



Beginner's HIIT Workouts: Weeks 1 to 6

Here's two sample routines that are suitable for beginners and for use with increasing intensity as you progress. Each activity and rest interval should total 1 minute. The rest interval includes getting prepared for the next activity interval. It's a good idea to alternate the routines each week to avoid boredom and unbalanced muscle development.

Over time, increase both the length of the exercise intervals and the overall length of the routine. The idea is to start within your abilities and increase slowly. Remember also: don't do any more than 2 HIIT session per week and do other exercise on at least 2 other days.

Follow the following timetable:

	Routine	Number of Circuits	Activity Interval	Rest Intervals	Total Time Ex. Warm-up & Cool-down (Minutes)
			Seconds		
Week 1	A	2	15	45	12
Week 2	A	2	20	40	12
Week 3	B	2	15	45	14
Week 4	B	2	20	40	14
Week 5	A	3	20	40	18
Week 6	B	3	20	40	21

Routine A:

1. Skipping
2. Standing Squat
3. Burpees
4. Standing Dumbbell Row
5. Mountain Climber
6. Triceps Dips

Routine B:

1. Standing Sprint
2. Squat with Overhead Press
3. Lateral Burpees
4. Lunges
5. Jumping Jacks
6. High to Forearm Plank
7. Walkout on Hands

Beyond week 6, continue to do 3 circuits. After week 8, modify the exercise you find easiest to make it more challenging. In time, consider introducing an additional exercise to each routine and/or aim to get to 40 seconds of activity and 20 seconds of rest. Don't go beyond 25 minutes in total, excluding the time allocated to warm-up and cool-down.