

CONFIDENTIAL AND PROPRIETARY

High Intensity Interval Training & Weight Training 1 - 45 Minutes

Warmup 3 minutes (30 seconds each)

- Jump rope (R, R, L, L)
- Jumping jacks
- High knees
- Heel kicks
- Split Foot
- Two Feet Jump Ropes
 - Challenge: Tuck Jump every 5 seconds for a total of 6 jumps

Stretch 3 Minutes 30 seconds

- 60 seconds: 3 Way Lunges (forward, side, back)
- 30 seconds: Squat and Twist
- 30 seconds: Hip Circles
- 30 seconds: Windmills
- 30 seconds: Arm Circles
- 30 seconds: Reverse Direction Arm Circles

- **Repeat 3 min cardio portion of warmup**

- 30 second rest

HIIT Circuits 4 minutes each, 20 seconds of work, 10 seconds of rest. (Do circuit 2x through for 4 minutes total). 30 seconds rest between circuits. Move on to weights when HIIT completed.

Circuit I

- High Knees - Arms Out Wide
- Low plank - 3 Way Knees
- Wide Tuck Jumps
 - Modification: Squat, bring knee to same elbow, alternate
- Star Fish Crunches

REST

Circuit II

- Standing Ladder Climbs
- Floor Mountain Climbers
- Vertical Jumps
 - Modification: come to toes, do no jump
- Pushups
 - Modification: knees

REST

Circuit III

- Burpees
 - Modification: no jumping at end (or see video)
- In and Out Reverse Crunches
- Squat jumps
- Modification: Squat Pulses
- Plank with side knee jumps

REST

Circuit IV

- 2 Criss Cross Jumps into 2 Pop Squats
- Plank Shoulder Taps
- Tire jumps
- Bicycle Crunches

- 40 second rest

Full Body Weights 1

Do each exercise once, then move to next exercise with no rest in between. Repeat for 2 total sets. 45 seconds rest between Sets.

- 10 x Row, Pushup, Curl, Press
- 10 x Lunge, Oblique Twist, 3 Pulses, step in, Simultaneous knee raise Press
- 6 - 10 x 3 way push up, (Wide, Narrow, Pike) Jump at End
 - Modification: knees
- 10 x Squat, Press Up, Tricep Extension (1 weight)

Cool Down - 2 minutes of stretching

Total Time: Approximately 45 - 50 minutes (with cool down)

Disclaimer: This document is part of a Fitness Program designed by Melissa L. Greenhawt. It is currently in the development and testing stage and as such is Confidential and Proprietary. If you receive this document without authorization please contact melissa.greenhawt@gmail.com for further instructions on destroying or returning this document. If you receive this document with authorization, please note that you are prohibited from publishing, copying, sharing or disclosing it to other individuals.³