

**4-WEEK**

**HIIT**

**WORKOUT PLAN FOR BEGINNERS**

*No equipment*

# PLAN INTRODUCTION

High Intensity Interval Training, or HIIT, refers to shorter exercises (between 15 and 30 minutes) that alternate bursts of high intensity, full energy movement with brief recovery periods. Fitness beginners benefit greatly from HIIT workouts because they are short and simple to include into regular routines. If you're not used to putting aside time for the gym, then you have the flexibility to whizz through a short 15-minute HIIT session and, with consistency, will still see great results.



*It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.*



# WORKOUT PLAN

## Week 1

**1** 40 Jumping Jacks, 10 Push Ups, 30 Squats, 30 Crunches

**2** 40 High Knees, 30 sec Plank, 30 Lunges, 10 Push Ups

**3** 40 Jumping Jacks, 15 Push Ups, 30 Squats, 30 Crunches

**4** 40 High knees, 30 sec Plank, 30 Lunges, 15 Push Ups

**5** 20 Burpees, 20 Squats, 35 Crunches, 30 Plank Jacks

**6** 5 Minutes Jog, 10 Minutes Stretch

 **Reset**

## Week 2

**1** 45 Jumping Jacks, 15 Push Ups, 35 Squats, 35 Crunches

**2** 45 High Kess, 35 sec Plank, 35 Lunges, 15 Push Ups

**3** 45 Jumping Jacks, 15 Push Ups, 35 Squats, 35 Crunches

**4** 45 Kess, 35 sec Plank, 35 Lunges, 15 Push Ups

**5** 25 Burpees, 25 Squats, 35 Crunches, 30 Plank Jacks

**6** 6 minutes Jog, 10 minutes Stretch

 **Reset**

## Week 3

**1** 50 Jumping Jacks, 20 Push Ups, 40 Squats, 40 Crunches

**2** 50 High Kess, 40 sec Plank, 40 Lunges, 25 Push Ups

**3** 50 Jumping Jacks, 25 Push Ups, 40 Squats, 40 Crunches

**4** 50 High Kess, 40 sec Plank, 40 Lunges, 25 Push Ups

**5** 25 Burpees, 45 Squats, 45 Crunches, 35 Plank Jacks

**6** 7 minutes Jog, 10 minutes Stretch

 **Reset**

## Week 4

**1** 55 Jumping Jacks, 30 Push Ups, 45 Squats, 45 Crunches

**2** 55 High Kess, 50 sec Plank, 45 Lunges, 30 Push Ups

**3** 60 Jumping Jacks, 50 Push Ups, 30 Squats, 50 Crunches

**4** 60 High Kess, 50 sec Plank, 50 Lunges, 30 Push Ups

**5** 30 Burpees, 55 Squats, 55 Crunches, 40 Plank Jacks

**6** 5 minutes Jog, 10 minutes Stretch

 **Reset**



## Jumping jacks

1. Stand straight with your feet together and hands by your sides.
2. Jump up, spread your feet and bring both hands together above your head.
3. Jump again and return to the starting position.
4. Repeat until the set is complete.



## Push Ups

1. With your legs extended back, place the hands below the shoulders, slightly wider than shoulder-width apart.
2. Start bending your elbows and lower your chest until it's just above the floor.
3. Push back to the starting position. A 1-second push, 1-second pause, 2-second down count is ideal.
4. Repeat.



## Squats

1. Stand up with your feet shoulder-width apart.
2. Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than the knees.
3. Press your heels into the floor to return to the initial position.
4. Repeat until set is complete.



## Crunches

1. Lie down on the mat, keep your knees bent, your back and feet flat, and your hands supporting your head.
2. Lift your shoulders, squeeze your abdominal muscles and hold for 1 to 2 seconds.
3. Slowly return to the starting position and repeat until set is complete.



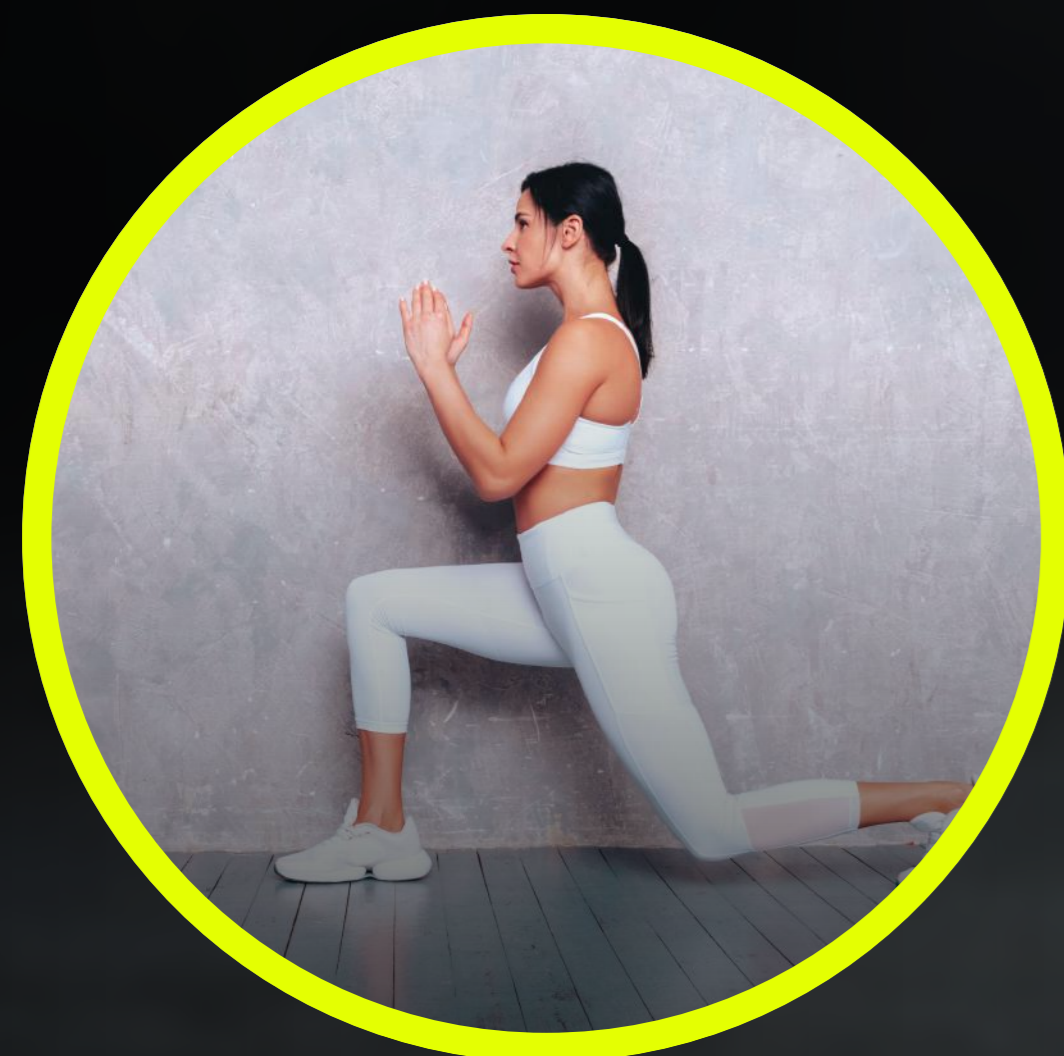
## Plank

1. Get into a push up position, with your elbows under your shoulders and your feet hip-width apart.
2. Bend your elbows and rest your weight on your forearms and on your toes, keeping your body in a straight line.
3. Hold for as long as possible.



## High knees

1. Stand straight with your feet shoulder-width apart. Face forward and open your chest.
2. Bring your knees up to waist level and then slowly land on the balls of your feet.
3. Repeat until the set is complete.



## Lunges

1. Stand with your feet hip-width apart, keep your back straight, your shoulders back, and your abs tight.
2. Take a step forward and slowly bend both knees, until your back knee is just above the floor.
3. Stand back up and repeat the movement.
4. Alternate legs until the set is complete.



## Plank jacks

1. Start in a push up position with your feet together.
2. Hop your feet as far as you can and land softly on your toes.
3. Jump again to bring your feet back together and repeat.



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