

WORKOUT 1: *CARDIO HIIT*

This workout involves three body-weight exercises that are guaranteed to get your heart rate up and your body fat melting. You need no equipment and only a small space.

1. **20 seconds**
High knees
40 seconds
rest



Warm up

Always carry out an exercise-specific warm up before starting. The aim is to warm up your muscles and joints so they're prepared for the exercise they're about to perform. This is really important to prevent injuries and ensure you get the most out of your workout.



1. **High knees**
2. **Mountain climbers**
3. **Burpees**



2. **20 seconds** **Mountain climbers**
40 seconds rest





3. **20 seconds Burpees** 40 seconds rest

Repeat this circuit 5 times, making a total of 15 minutes. If you find this too easy, work for 30 seconds and rest for 30 seconds.



Cool down

Cooling down is really important for your muscles and joints. Have a slow walk to let your heart rate return to normal. Static stretching or foam rolling can really help reduce your muscle soreness. You may find you experience DOMS (Delayed Onset Muscle Soreness) after your first few sessions. This is totally normal and lasts between 24 and 72 hours. Don't worry, it will pass. It's just your body's way of letting you know you've worked hard, and it will reward you by growing stronger and leaner.

When do I do it?

HIIT cardio is effective at any time of day, so I always recommend doing it when you have the most energy. This could be in the morning or late in the evening.

How often do I do it?

You should aim to do HIIT 4 or 5 days a week for maximum results. If you can't manage that many workouts each week, that's fine – just do what you can and keep a good routine.

Good luck with your workouts. Remember to push yourself and aim to progress each week: with progression comes strength, and a strong lean body is exactly what you will earn. Be patient and be consistent. Rome wasn't built in a day.

Be patient
and be
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Rest days are essential for muscle growth and recovery and will enhance your results ,

PICK YOUR HIIT

You can use any of these ideas for your HIIT rounds. You can repeat the same move for all sets or use a combination to form a circuit. Remember, the key here is to work your ass off for 30 seconds and then rest for 45 seconds and repeat that 6 times.

- Running on the spot
- Mountain climbers
- Running on the spot with punches
- Star jumps
- Tuck jumps

Choose from any of the following exercises to build into your session

HIIT option

1. Running on the spot



HIIT option

2. Mountain climbers





HIIT option

3. Running on the spot with punches



HIIT option

4. Star jumps



HIIT option

5. Tuck jumps



Bodyweight HIIT

This workout is equipment-free, so you can utilize your own bodyweight to elevate your heart rate, improve your cardio and start to burn body fat.

Bodyweight workout

24 minutes
4 rounds
40 seconds work
20 seconds rest

1. Running sprints

Run up and down on the spot as fast as you can. Lift knees high, keep your back straight and pump your arms to accelerate.



2. Mountain climbers

Start in a high plank position. Look down towards your hands and keep your back flat. Then drive your knees towards your chest as fast as possible.



3. Squats

Place your feet in a comfortable position that will allow you to squat down while keeping them firmly flat on the ground. Sit low and drive through the heels to stand up. Repeat fast.



4. Lunges

Start with both feet together, then step forward with one foot and bend both knees into a lunge. Aim to keep your back straight. Alternate each leg.



5. Press-ups

Start in a high plank position. Keep hands narrow and elbows close to the body. Lower yourself down towards the ground and push back up, fully extending your arms.



Alternative Spiderman

If you find standard press-ups too easy, then try this spiderman alternative. As you lower towards the ground, drive your knee out sideways towards your elbow. Beware: These are tough!

