



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 quadriccep stretch.

Beginners complete 5 sets.

Intermediates complete 6 sets.

Advanced level complete 7 sets.

60 seconds rest at the end of each set.

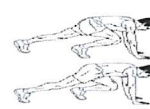
Keep hydrated during rest intervals.

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

**Day 1**



30sec high knees



10sec climbers



30sec high knees



10sec plank hold



30sec high knees



10sec plank hold



60 seconds march steps

**Day 2**



30sec reverse lunges

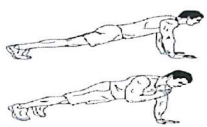
10sec shoulder taps

30sec reverse lunges

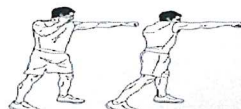
10sec shoulder taps

30sec reverse lunges

10sec shoulder taps



60 seconds punches



**Day 3**



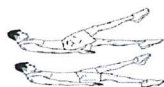
20sec crunches



20sec heel taps



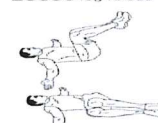
20sec leg raises



20sec flutter kicks



20sec scissors



20sec half wipers



60 seconds jumping jacks

**Day 4**



30sec knee-in extensions



30sec hold



30sec knee-in extensions

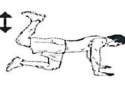
change sides and repeat the sequence



30sec up & down pulses



30sec hold



30sec up & down pulses

change sides and repeat the sequence



**FINISHER**  
3 minutes side leg raises  
90 seconds per side

**Day 5**



30sec jumping jacks



10sec basic burpees



30sec jumping jacks



10sec squat hold



30sec jumping jacks



10sec squat hold



60 seconds raised arm circles

**Day 6**



30sec squats



10sec push-ups



30sec squats



10sec push-ups



30sec calf raises



10sec push-ups



60 seconds punches

**Day 7**



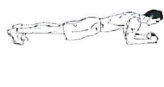
20sec side elbow plank / left



20sec elbow plank hold



20sec side elbow plank / right



20sec elbow plank hold



20sec raised leg elbow plank hold / left



20sec raised leg elbow plank hold / right

60 seconds jumping jacks



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.