



Wendy R. LeBolt, Ph.D.

lebolt.wendy@gmail.com
wendylebolt.com

Sample High Intensity Interval Training (HIIT) Workout

The 7-minute HIIT workout

Supplies you'll need:

- *Exercise mat*
- *Wall or sturdy flat space to rest back against*
- *Step (6, 8, 10 or 12 inches)*
- *Chair secured so it will not move*
- *Hand-held weights optional*

Instructions:

- A. Perform exercises in order for 30 seconds at each station. Rest for 5 seconds between stations. Go at your maximum intensity! Alternative: Exercise for 60 secs with 10 secs rest.**

HIIT WORKOUT

- **Jumping Jacks** (alternative ½ jacks, step to side as arms go overhead)
- **Wall sit** (goal is knees at 90-degree angle and thighs are flat like a table)
- **Push-ups** (modify as necessary, on knees, hands and feet -- back is flat)
- **Crunch-ups** (can substitute abdominal curls, bicycles, etc)
- **Step-ups** (one foot up, meet with other foot, lower the same way, alt. lead ft)
- **Squats** (touch bum down on lowering but do NOT sit before rising to repeat)
- **Tricep dips** (with back to chair, palms of hands on seat of chair, elbows bent, and legs out, press body up and gently lower, knees can be bent or straight)
- **Planks** (prone on hands and toes, modify to perform on elbows, or raise a leg)
- **High knees** (standing, lift knee to outstretched opposite arm, then the other)
- **Lunges** (standing, step forward, bend knee to lower body toward ground, then press up, alternate leg forward)
- **Bird dogs** (from “table top” position, extend one arm and opposite leg; switch; can add trunk flexion, bringing opposite elbow to opposite knee)
- **Side plank** (body in full extension, balance elbow to side of foot; alternative – bend knee to 90 degree “kickstand”)