

# HIIT

## *Exercise Plan*

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### **OVERVIEW & PURPOSE**

HIIT is high intensity interval training. A period of high intensity is followed by a shorter period of time of either lower intensity or rest. HIIT are typically shorter overall workouts that get the heart rate up.

### **MATERIALS NEEDED**

1. No equipment
2. Just a can do attitude

### **MOVEMENT PLAN**

*Warm up x2*

1. Jumping Jacks x10
2. Forward Lunges x10
3. High Knees x10

Circuit #1 30 seconds on 15seconds rest x2

1. Push up
2. Squat
3. Plank

Rest 1 Minute

Circuit #2 30 seconds on 15 seconds rest x 2

1. Shoulder Taps
2. Alternating Lateral Lunges

## Cool Down

1. Figure 4 stretch
2. Cross body arm stretch