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
- 30 sec high knees
- 10 sec c-krunches
- 30 sec high knees
- 10 sec plank hold
- 30 sec high knees
- 10 sec plank hold
- 60 seconds march squats

Day 2
- 30 sec reverse lunges
- 10 sec shoulder press
- 30 sec reverse lunges
- 10 sec shoulder press
- 30 sec reverse lunges
- 10 sec shoulder press
- 60 seconds punches

Day 3
- 20 sec reverse runners
- 20 sec push-ups
- 20 sec leg raises
- 20 sec knee tucks
- 20 sec scissor kicks
- 20 sec scissor kicks
- 20 sec jumping jacks
- 60 seconds jumping jacks

Day 4
- 30 sec knee-in exercises
- 30 sec high knees
- 30 sec knee-in exercises
- 30 sec high knees
- 10 sec shoulder press
- 30 sec high knees
- 30 sec shoulder press
- FINISHER 3 minutes side leg raises 90 seconds per side

Day 5
- 30 sec scissors
- 10 sec push-ups
- 30 sec scissors
- 10 sec push-ups
- 10 sec scissors
- 30 sec scissors
- 10 sec scissors
- 60 seconds raised arm circles

Day 6
- 20 sec scissor planks left
- 20 sec scissor planks right
- 20 sec scissor planks left
- 20 sec scissor planks right
- 20 sec scissor planks left
- 20 sec scissor planks right
- 60 seconds punches
- 60 seconds jumping jacks

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.