

**No Equipment High Intensity Interval Training (HIIT) that you can do in your bedroom or front room at home**



Warm up before the interval training: *pulse raiser* – jogging on the spot, tuck, straddle and pike jumps followed by *stretching and mobility* exercises e.g., hamstring and quadricep stretch.

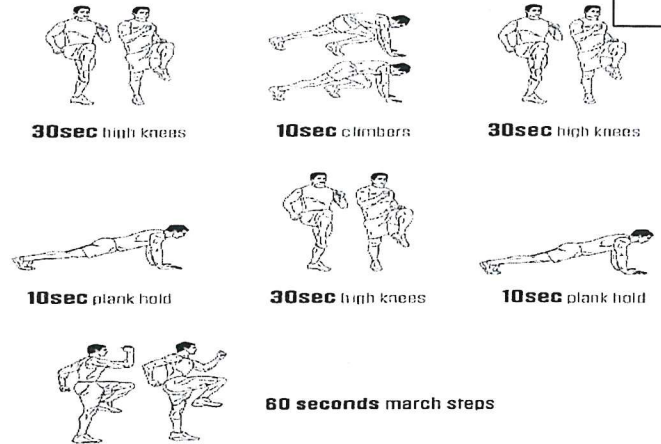
Beginners complete 5 sets.  
Intermediates complete 6 sets.  
Advanced level complete 7 sets.

60 seconds rest at the end of each set.

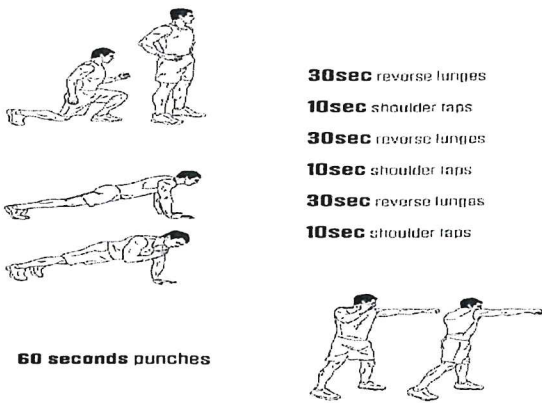
Keep hydrated during rest intervals.

Do not complete the HIIT if you have high blood pressure or are injured.

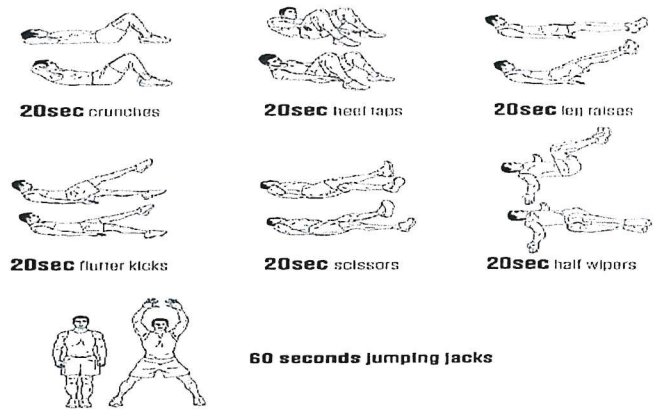
**Day 1**



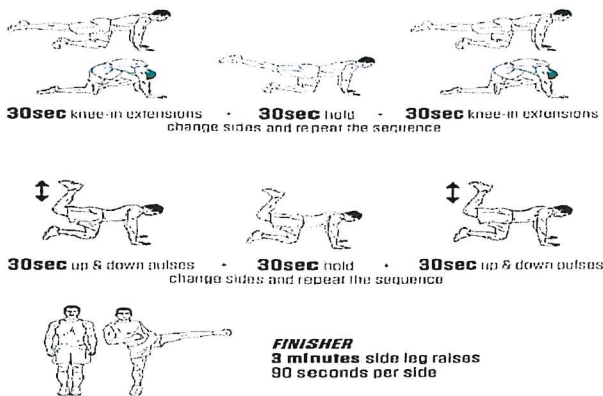
**Day 2**



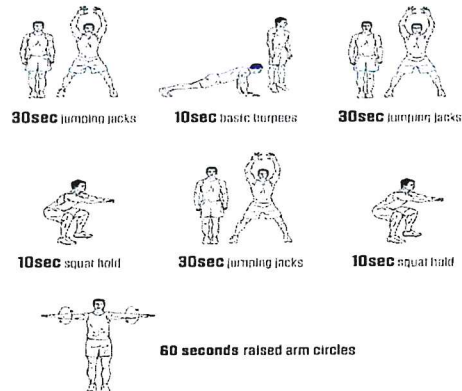
**Day 3**



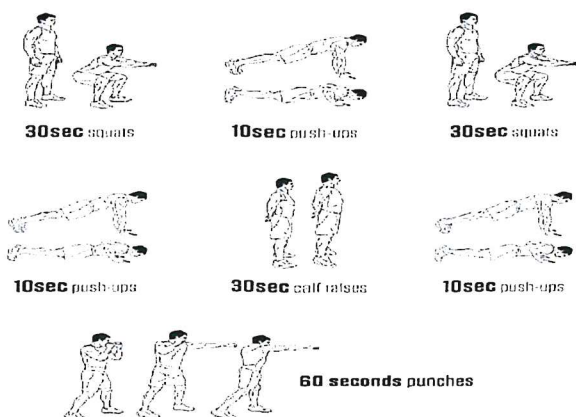
**Day 4**



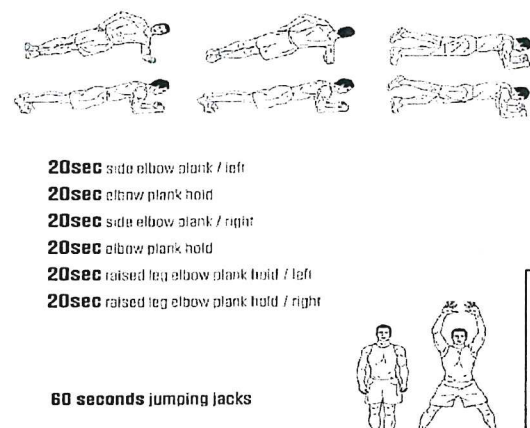
**Day 5**



**Day 6**



**Day 7**



Do not forget the cool down at the end of your session which could include stretches lying on the floor or use a bed, chair or another object to help stretch e.g., to stretch hamstring put your heel on a chair keeping your leg straight.



The HIIT is a method of training designed to improve muscular endurance and aerobic fitness. It is a general fitness programme that can easily be tailored to the sport you are training for.