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 quadriiceps stretch.

Beginners complete 5 sets. Intermediate 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.

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**Day 1**

30 sec high knees
30 sec climbers
30 sec high knees
10 sec plank hold
30 sec high knees
10 sec plank hold
60 seconds march steps

**Day 2**

30 sec reverse lunges
10 sec shoulder taps
30 sec reverse lunges
10 sec shoulder taps
30 sec reverse lunges
10 sec shoulder taps
60 seconds punches

**Day 3**

20 sec crunches
20 sec back taps
20 sec leg raises
20 sec back kicks
20 sec scissors
20 sec half weipers
60 seconds jumping jacks

**Day 4**

30 sec knee extensions – 30 sec hold – 30 sec knee extensions
30 sec up & down pulleys
30 sec up & down pulleys
30 sec up & down pulleys
60 sec sit up & leg raises
FINISHER
3 minutes sit up leg raises
60 seconds per side

**Day 5**

30 sec jumping jacks
10 sec switch leg
30 sec jumping jacks
10 sec switch leg
60 seconds raised arm circles

**Day 6**

30 sec squats
10 sec push-ups
30 sec squats
10 sec push-ups
10 sec push-ups
30 sec calf raises
10 sec push-ups
60 seconds punches

**Day 7**

20 sec side elbow plank / left
20 sec side elbow plank / right
20 sec elbow plank
20 sec raised leg single ankle hold
20 sec raised leg single ankle hold
20 sec raised leg single ankle hold
60 seconds jumping jacks

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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.