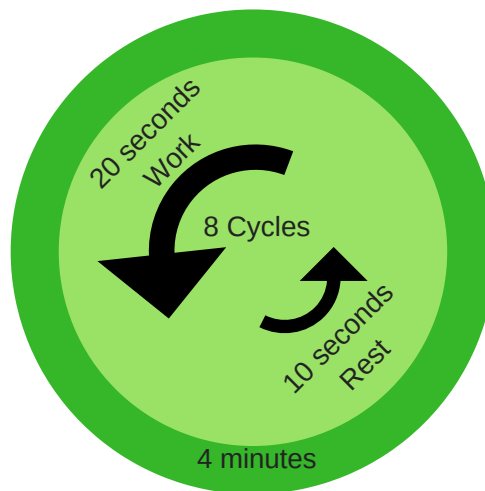


HIIT Training Workouts

Tabata 20/10

This is very intense programming that can help to improve VO2 max. Ideal for larger muscle groups and full body movements. You can modify tabata's to any fitness level by adjusting exercise choices.



Option #1: Complete a 20 minute Tabata Workout

This workout would consist of 4 tabata circuits with a 60 second rest between each 4 minute cycle.

Example Tabata Workout #1:	Example Tabata Workout #2:
Tabata #1: Burpees	Tabata #1: Push ups
Tabata #2: Jump Squats	Tabata #2: Kettlebell swings
Tabata #3: Push Plank/Commandos	Tabata #3: Renegade row
Tabata #4: Kettlebell figure 8's (alternate directions/20sec bout)	Tabata #4: Hollow Body hold

Option #2: Input one to two tabata circuits into your regular workout programming. Great for cardio conditioning at the end of a strength workout. Also, can be add to the beginning or middle of a circuit workout!

Push Day (Strength + Cardio Conditioning)	Circuits & Tabata's
Barbell chest press 5repsx5sets Back squat 8repsx4sets Superset; 1. Barbell squat thrusters 6-8repsx3set 2. Incline chest press 10repsx3sets Superset; 1. Wall sit with plate front raise 60secx2sets 2. Plank hold 90secx2sets 4 minute Tabata: Burpees	Circuit #1; 1. Dumbbell walking lunges 20repsx3sets 2. Push ups 12repsx3sets 3. Cable horizontal woodchops 10/sidex3sets 4 minute Tabata: Kettlebell figure 8's Circuit #2: 1. Sumo squat with high pull 12x3sets 2. Horizontal cable row 15x3sets 3. Wide grip lat pulldown 10x3sets 4 minute Tabata: 45 degree Incline push ups 4 minute circuit tabata: Alternate between triceps dips and Russian twists