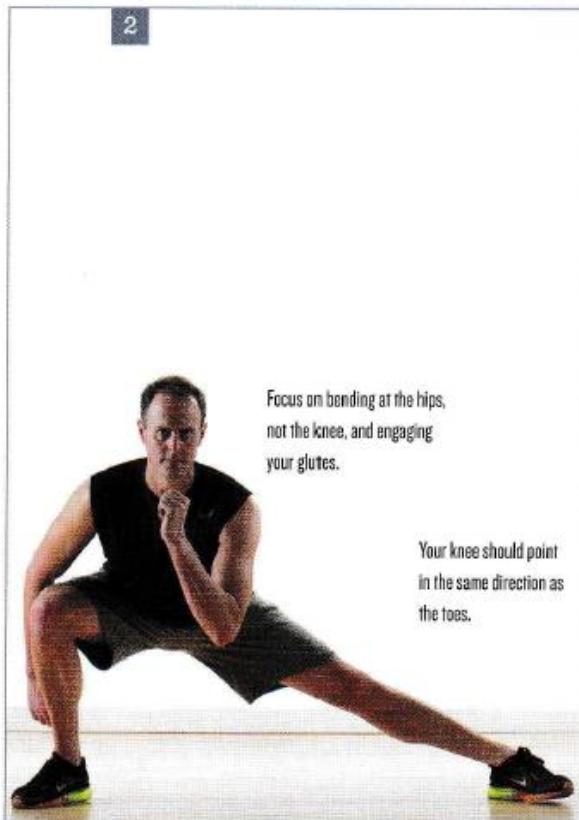
LEVEL 1: Lateral Lunge

LEVEL 2: Lateral Lift

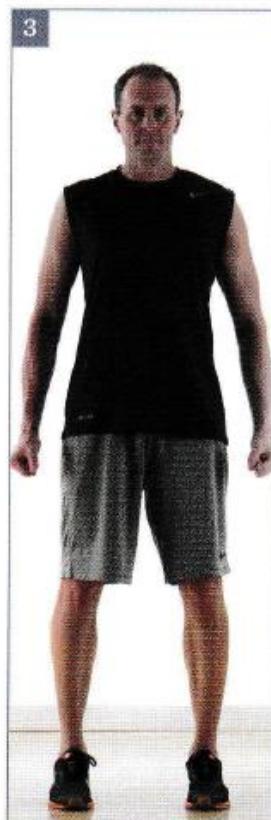
LEVEL 3: Skater Jump



Stand tall with feet shoulder width apart and toes pointing forward.



Step out to the side (laterally) away from the body. Remain tall and keep your weight in your heel as you push back your hips, lowering your body until the thigh is parallel to the floor.

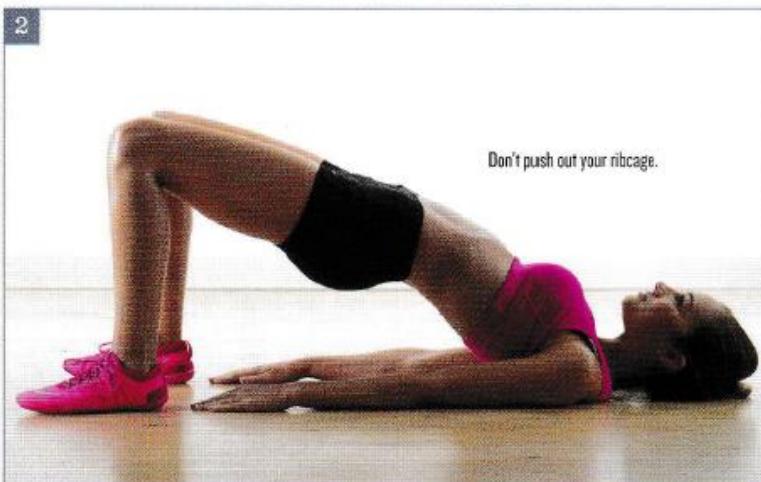
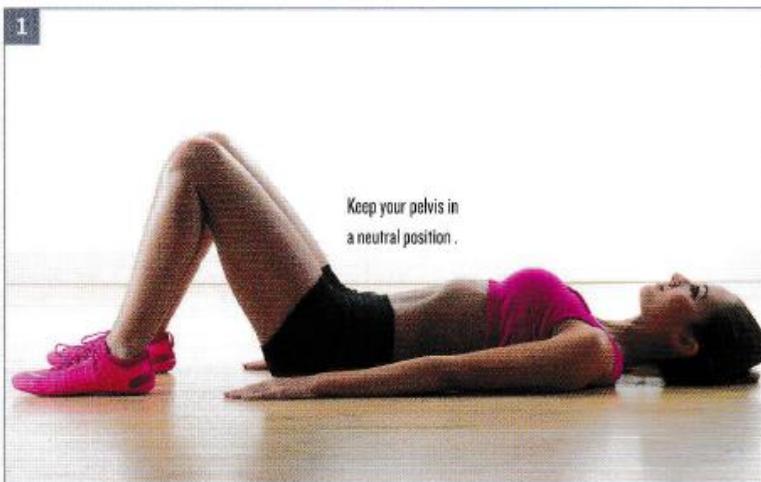


Push back off of the bent leg, extending hips and knee to return to the starting position.

LOWER-BODY EXERCISES

PELVIC PEEL

The pelvic peel builds strength in the hips, hamstrings, and glutes while simultaneously stretching the quadriceps and hip flexors. Pelvic peels are an excellent exercise if you suffer from pelvic back pain, as they work the muscles that support and stabilize the pelvis.



PROGRESSION

LEVEL 1: Pelvic Peel

LEVEL 2: Pigeon or Butterfly Peel

LEVEL 3: Single Leg Peel

Lie on your back with your legs bent and your feet flat on the floor. Your arms remain loose by your sides.



TRAINER TIP

The closer you move the heels to your glutes the harder the exercise becomes. For an added stretch, extend your arms overhead and stretch out as long as possible.

Press evenly through the soles of the feet, squeeze the glutes, and lift the hips until your body forms a straight line from shoulders to knees. Pause at the top of the motion and hold for one to two seconds before lowering back to the floor in a controlled movement.

LOWER-BODY EXERCISES

T-STAND

Lengthen the hamstrings and challenge your balance in this yoga-inspired, functional exercise. While it may seem simple, it will fatigue your hamstrings, glutes, and lower back if done correctly.

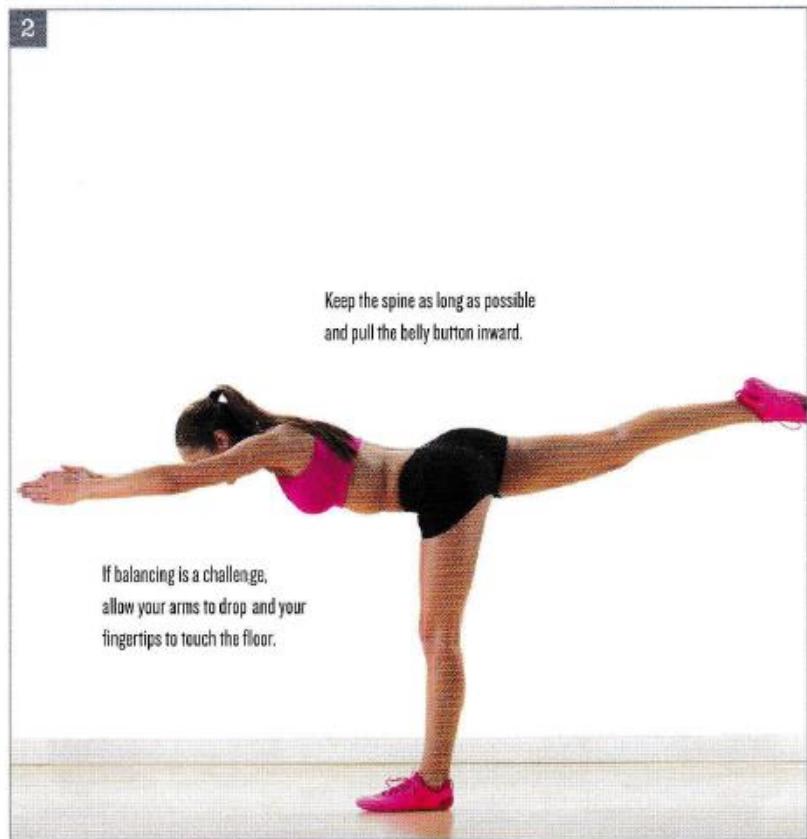
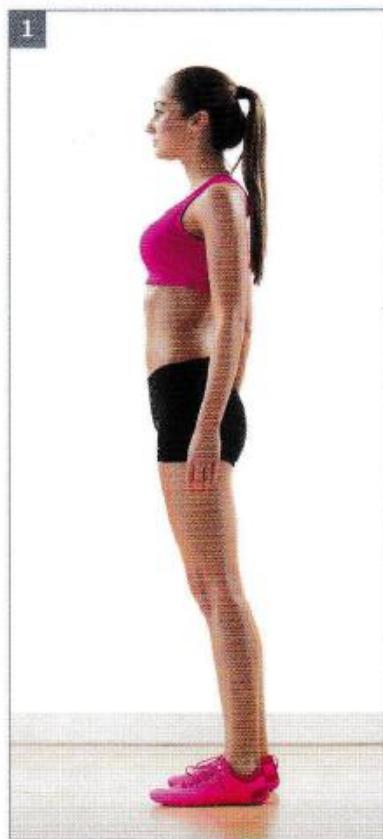


PROGRESSION

LEVEL 1: T-Stand

LEVEL 2: T-Stand Kick

LEVEL 3: Log Hop T-Stand



Stand with feet together and arms at your sides.

Inhale and slowly bend from the hips, lowering the torso and extending the arms. As you fold forward, raise one leg until torso, arms, and leg are parallel to the floor.

Exhale as you lift the torso and lower the leg in one fluid motion. Repeat with the opposite leg.

LOWER-BODY EXERCISES

SQUAT JUMP

A metabolic-boosting super exercise, the squat jump requires focus and coordination. It works all the large muscles of the lower body, including the quads, glutes, and hamstrings.

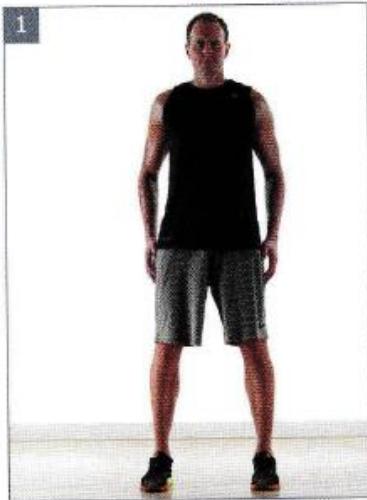


PROGRESSION

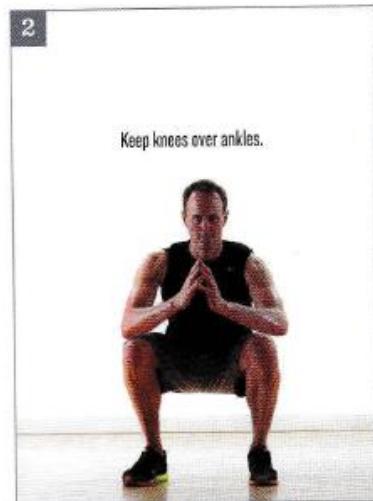
LEVEL 1: Squat

LEVEL 2: **Squat Jump**

LEVEL 3: In and Outs

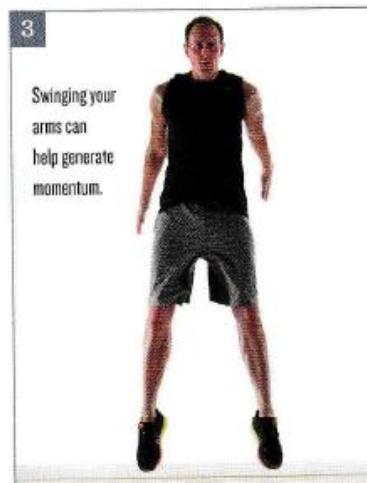


Stand tall with your core engaged, your feet shoulder width apart, and your toes pointing forward.



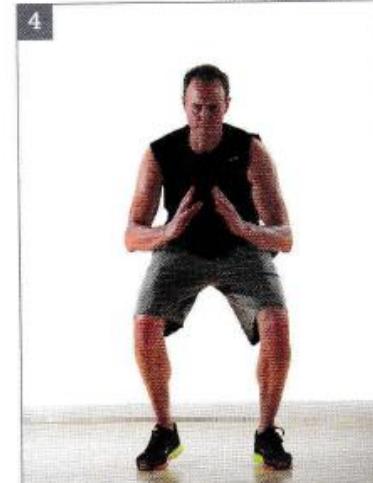
Keep knees over ankles.

With your body weight in your heels, inhale as you bend at the knee and lower your body as if about to sit in a chair.



Swinging your arms can help generate momentum.

Engage your core and exhale as you jump up, pushing through the heels.



Land as softly and silently as possible, bending at the ankles, knees, and hips to decelerate the body.

LOWER-BODY EXERCISES

PEDAL

The pedal, or jump lunge, will quickly get your legs burning and your heart rate skyrocketing. This quad-killing exercise requires balance and coordination. Make sure you're maintaining proper form throughout the movement.

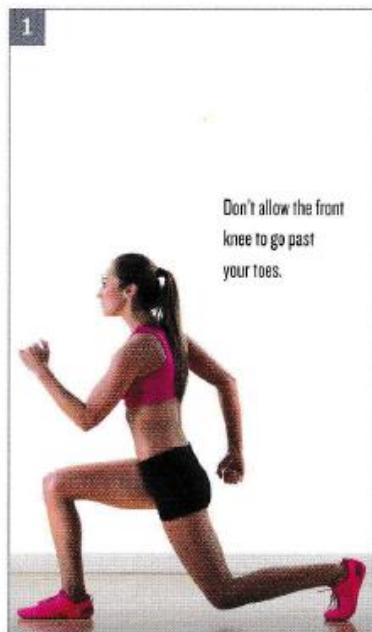


PROGRESSION

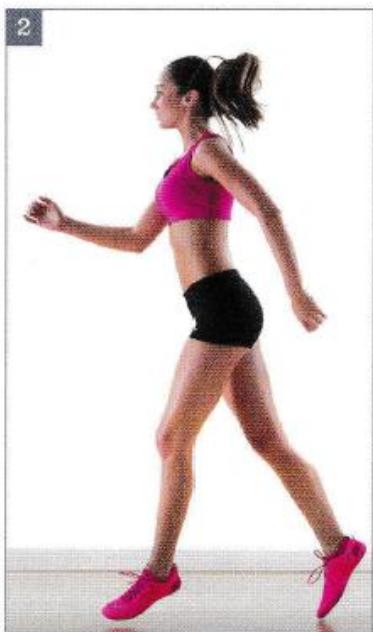
LEVEL 1: Reverse Lunge

LEVEL 2: Pedal

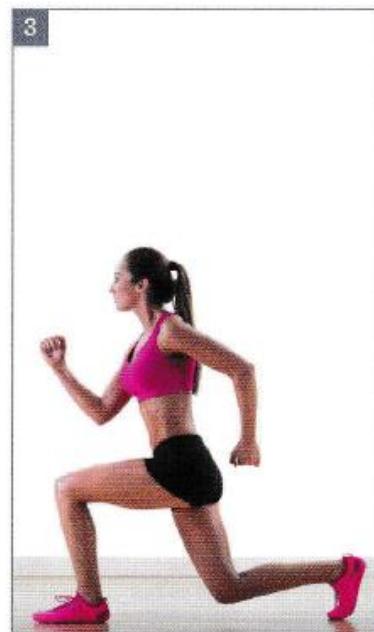
LEVEL 3: Squat Pedal



Stand with one foot in front of the other. Keep your torso as tall as possible as you bend both legs to sink into a lunge position.



Jump up with enough force to propel both feet from the floor. While in the air, scissor-switch your feet.



Land in a lunge position with the opposite foot in front. Repeat.



CAUTION

Pay attention to the impact imposed during the landing. Attempt to land as softly as possible so that the force of the deceleration is distributed between the knee, hip, and ankle joints.

LOWER-BODY EXERCISES

SKATER JUMP

This exercise mimics the movement of a speed skater moving across the ice. Skater jumps will strengthen your legs while improving balance and coordination and raise your heart rate in the process.

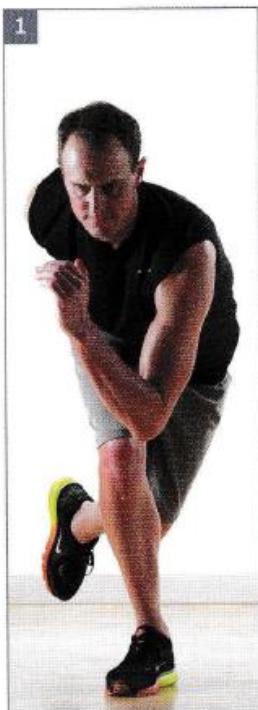


PROGRESSION

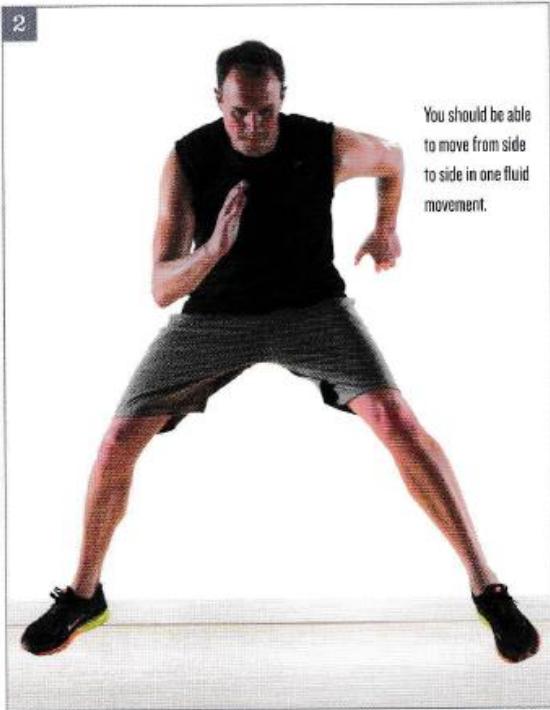
LEVEL 1: Lateral Lunge

LEVEL 2: Lateral Lift

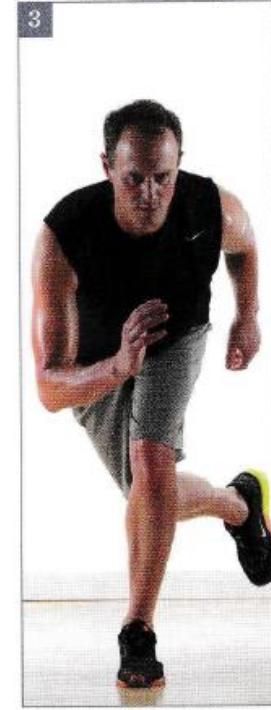
LEVEL 3: **Skater Jump**



Stand with your weight on your right foot and a soft bend in the knee. Cross your left foot behind your right ankle and lower into a half-squat.



Bound to the left by pushing off of your right foot. Swing your arms across your body in the direction of your jump.



Land on your left foot and bring the right foot behind your left.

LOWER-BODY EXERCISES

T-STAND KICK

Adding a front kick to the already unstable T-stand takes athleticism and balance. In exchange, it will work the core, quads, hamstrings, glutes, and lower back.

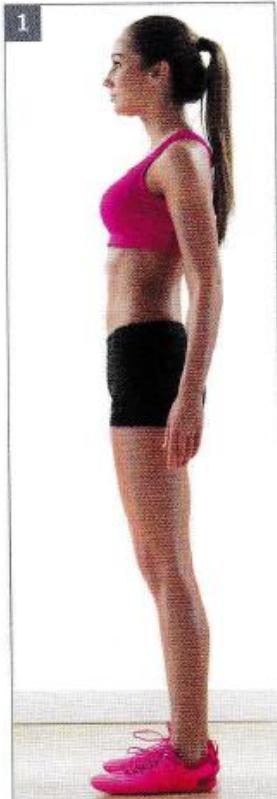


PROGRESSION

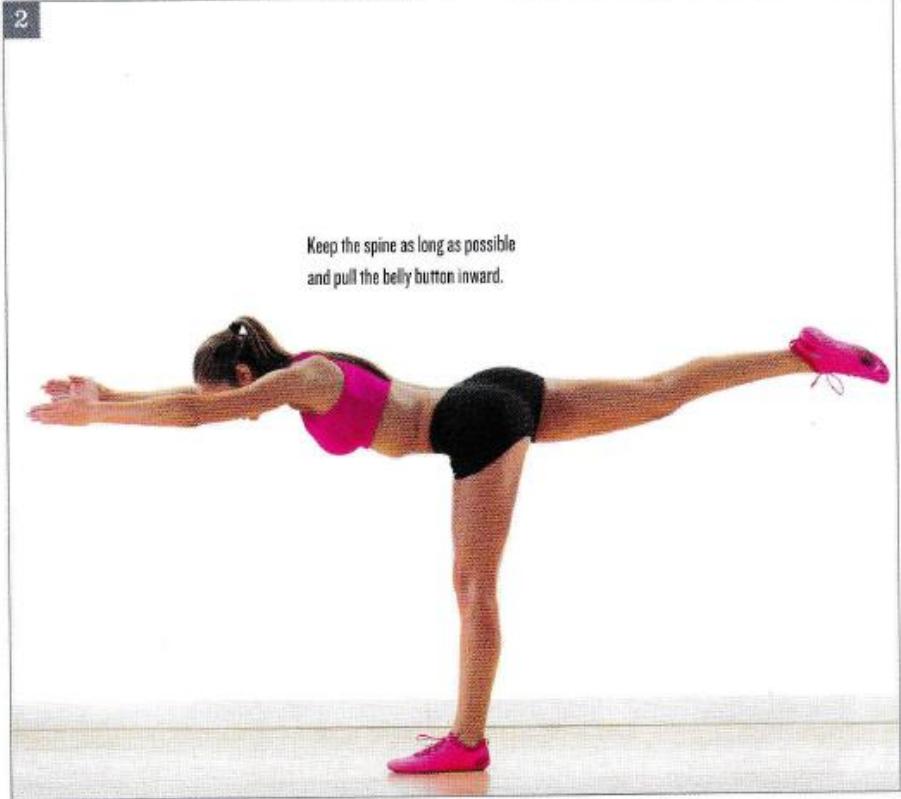
LEVEL 1: T-Stand

LEVEL 2: T-Stand Kick

LEVEL 3: Log Hop T-Stand



Stand with feet together and arms at your sides.



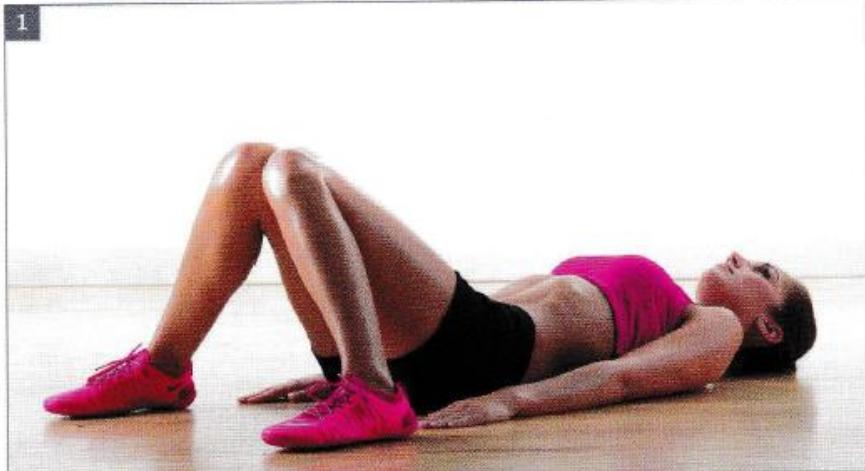
Inhale and slowly bend from the hips, lowering the torso and extending arms. As you fold forward, raise one leg until torso, arms, and leg are parallel to the floor. Keep the spine as long as possible and pull the belly button inward.

LOWER-BODY EXERCISES

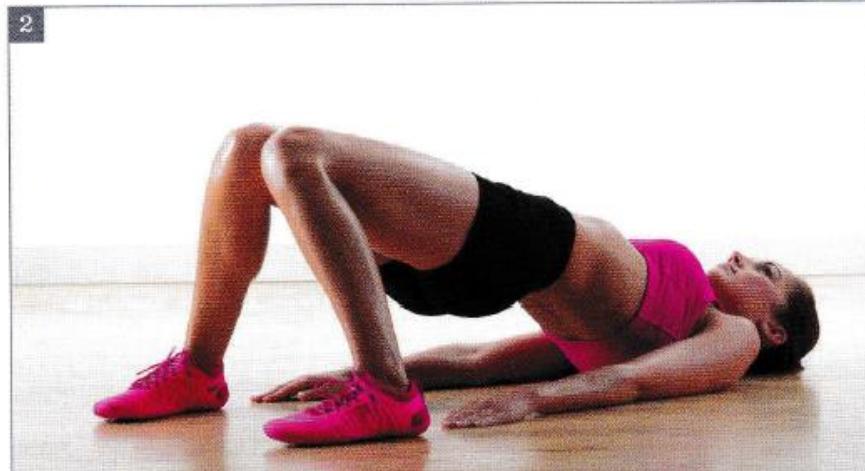
PIGEON PEEL

The pelvic peel builds strength in the hips, hamstrings, and glutes. These two variations internally and externally rotate the legs, providing a far greater challenge.

Lie on your back with your legs bent and your feet flat on the floor, slightly wider than shoulder width apart. Roll your inner thighs together and squeeze them tight.



Press evenly through the soles of the feet, squeeze the glutes, and lift the hips until your body forms a straight line from shoulders to knees. Keep your thighs together. Pause and hold for one to two seconds before lowering back to the floor in a controlled movement.



PROGRESSION

LEVEL 1: Peel

LEVEL 2: Pigeon or
Butterfly Peel

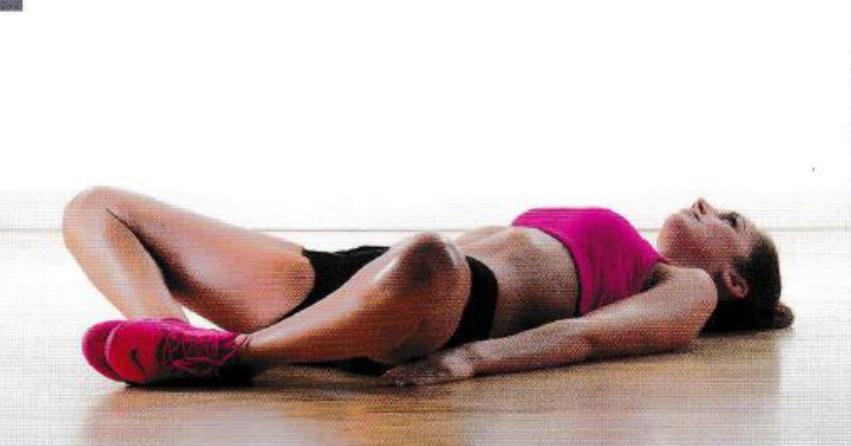
LEVEL 3: Single Leg Peel

LOWER-BODY EXERCISES

BUTTERFLY PEEL

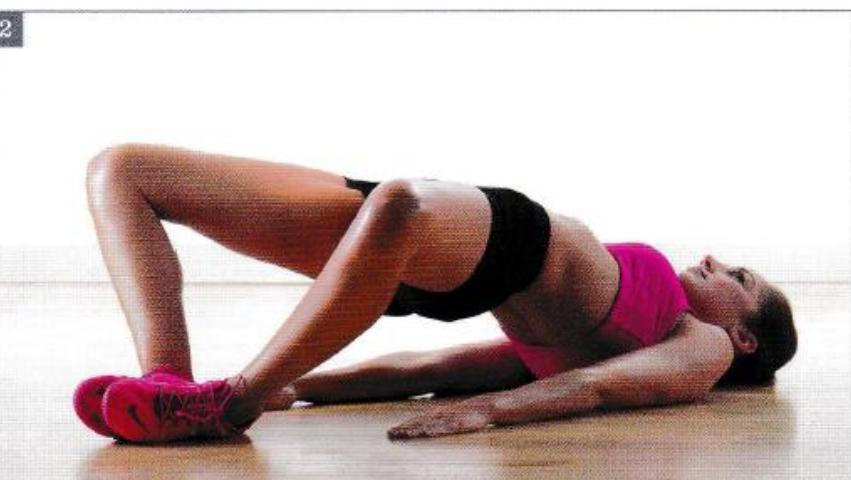
Lie flat on your back. Bring the soles of your feet together and open your knees as wide as possible.

1



Press evenly through the feet, squeeze the glutes, and lift the hips until your body forms a straight line from shoulders to knees. Do not allow your knees to come together. Pause and hold for one to two seconds before lowering back to the floor in a controlled movement.

2



TRAINER TIP

Moving your feet closer to your glutes will increase the challenge of these exercises. Try reaching your arms overhead for an added stretch.

LOWER-BODY EXERCISES

SQUAT PEDAL

The squat pedal combines squat jumps and jumping lunges, creating a powerhouse movement that burns more calories than any other body weight resistance exercise. This metabolic booster simultaneously activates the thighs, hamstrings, glutes, and core. Keep your movements explosive, but maintain proper form.

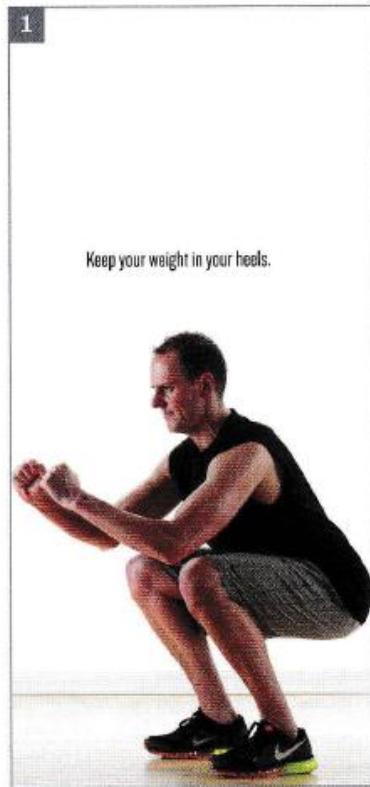


PROGRESSION

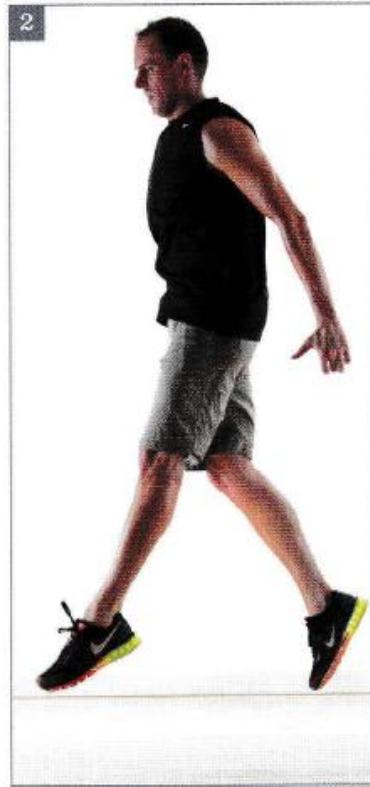
LEVEL 1: Reverse Lunge

LEVEL 2: Pedal

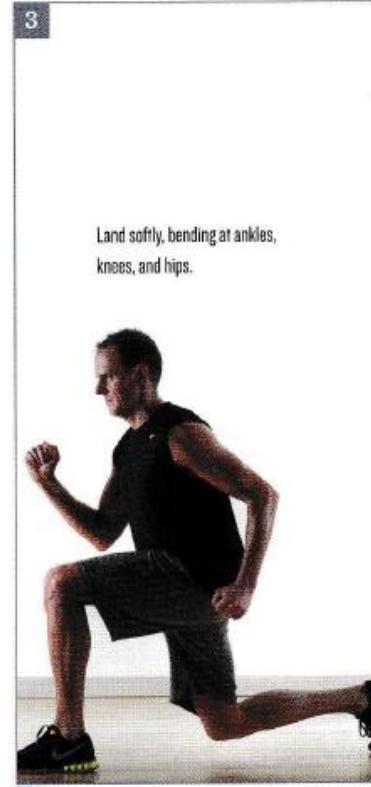
LEVEL 3: **Squat Pedal**



Stand tall, with your feet shoulder width apart and toes pointing forward. Inhale as you bend at the knee and lower into a squat position.



Engage your core and exhale as you jump. Jump with enough force to propel both feet from the floor. While in the air, scissor-switch your feet.

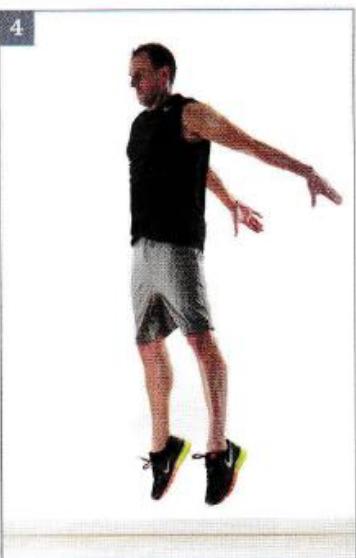


Land with the left foot in front. Sink into a lunge position.

LOWER-BODY EXERCISES

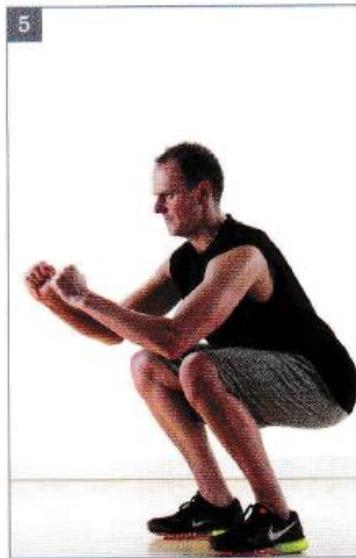
TRAINER TIP

If jumping is too strenuous, you can do a combination of squats and reverse lunges.



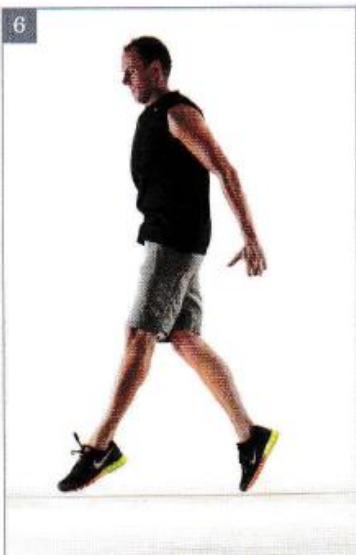
4

From the lunge position, jump up again with enough force to propel both feet from floor.



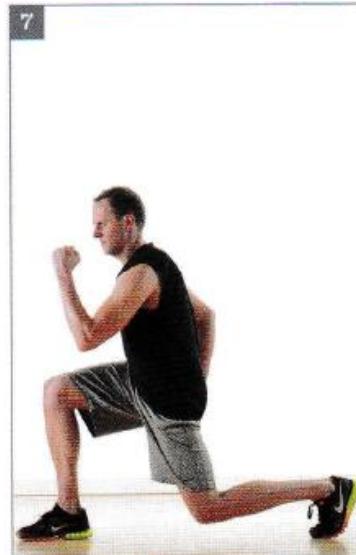
5

Land back in a squat with feet shoulder width apart.



6

Explode up from the squat position. While in the air, scissor-switch your feet.



7

Sink into a lunge position and repeat, alternating squats and lunges.

LOWER-BODY EXERCISES

IN AND OUTS

This plyometric squat engages the thighs, glutes, and hamstrings. It will challenge your balance and coordination, activate the core, and sculpt the lower body.

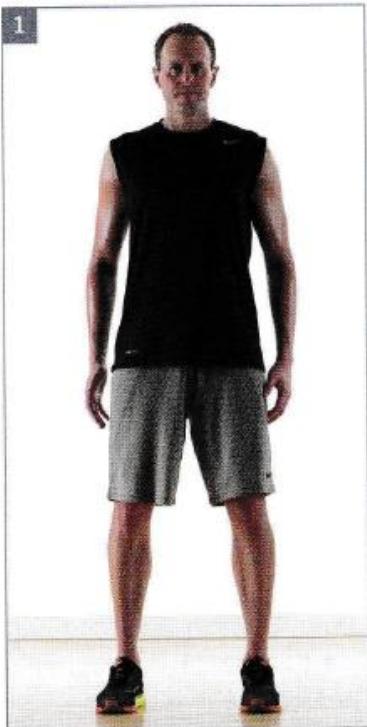


PROGRESSION

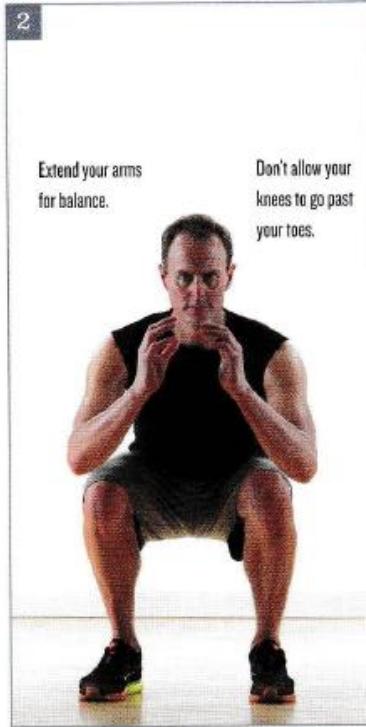
LEVEL 1: Squat

LEVEL 2: Squat Jump

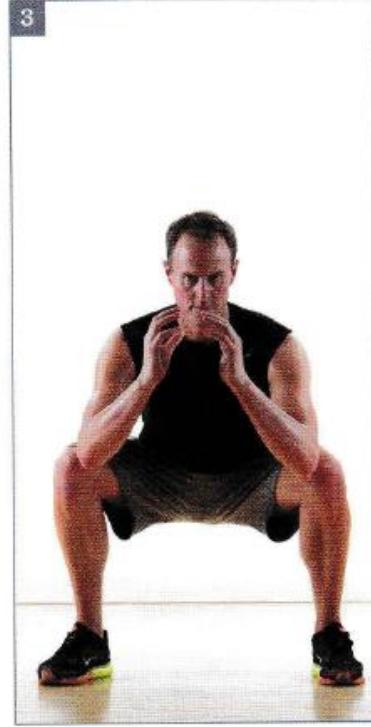
LEVEL 3: In and Outs



Stand tall, with your feet hip width apart and toes pointing forward.



Extend your arms for balance.
Don't allow your knees to go past your toes.



With your weight in your heels, inhale as you bend at the hips and knees, lowering into a squat. Try to bring your thighs parallel to the floor.

Make a small jump and open your feet laterally, landing with feet slightly wider than shoulder width apart. Repeat, staying as low as possible in your squat position and jumping "in and out."

LOWER-BODY EXERCISES

SINGLE LEG PEEL

This twist on the pelvic peel increases strength in the hips, hamstrings, and glutes while simultaneously stretching the quadriceps and hip flexors. Elevation of a single leg increases the demand on your core and provides a stability challenge.

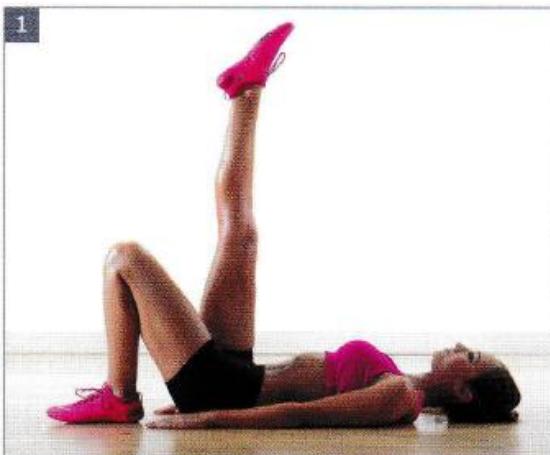


PROGRESSION

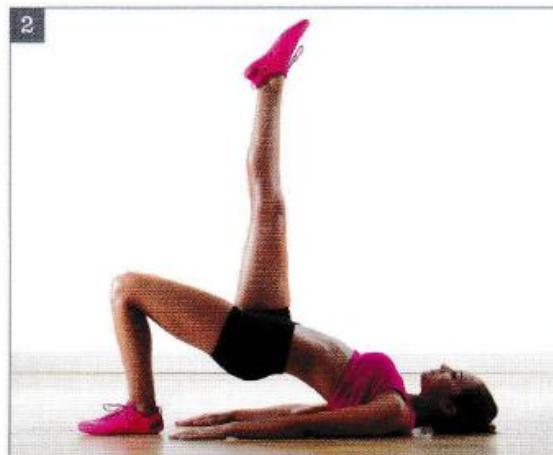
LEVEL 1: Pelvic Peel

LEVEL 2: Pigeon or Butterfly Peel

LEVEL 3: Single Leg Peel



Lie flat on your back. Place one foot on the floor approximately one foot from your glutes and extend the other leg straight to the ceiling (perpendicular to the body). Keep your arms loose by your sides.



Press evenly through the sole of the foot on the floor, squeeze the glutes, and lift the hips until your body forms a straight line from shoulders to stabilizing knee. Pause and hold for one to two seconds before lowering back to the floor in a controlled motion.

TRAINER TIP



The closer you move the heel to your glutes the harder the exercise becomes. For an added stretch, extend arms overhead and reach as long as possible.



CAUTION

Do not allow your hips to rotate. Keep your pelvis flat and square to the ground throughout the exercise.

LOWER-BODY EXERCISES

LATERAL LIFT

Lateral lifts add dynamic stability to the traditional lateral lunge, forcing you to engage the hip complex and core simultaneously.

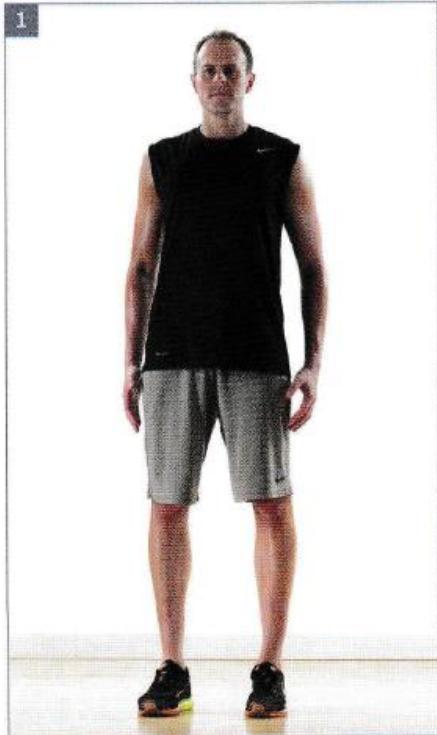


PROGRESSION

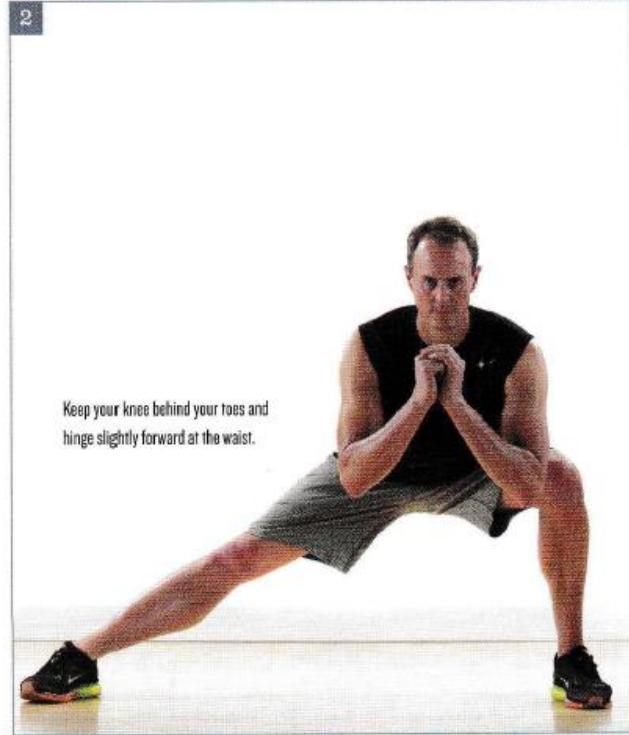
LEVEL 1: Lateral Lunge

LEVEL 2: **Lateral Lift**

LEVEL 3: Skater Jump

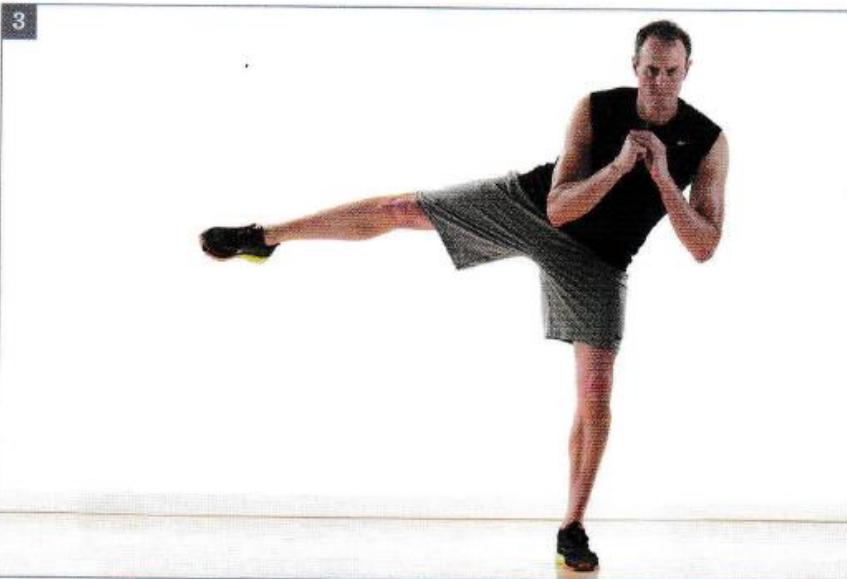


Stand with your feet hip width apart, arms straight, and palms facing your legs.



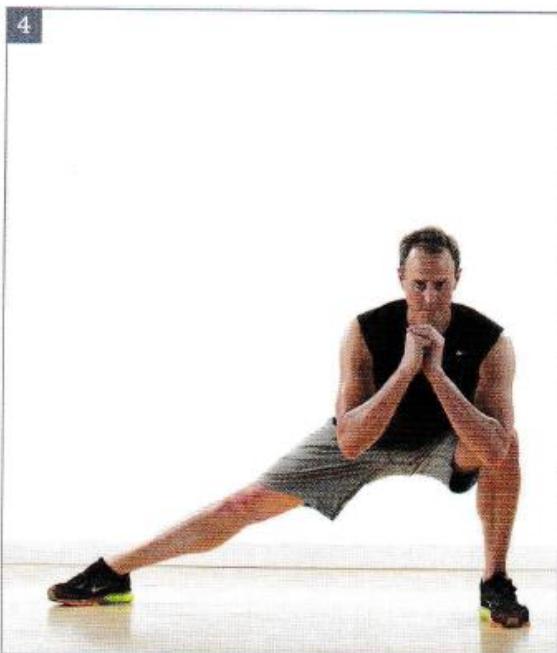
Step your left leg out to the side and bend your left knee, lowering into a lateral lunge.

LOWER-BODY EXERCISES

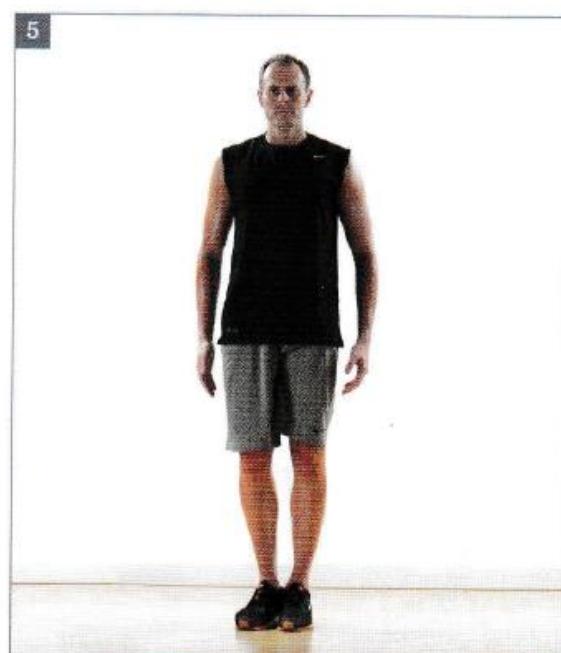


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Straighten your left knee as you lift your right leg straight out to the side.



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Carefully return to the lateral lunge position.

Return to a standing position by pressing through the heel of the left foot and engaging the core, quads, and glutes. Repeat on the opposite side.

LOWER-BODY EXERCISES

LOG HOP T-STAND

Adding an explosive hop to this traditional hamstring, glute, and lower-back exercise will challenge your balance and improve athletic performance. Go slowly until you are comfortable with the instability caused by your lifted leg.

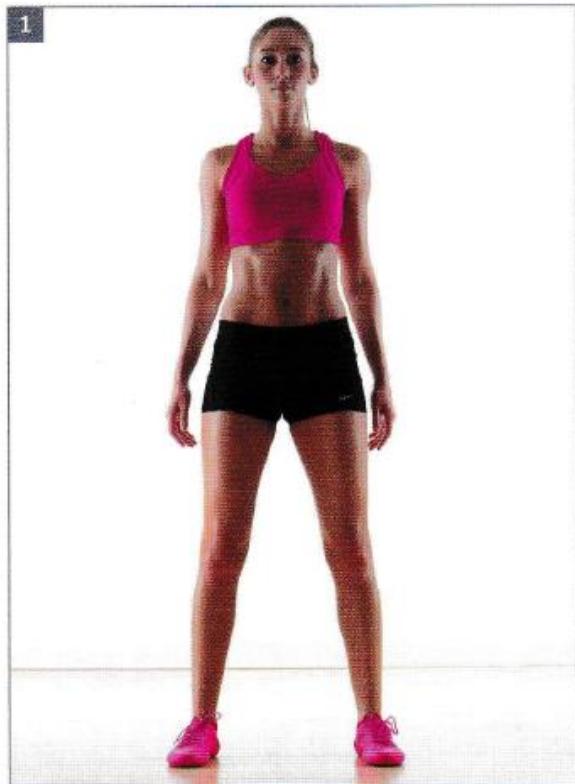


PROGRESSION

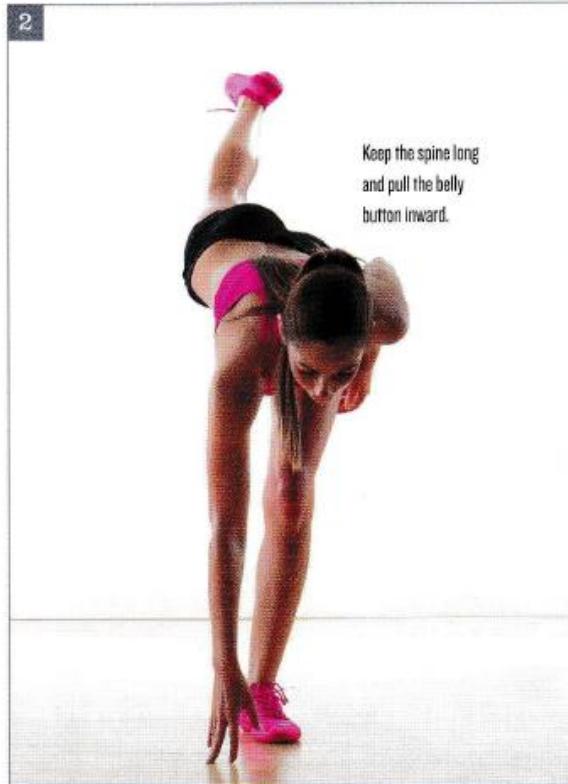
LEVEL 1: T-Stand

LEVEL 2: T-Stand Kick

LEVEL 3: **Log Hop T-Stand**

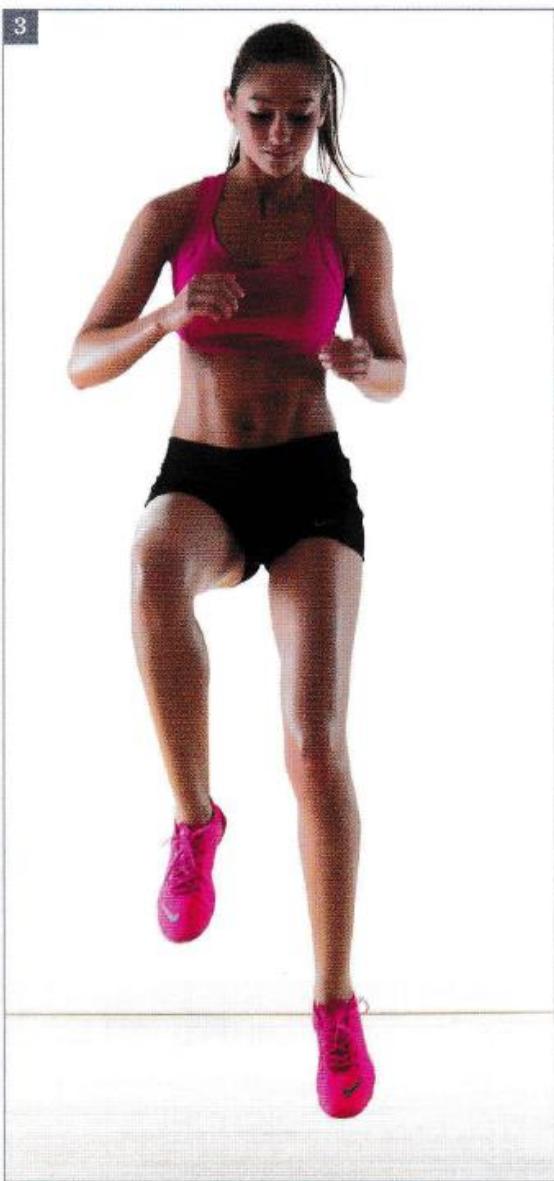


Stand tall with your feet together, arms hanging loosely at your sides.

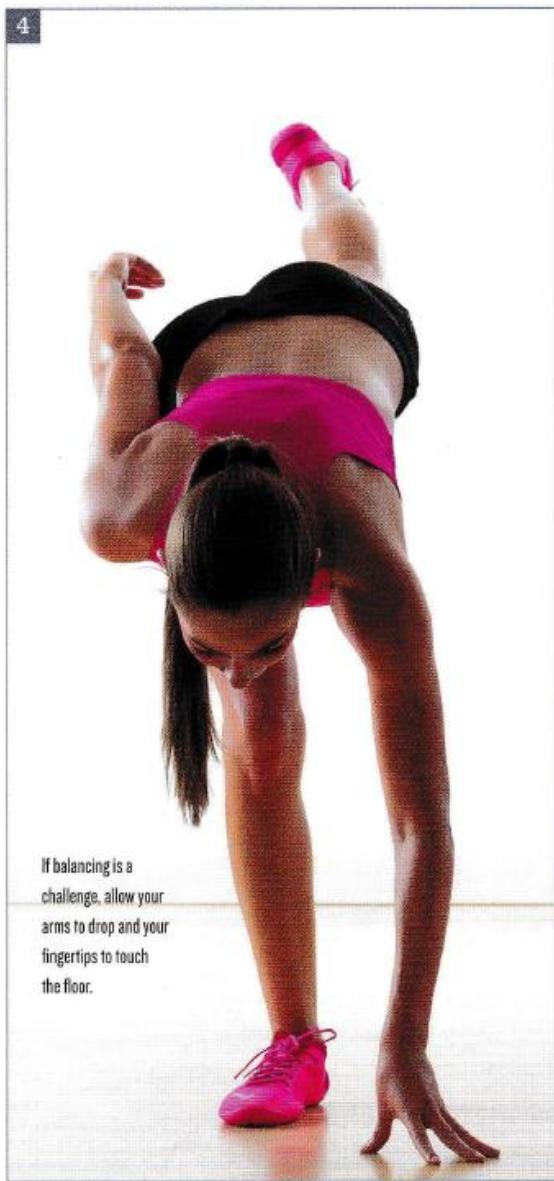


Inhale and slowly bend from the hips, lowering the torso and extending arms. As you fold forward, raise one leg until your torso, arms, and leg are parallel to the floor.

LOWER-BODY EXERCISES



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If balancing is a challenge, allow your arms to drop and your fingertips to touch the floor.

Exhale as you lift the torso and dynamically leap forward, tucking the extended leg to your chest followed immediately by the stabilizing leg, as if honking over a small log.

Control your landing by engaging the core and absorbing the impact through a triple bend at your ankles, knees, and hips. Lower the torso and raise the opposite leg. Repeat, alternating sides.

