



HIIT

Your Complete Guide to Using High Intensity Interval Training to Burn Fat!!!



Advanced Concepts With Intervals For Fat Loss

In recent years with the bombarding of the fitness world with various High Intensity Interval Training (HIIT) techniques, many people have been trying to jump on that bandwagon due to the popularity of programs like Crossfit, P90X, and Insanity. Funny thing about that is the fact that most of these people are acting like the benefits of high intensity exercise is something new. They are portraying that they are on the cutting edge with this concept; but understanding how they work and how to apply them are two different things. Since most people attempt to use them for fat loss or want a way to be able to use them instead of regular long slow continuous cardio/aerobics, I'll throw a few ideas around so that you can build your own HIIT program for fat loss.

The main thing that most people wanting to perform intervals need to understand is that in order for this type of training to work, an intensity threshold needs to be crossed. In other words, if you're afraid of hard work, or your body (or mind in most cases) for some reason is unable to work at a high intensity, don't waste your time. In order for these to work, you must perform your work, or sprints at an intensity high enough so that your body can produce high levels of lactate, and for the levels of lactate within the body to be higher than the ability for your body to clear it from the system, so that it builds up within the body. You also need to perform at a high enough intensity so that the body recruits enough muscle to perform the task so that lactate levels can not only elevate high, but also very quickly. Now even though deep breathing occurs, and the muscles start to burn, this is a sign of the magic starting to happen. I'm referring to this as magic because most people think of exercise in terms of calories in and calories out.

Research shows that you'll start to make your body respond to HIIT in a very favorable way by increasing hormones that will get your leaner (Gray, Telford, & Weidemann, 1993), or will have you burn more body fat (up to twice as much fat loss with only 20 percent of the invested time as aerobic exercise) during a much shorter period of exercising, even though you burn more calories with the higher volume of work (Tremblay, Simoneau, & Bouchard, 1994). There is also research that shows that your metabolism stays elevated longer after you leave the gym, so that you're burning extra calories up to 36 hours

(Schuenke, Mikat, & McBride, 2002), and there are studies showing that the HIIT can play a role in losing that unwanted abdominal fat (Heydari, 2012) (A.Mourier, 1997) (Boucher, 2010). The point of all this is that you need the intensity to get high enough to where you cross the anaerobic threshold, where your body's ability to supply oxygen, can't meet it's demand for oxygen, and you'll want short rest periods in order to make this happen.

The research studies used intervals such as 8-second sprints with 12 second rests for 20 minutes, 15 second sprints/15 second rests, and 30 sec sprints and 30-second rest periods, or even perform Tabata's with 20-second sprints/10-seconds rest. Fortunately, there are many ways that you can perform this in addition to running wind sprints, bike or elliptical at your gym, push or pull a sled/prowler, use a rower, Versaclimber, or perform farmers walks, just to name a few. If you use the electronic bike, or elliptical, you'll want to turn up the resistance during your sprints so that you'll have to recruit more muscle during your sprints. Which will lead to you creating a bigger burn and more fat loss. I also like using sleds or running up steep hills, or the electronic bike, elliptical with high resistance because it reduces the injury potential, especially for overweight or obese people because overcoming the resistance (or the steep incline) reduces the force of the impact because the person doesn't travel at a high speed.

Outside of intensity of the sprints, which is one of the most important variables, you'd want to monitor your work to rest ratios. In the beginning of your journey into the world HIIT, you might need to start by building up your ability to reach that high level of performance, or intensity. This is what we call anaerobic power (there are different types of anaerobic power, and it'll depend on which energy system you're working in) After that; you'll want to improve your ability to perform at that high intensity for multiple attempts, trials, or multiple intervals. This is what we call anaerobic capacity. So if you're starting out, because you don't have a high capacity for this type of work, you may need a bigger work to rest ratio. For example, someone trying out HIIT training for the first time may need to rest for two minutes, after a high-intensity all out 30 second sprint (1:4, work to rest ratio). Someone else that has little more experience, or that wants to be a little more aggressive with the HIIT for fat loss, might perform that same 30-sec. all

out sprint with only 1-1 ½ minute rest (a 1:2 or 1:3, work to rest ratio.) The thing that you have to keep in mind is that HIIT works because it makes you produce lactic acid. Another thing that you'll want to think about is that lactic acid is produced by the body when you burn glucose by working at a high intensity (above 70% of your max), and the amount of oxygen that the body can supply it with, can't meet your body's demand for it. So it works to your advantage to get to the point where you can handle smaller work to rest ratios.

If you're trying to go at your fat loss aggressively using intervals, you can insert a rest period after a certain amount of sprints/reps so that you allow for some lactate to clear and you can perform at a high level again or repeat the intervals for a second set. For example, let's say I push the prowler with 180 lbs using the 15-sec sprint/15-sec rest protocol. After 8 sprints, I could rest for 2 minutes and then do 8 sprints again. This way you can still make your body produce higher amounts of lactic acid like it would by working at a lower work to rest ratio, and before it becomes too much, take a break that will allow the lactic acid to clear, performance to return, but maintain the intended work to rest ratio. For example, in the 15-sec work/15-sec rest protocol, 8 after 8 sprints, 4 minutes of time have passed (2 minutes work and 2 minutes rest), now because I'd have to be working at a really high intensity to only be able to work for 15 seconds, I'll need a longer work to rest ratio even though I'm in good shape with a high work capacity. So in order to make sure I don't make aerobic endurance like adaptations and lose strength, I can take that 2 minute break I previously mentioned, after the 8th sprint, for a 1:2 work to rest ratio, and but I'll produce more lactate than I would've if I was using the textbook 1:2 work to rest ratio, but because I'm working at a higher intensity, with inadequate rest during those 8 sprints, produce more lactic acid before I'd finally take a break for my body to clear all of those waste products. Remember, this is an advanced example, but if you get the gist of what I'm saying, this technique can be applied at any level. To continue making progress, I can perform more sprints before I take a break, increase the amount of weight in the sled, and/or reduce the amount of rest during the break.

Examples of HIIT Workouts

Beginner's Program:

The thing with those starting out with intervals is that you'll want to avoid having them biting off more than they can chew, or hitting them with a sledgehammer. Some people need to work at it for a bit before taking on more aggressive programs. You don't need start out with the most aggressive program, especially if your journey to become fit is going to take a while due to having high body fat, or a low level of fitness, unless you're in a desperate hurry. But keep in mind that you'll be locked into more aggressive programming once you start adapting to more aggressive programming. If that's ok with you, then Get In Where You Fit In!!

Start with a 30 sec sprint and a rest period and 2 minute and 30 second rest period. The sprints should be all out for the period of 30 seconds, and then you can go easy for 2:30. This is a 1:5 work to rest ratio. If you want more of a challenge you could start with either a 2 minute or a 90 second rest period. Every workout you can try to gage your progress by challenging yourself in these ways:

- Take 5 seconds from the rest period, and add it to the sprint.
- If you're on a piece of electronic exercise equipment (elliptical, bike...) you can also increase the resistance during the sprint, then bring it back to normal for your rest/active rest period.
- If you need to have a work to rest ratio greater than 1:4 (ex. More than 2 minutes for a 30 sec sprint), you can also take 10 seconds off from the rest period every week until you get to a 1:3 work to rest ratio or better.
- Remember another way that you can be more aggressive within this beginner programming is to bring the work to rest ratio down to 1:3, 1:2, or even 1:1, then after at least 6 sprints/reps, you can take a break. For example, if you used 30 second sprints, with 60 seconds rest, and you performed 6 reps before you could no longer complete a 30 second sprint, you could take a break from the sprints for 3 minutes (Which would bring the work to rest ratio up to 1:3, but have additional benefits), and then continue. This technique would also be great if you used boxing/punching a

bag for your HIIT workouts. At this point you could work on completing more sprints/reps before you take a break, and make them more difficult once you reach 12 quality sprints/reps. I recently did this using the 15-sec sprint/15-sec rest with pushing the sled. I had moved up from using 180 lbs., to using 205 lbs. in addition to the weight of the sled, and my reps had dropped down to 8 before I needed to take a break. I got to the point where I could perform more than 12 reps before I needed a break, so I tried to turn it up a notch by trying 30 sec sprints, with 30 sec rest, and I failed miserably. So instead of reducing the weight and moving to 30 on/30 off. I increased the resistance to 225 lbs. of extra weight, and got to a point where I could only perform 8 sprints/reps. Remember, intensity (the amount of resistance overcome) played a larger role than volume (the amount of work performed) when using HIIT to get lean.

Intermediate Program:

At this level you should be able to handle at least a 1:3 ratio of work to rest ratio. I sometimes use 20-second sprints, with 40-second rest periods. If you hadn't noticed, I have a thing for making work: rest ratios round out to the nearest minute because I tend to use the clocks on the electronic equipment. This isn't necessary. You could also get a Gymboss or Everlast Interval Timer. But, whichever timer you choose to pick up, you want to make sure that you can program the work to rest ratios and have the ability to change them as you need to. You could also employ some of the tips that allow you to work more aggressively. Which would also work well on the intermediate level if you used to treadmill, because if you go all out, but can't match the speed required to go all for the whole rest period, you'll fall off the treadmill, so you'll need to use shorter rest periods to work around that. This is why I'm not a treadmill fan, but that previously mentioned technique of shorter ratios, then a break after at least 6 reps, but no more than 12 will make this work. If you can perform more than 12, it's too easy.

Another thing about interval training and most electronic equipment, I NEVER use their programming for HIIT workouts. You either get the preprogrammed interval program where the sprints will be too low

because they try to build up to a peak and then bring you back down slowly which, and/or the random one where there's no control over your work to rest ratios. You want control so that you can gauge your own progress, and get the workout that you'd need in order to keep getting results. You need your highs to hit a certain point for that specific amount of time, and you need your rest to drop below a certain level or heart rate so that you'd recover in the amount of time that you need to recover. HIIT program variables need to vary from person to person because recovery from exercise is an individual thing and cookie cutter programs won't deliver great results for everyone. My girlfriend pushes a sled with 135 lbs. in it, but I need at least 225. If we switch places with weight it doesn't work because my weight might be too heavy for her to move for a longer enough period of time, and her weight would be too light for me to work at the required intensity to make the magic happen. Women tend to be able to recover from shorter rest periods better than men, so she'd be able to work at the 30-sec. sprint/ 30-sec. rest at the same intensity level better than I could.

Advanced Programming:

For advanced programming, you have to think outside the box a little. Even though the work to rest ratios is smaller, the effects can magnify due to the increased level of intensity. If you use the 8/12, 15/15, or Tabata's (20/10) sprint/rest HIIT programs, because the sprints are so short, that leaves much more room for the intensity to increase. At extremely high intensities, it takes much longer to recover because you also need to nervous system to recover, so that it can recruit the extra muscle needed to perform these tasks. So after moving an object at 80+% level of intensity for 3-5 sprint intervals for 10, 20 seconds rest/sprint will seem like a drop in the bucket. It might not seem like a big deal during the 1st rep or 2, but the effects will pile up on top of each other by the time the total of your sprints hit 40-second mark. If it doesn't, you're either not overcoming enough resistance, or you're not going all out like you're supposed to.

Wingates

This technique originated as a test for in exercise science to measure anaerobic power and/or capacity. But, you can also to apply this technique to HIIT in order to improve general fitness. Here's how it's done:

1. Start with a 5-minute warm-up at half of the bike's max resistance.
2. After 5 minutes, pedal as fast as you can for 10 seconds.
3. Then, increase the resistance to the max and still pedal as fast as you can. Continue this for 20 seconds.
4. Go back to an easy pace and resistance for 90 seconds.
5. Repeat steps 2 to 4 until you hit 15 minutes.

Now I've flipped this technique so that people with lower levels of fitness, or those who aren't strong enough to perform sprints against the full resistance of the equipment they're using can still get a great workout. You can still use the warm-up previously outlined, but instead of constantly trying to increase the resistance during the sprint, you find the maximum level that you can perform a sprint against for the 30 seconds. The key is to fight fatigue to last the whole 30-seconds. Most people will try to work around this and keep the resistance low just so they'll make the 30-seconds, but the point is not to fill the time period, it's about working at a high intensity. It'd be better to only hit 20 seconds, and work your way up, than it would be to "play it safe," with a resistance that's too low to get your heart rate high enough. Just like in the original Wingate Technique program, you'll rest for the required rest period, and then repeat. Here's some video of me actually explaining how I set this up for all of the HIIT sessions using electronic equipment. <https://youtu.be/QCBmvjEn0Ws>

Heart Rate Monitors and HIIT

I think that most people that perform HIIT workouts and use programmable heart rate monitors, aren't maximizing the use of that device. First of all, they use generic formulas for heart rate, and they use this generic formula for long slow continuous aerobic exercise, and neither one of these techniques will bring you the benefits that HIIT does, without the heart rate monitor. So if you have a heart rate monitor, I have two words for you. Karvonen Formula.

Karvonen formula is designed for people individualize their cardiovascular exercise based on THEIR personal fitness level, not that

of some theoretical average person that maybe more or less fit than the person using this formula. That'd be like me using a program that got a guy that weighs 200 lbs. to increase his deadlift from 135 to 225 for a 1-rep max, when I can already deadlift triple my bodyweight for reps! I'm too advanced for that program.

Here's how you use the Karvonen Formula to help you personalize your HIIT program. First of all get your resting heart rate (RHR). You do this by taking your pulse either from your wrist, or from your carotid artery in your neck. You can count your pulse for 15 seconds, and then multiply times 4. For the most accurate reading, you'll want to do this as soon as you wake up, but before your feet hit the floor. But, if this is too difficult just do take your pulse during the day without taking any fat burners, or far away from your workout. Then you plug it into the following formula and I'll use myself as the example:

220- (your age. I'm 41)= 179 (Max Heart Rate or MHR)
MHR - Resting Heart Rate (RHR, mine is 56) 179- 56= 123 which is called my Heart Rate Reserve (HRR)

You use the HRR to determine your zones for your heart rate. Unlike using the aerobic model, you want to use them to gauge recovery. So you know that the minimum intensity require to make all the magic happen is 70% so you won't want your max to set for anything lower than 70%. In this case with me being the example I'll use 80% as the level I want my heart rate above and maybe 65-70% as the number I want it for fall below before I start the next sprint/work period or series of sprints. So with that in mind, I'll continue with the calculating:

65%= {HRR (123) x .65}+ RHR (56)= 136

When my heart rate drops to 136 or less, I'm ready to go. So I'll repeat this for 80% in order to find the zone where the magic happens for me.

80%= [123 x .8] + 56= 154

So I might increase resistance along with a high intensity effort to make my heart rate rise above 154 during my sprints. Then I take a break until my heart rate drops below 136. As I get into better shape, it will take less time for me to recover, and/or you can also use higher

intensity zones. You'll want to start with a 5 minute warm up to get your heart rate to climb a bit then level off. So you can properly assess what level of intensity it will take to put you in the zone so that you won't overwhelm yourself, because the heart rate doesn't elevate right into your zone if you do this without a warm-up. If it takes 2 minutes for you to get into your zone then after maybe 10 reps it takes more than 2-minutes and 40 seconds, then you're done for the day. This is the critical drop off, and you don't want it to take more than a 20% longer, or a 20% reduction in force produced, or distance covered, because it will make it harder for you to progress and improve yourself for them next workout.

90-Day Fat Loss Programs for Intervals

I'm going to divide these interval-training programs so that you can best match the protocol to your current situation. Some people, due to having more experience with exercise, or because they have a goal they'd want to reach as quickly as possible, will use the programs that are a little more aggressive than normal. Others might need to work their way up to the more difficult protocols, and because they have a longer way to go can start with less aggressive programs, and then move on to more aggressive programs as time progresses.

I like using the bike, ellipticals, versaclimbers, sleds/prowlers, or even wind sprints (if you're healthy, and really up for a challenge) for these intervals. Boxing (hitting a punching bag) also works well, but it might be extremely tough to recover from when you use the aggressive protocols. With treadmills the safety is an issue because if you can't hit that speed that puts you in the right place, you fall. Treadmills also take time to get to the desired speed, so you'll either need to have less rest, or cut the sprint period down (which is a NO-NO and results in you losing benefits from doing things wrong) in order to adjust. With many of the other electronic exercise equipment, you can hit a button, and the resistance changes instantly.

I like using higher resistance instead of using bodyweight and moving faster because once you start moving at higher speeds, the amount of forces involved increases dramatically. Most people have at least 20 extra pounds of body fat that they're carrying, without the strength to match. 10 lbs extra is a huge increase in forces absorbed, and if you're not strong enough to deal with it, those forces act on your joints, not your muscles. So if you increase the resistance on electronic exercise equipment, put more weight on the sled, or even run uphill, you can reduce how much these forces act on the body by spreading them out over a longer period of time, due to your foot being on the ground for a longer period of time.

Stage 1

Beginner Program	
Work/ Rest	30 sec/2 min
Maximum Time Spent	30 minutes
<p><u>Notes:</u> The goal here is to work towards being able to stretch out the length of time that you can work, and/or cut down the amount of rest. As you progress, if you can sprint for 60 seconds, increase the resistance, to make it harder, or reduce the rest more. If it's hard for you to complete 30 minutes, start with at 15, and work your way up.</p>	

Intermediate Program	
Work/ Rest	40 sec/80 sec, or 20 sec/40 sec
Maximum Time Spent	25 minute
<p><u>Notes:</u> The goal here is to progress towards making getting either the work rest ratio smaller than 1:2 or 30 second sprints with 45 second rest periods, 20 second sprints with 30 second rest periods, or 45 second sprints with 70 second rest periods. IF you choose a shorter sprint, you'll be able to sprint harder, and you'll require more rest. So don't think the 20-second option is easier</p>	

Aggressive Program	
Work/ Rest	8 sec/12 sec
Maximum Time Spent	20 minute
<p><u>Notes:</u> Because the work period so short, you can go actually go all out, on these and the interval will end before the fatigue shuts you down. So it might take 3-4 intervals before burn kicks in. But just like in the intermediate program, working at a higher intensity will require much more time to recover.</p>	

Stage 2

Beginner Program	
Work/ Rest	20 sec/40 sec, or 30sec/60 sec
Maximum Time Spent	25 minute, or 3 sets of 12 sprints
<p><u>Notes:</u> This is going to look like the 1st stage of the intermediate program, but it isn't. The work to rest ratio appears to be 1:2, but you'll take an additional rest after at least 6, but no more than 12 sprints. If you can't perform 6, the resistance is too high, and if you can perform more than 12, it's not enough. When your performance declines to where it's difficult to perform the sprint, you'll take the amount of sprints you have performed at that point, and multiply that times how long you sprint each interval, and that will be the amount of time in seconds, that your rest period will be before continuing. For example if you performed 6 20-second sprints, you'll rest for 120 seconds, or 2 minutes, before starting the next set of sprints.</p>	

Intermediate Program	
Work/ Rest	20 sec/30 sec, or 30 sec/45 sec
Maximum Time Spent	18 minutes
<p><u>Notes:</u> The work to rest ratio appears to be 1:1.5, but you'll take an additional rest after 10-12 sprints you'll rest for 120-180 seconds, before starting the next set of sprints.</p>	

Aggressive Program	
Work/ Rest	10 sec/10 sec, 15 sec/15 sec, or 30 sec/30 sec
Maximum Time Spent	18 minutes
<p><u>Notes:</u> After 10-12 reps take a two-minute break, before starting your next set. If you work 30 sec on/30 sec off, Take a 2-minute break after 6-8 sprints.</p>	

Stage 3

Beginner Program	
Work/ Rest	20 sec/30 sec, 25 sec/35 sec, or 30 sec/45 sec
Maximum Time Spent	18 minutes
<u>Notes:</u> After 6-8 reps take a two-minute break, before starting your next set.	

Intermediate Program	
Work/ Rest	10 sec/10 sec, 15 sec/15 sec, or 30 sec/30 sec
Maximum Time Spent	15 minutes
<u>Notes:</u> After 10-12 reps take a three-minute break, before starting your next set. If you work 30 sec on/30 sec off, Take a 2-minute break after 6-8 sprints.	

Aggressive Program	
Work/ Rest	8 sec/6 sec, 20 sec/10 sec, or 10 sec/5 sec
Maximum Time Spent	15 minutes
<u>Notes:</u> After 10-12 reps take a two-minute break, before starting your next set. If you work 30 sec on/30 sec off, Take a 2-minute break after 6-8 sprints.	

Total Body and Metabolic Resistance Training Guide

HIIT, or High Intensity Interval training has now evolved to the point where it isn't just about doing sprints and using sleds, it also includes bodyweight/calisthenics and strongman exercises. Even traditional weight training exercises performed as a circuit can become a HIIT workout. But the all the rules and concepts mentioned earlier in the Traditional HIIT section still apply when incorporating these types of exercises into their HIIT workouts.

One of the things problems that I see with people doing whole body workouts for fat loss is that most of the workouts use the wrong type of exercises. If fat loss is your primary goal, having your program being made up of mostly isolation exercises is going to make your ability to achieve success on your journey to building a better body much more difficult. Research shows that in order to put yourself in the position to burn fat around the clock, you'll need to either use large muscle groups, or muscle groups that will require move multiple joints, like deadlifts, squats, chin-ups, bench press. The more muscle you move, the oxygen your body your body had to use during your workouts, and if the intensity is high enough, you've put yourself in the position where you can make that magic of fat loss without even when you're not in the gym (I go over this in detail in the "Maximizing Your Time and Efforts During Your Workouts" guide). To make a long story short, isolation exercises don't require your body to use much oxygen for the most part. 90% of the time, you won't want to perform triceps kickbacks instead of dips, or trade squats and lunges in for hip adduction (those inner thigh/groin exercises) and abduction exercises. For the most part, those would be exercises that will provide the finishing touches to your body when your close to achieve your dream body, but if your starting out with high amounts of excess body fat, they won't get you there.

Intensity, Intensity, intensity... and by the way, you should also work out intensely too. See because most people perform whole body workouts of various types (this also includes metabolic resistance workouts) to get around working hard. You still need to perform workouts that are challenging to you, and continuously search for ways to raise the bar, or push yourself to perform better during your workouts. The cool thing about whole body workouts for fat loss is that instead of feeling all that burning while you're working out in your legs,

and that causes those muscles to shut down, you can for example superset it with lat pulldowns/chin-ups and the work and the fatigue will spread all over the body. The legs will also be able to recover while you work your lats, but you'll still be working hard, and still provide that magical environment that magic we need for fat loss to occur to happen.

Once you've got the exercise selection and the workout intensity under control, you'll want to pay close attention to your rest periods. Now here's one thing that you need to know about workouts and rest periods: You can perform the same workout in multiple ways, while making it more difficult, just by altering when you take the rest periods. For example, let's say you had these two exercises:

	Sets	Reps	Tempo	Rest
A1) Squats	3	10-12	32X0	45 sec
A2) Chin-ups	3	10-12	30X2	45 sec

In this example, you would perform a set of squats (A1), rest 45 seconds, then perform a set of chin-ups before resting another 45 seconds, before repeating this process 2 more times. But what if I changed the process and had you perform these two exercises back to back without any rest until you performed each exercise twice, with only enough time to change exercises (about 10-15 seconds), and after two sets of each, rest for 2 minutes, or rest for 3-4 minutes after 3 sets. Or you choose the two-set method earlier mentioned twice, with two 2 minutes rest between each double superset of each exercise? You stretched out the amount of time that you're performing the work (Time under tension, TUT), and because of this, you'll be producing more lactic acid, and that will lead to more GH, and eventually continued fat loss. It's a tougher program to complete, but it also gives a bigger reward if you're either mentally tough enough to get through it, or ready for this type of a workout. The point is that I wanted to open your mind to the fact that the same exercises can be performed in different ways to make the workout either more or less difficult. If you want more information about ways you can spice up your HIIT workouts, you can check this video out <https://www.youtube.com/watch?v=eXRxfDi-ks>

HIIT 1

This workout is designed to be performed with density in mind. You will try to perform as many sets or reps of this circuit in the allotted time

period. To move forward, you can work to complete more work done in the designated time period, slightly increase the weights (if possible), or increase the time period. This video on Escalating Density Training <https://youtu.be/cxvqtgZjiHU> should give you a little more insight on how to perform these workouts

Exercise	Rep Max	Reps Performed	Time	Notes
A1) Explosive Lunges		8	---	
A2) Renegade Rows		8	---	
A3) Inchworm		8	---	
A4) Suspension Leg Curls		15	---	Or Swiss Ball Leg Curls
A5) Suspension V-Ups		15	20 Min	Or Swiss Ball V-Ups

HIIT 2

Exercise	Rep Max	Reps Performed	Time	Notes
A1) Burpees		12	----	
A2) Thrusters	12	8	---	
A3) Alternating Hand Step-Ups		12	----	
A4) Toe Touch Plank		15	---	
A5) Glute Bridge	15	10	20 Min	

HIIT 3

Exercise	Rep Max	Reps Performed	Time	Notes
A1) Backwards Drag		8	---	At 90-degree knee bend
A2) Explosive Rows		12	----	
A3) Kettlebell Swings	25	20	----	
A4) Bicycle Crunches	35	25	---	
A5) Push-backs		12	20 min	Or Shoulder Press

HIIT 4

Exercise	Rep Max	Reps Performed	Time	Notes
A1) Box Jumpover		12	---	
A2) Banded Pulldowns		10	---	Each side
A3) Push-Up Shuffle		5	---	Each side
A4) Sumo Deadlift	15	10	---	With Kettlebell or DB
A5) Reverse Crunch		15	20 min	

HIIT 5

Exercise	Rep Max	Reps Performed	Time	Notes
A1) Cornerback Sprints		2*	---	
A2) Crawl & Drag		8	---	Each side
A3) Thrusters	12	8	---	
A4) Hip Thrust	12	8	---	
A5) Toes to Sky		8	20 min	5-Sec Holds

Back and Forth=1 rep

HIIT 6

This workout is an Escalating Density Training Workout. Here's an explanation of that concept. <https://youtu.be/cxvqtgZjiHU>

Exercise	Rep Max	Reps Performed	Time	Notes
A1) Overhead Toss & Sprint		8	---	
A2) Box Jumps		12	---	Each side
A3) Thrusters	12	8	---	
A4) Crawl & Drag		8	---	
A5) Bicycle Crunch		30	20 min	5-Sec Holds

HIIT 6

Exercise	Reps	Time	Rest	Notes
A) Banded Sprints	3	10 sec	20 sec	Or 20 sec/40 sec rest
B) Deadmill Sprints	10	10 sec	20 sec	
C) Speed Skaters	5	4*	10 sec	*Each side
D) Jog (Cool Down)	1	3-4 min	---	

Tabata Style HIIT Workouts

These are all performed for 20 seconds on, with a short 10-second rest break before before repeating. Tabata's typically run for 4-minutes. But you can perform them for 8-minutes, then repeat after a break of a minutes. Make sure that you don't sacrifice intensity just to be able to focus on getting through them. A balance between intensity and endurance must be maintained, because Tabata's are supposed to be performed at a high percentage of your maximum heart rate.

Tabata 1

Exercise	Sets
A1) Ball Slams	2
A2) Burpee	2
A3) Toe Touch Plank	2
A4) High Knee Sprints	2

This is set so that you'd perform each exercise twice in the circuit in order to make the 4-minute minimum.

Tabata 2

Exercise	Sets
A1) Ball Slams	2
A2) Burpee	2
A3) Toe Touch Plank	2
A4) High Knee Sprints	2

Tabata 3

For someone that's willing to perform these at least for 12-minutes

Exercise	Sets
A1) KB Swings	2
A2) Alt. Hand Step-Ups	2
A3) Ground & Pound	2
A4) Modified V-Sit	2
A5) Row to High Pull	2
A6) High Knee Sprints	2

Tabata 4

Deadmill Sprints- Not all treadmills move when they're not turned on, but you'd perform the sprints on a "dead" treadmill, without the power turned on. 20 sec on/ 10 seconds off.

Metabolic Meltdown Bodyweight Blazing Workouts

These workouts are designed to be done without workout equipment, but still allow for you to achieve maximal fat loss. You must move between exercises as fast as possible, or take as small of a break as you can. You're trying to achieve the target number or reps for this circuit but spend as little time possible. Each time you repeat the workout, your goal is to improve upon the time that it took you to finish that workout by 10%, or perform 10% more work than you did in the previous workout. If you performed 500 reps in a workout and it took you 30 minutes to do it. You have three options for your next workout. You can either perform 550 reps in the next workout, 33 minutes of work, or attempt to finish the workout in 27 minutes.

Now with these workouts, you can split them into 3 exercise giant sets, in order to keep you a little closer to your equipment in case you work out in a crowded gym, or it can also make the program a little easier for you. You can use the information provided in the example about rest

periods to help you cater the rest periods to your current fitness situation. You should rotate these workouts to fit your 3 or 4 day/week workout schedule.

Workout 1

Exercise	Suggested Reps	Total Reps
A1) Jump Squats (deep)	7	100
A2) Bicycle crunch	40 each side	400
A3) Pushup	8	110
A4) 1-Legged Glute Bridge	7 ea. side	90 ea. side
A5) Inchworm	5	50
A6) Lateral Leg Lowering	6	50
Total Reps:	73	800

Workout 2

Exercise	Suggested Reps	Total Reps	Notes
A1) Burpees	8	120	
A2) Modified V-Sit	8	100	
A3) Lying Supine, Single-Leg Hip/Thigh Extension	4 each side	60 each side	Foot Elevated or (King Deadlift)
A4) Push Backs*	10	120	
A5) Side Plank Crunch	10 each	100 reps	
A6) Lunges	15	200	
Total Reps	55	700	

* For the Push-Back, you'll want to be bent over at the waist at a 90-degree angle with your head slightly tucked forward and perform push-ups but the movement will actually mimic a behind the neck shoulder press. It's important to keep that 90-degree angle. Remember to also record your reps for each set.

Metabolic Meltdown Level II A Little Static Never Hurt Anyone!

These workouts are designed to be done very minimal workout equipment, but still allow for you to achieve maximal fat loss. You must move between exercises as fast as possible, or take as small of a break as you can. You're trying to achieve the target number or reps for this circuit but spend as little time possible. Each time you repeat the workout, your goal is to improve upon the time that it took you to finish that workout by 10%, or perform 10% more work than you did in the previous workout. If you performed 500 reps in a workout and it took you 30 minutes to do it. You have three options for your next workout. You can either perform 550 reps in the next workout, 33 minutes of work, or attempt to finish the workout in 27 minutes.

Now with these workouts, you can split them into 3 exercise giant sets, in order to keep you a little closer to your equipment in case you work out in a crowded gym, or it can also make the program a little easier for you. You can use the information provided in the example about rest periods to help you cater the rest periods to your current fitness situation. These workouts should be alternated in order for you to get your 3-4 workouts/week.

Workout 1

Exercise	Reps	Total Reps	Notes
A1) Double Barrel Squats	30	210	Every 10 reps, you'll perform a 10-second hold in midrange (middle of the rep). https://youtu.be/tUp08zuMZ9I
A2) Lying 1 ½ DB Rows	6	42	You'll perform a row lying against the bench. Once you bring the weight up to the top or the fully contracted position, You'll lower the ½ way (down to where your elbows are parallel to the ground), back up again, then all the way back down. This is ONE rep. On every 3 rd rep, you'll hold the weight at the top, or the fully contracted position for 6 seconds, and then at the halfway point for about 6 seconds before lowering it.
A3) Lying Supine, Hip/Thigh Extension	8-10	50-70	Feet Elevated. Beginner's use 2 feet, advanced exercisers, use 1 foot. On every 3 rd rep, hold the top (fully contracted) and the halfway point of each rep for 7 seconds.

A4) 1 ½ Push Up	8-10	70-90	Feet Elevated. Start at the bottom of the movement. Push up until you reach the halfway point. Then lower yourself back down to the starting position, and then perform a full push-up. This is one complete rep of a 1-½ push-up. On every 4 th rep at the halfway point, hold this position for 6 seconds
A5) Rock Climbers	30 sec	4 min	
A6) Bicycle Crunch	60 reps	420 reps	(Optional) Each side

Workout 2

Exercise	Reps Suggested	Reps	
A1) Front Squat & Press	8-10	50-70	3-second negatives on both the squat and the press.
A2) Chin- ups	6-8	40-50	Cheat up using feet or kipping, Control negatives
A3) KB or DB swings	10-12	70-85	
A4) Bench Press	6-8	40-55	Super slow reps 3 seconds up, 2 second pause at bottom, 3 seconds down (323)
A5) Toe Touch plank	8-10	60-75	Put your feet up on a step between 18-30 inches high. You should be in the prone position (face down), with your elbows on the floor holding a planche. Then you'll alternate taking your left foot of the step, touching the floor, and returning it to the step, before repeating this process with the right foot. Each time you touch BOTH feet counts as one rep.
A6) Farmer's Walk (40-50m)	1	6-8	You can also perform this holding DB's, weighted plates, or a deadlift bar. If none of these things are available you could run a 200-meter sprint.

Day 1

*On A5 the cable can be used but the weight must be loaded up to where you can run out as far as you can and still be safe, then slowly walk back only to run out again. Hold handles against your chest as you charge forward. Once again, the weight must be heavy. You'll perform 6-8 reps with rep being the sprint out and the resisted walk back. You are supposed to use your legs to do the work and not push or pull with your arms.

Exercise	Sets	Reps	Rest	Notes
A1) Burpees	4-6	10-12	----	
B2) Push Press	4-6	6	----	Behind the Neck or Dumbbells with a neutral grip
B3) Cable Crunch	4-6	12-15	----	
B4) Cable Pull Through	4-6	8	----	Could also be KB swings
B5) Farmers Walk	4-6	10-12	2 ½ min	

A3 can also be Bicycle crunch 35-45 reps each side.

Day 2

Exercise	Sets	Reps	Rest	Notes
A1) Clean and Press	4-6	6-8	---	
A2) Row to High Pull	4-6	8-10	---	
A3) Explosive Twists	4-6	6-8	---	Alternate sides
A4) Woodchopper	4-6	10-12	---	With cables
A5) *Backwards Sled pull	4-6	50 feet each direction	2 ½ min	Legs must be at 90 degrees and you should push off with your toes.

* Same goes for A5 in day one, except for you'll face the machine and start off running or pulling backwards.

Exercise	Sets	Reps	Rest	Notes
B1) Cable Jump Squats	4-6	10	---	Hold handle or handles in hand
B2) High Pulley Explosive Pull-downs	4-6	6-8	---	Close neutral grip. Pull to chest.
B3) KB Swings	4-6	10	----	
B4) V-ups	4-6	10-12	2 Min	

Day 3

Exercise	Sets	Reps	Rest	Notes
A1) Explosive Step ups	6-8	10 -12 each leg	----	Foot of pushing leg on step. Alternate legs
A2) Plyo Push Ups (from knees up to step)	6-8	6-8	----	Start with hands on the ground. Push up explosively until your hands leave the ground and land on the step.
A3) Snatch Grip Deadlift	6-8	4-6	----	Feet elevated 4-6 inches
A4) DB Push Jerk	6-8	6-8	---	Neutral grip
A5) Rock Climbers	6-8	30-40 each leg	3 min	

Beginner's 90-Day Total Body Program

Workout Program #1

With this program, if you're a beginner, you'll perform each exercise of the grouping twice before taking the designated break. If you're more advanced, you can perform 3 sets, then move on, or take a break, and then up to 3 more before moving on. Every week reduce the rest period by 15 seconds. So in week 2 the rest period will be 105 seconds (1 minute, 45 seconds), week 3 it will be 90 seconds. Beginners will stop at 60 seconds rest period and stop at 4 sets (performing each super set of 2 exercises, twice). Intermediates lifters, and beginners that want to be more aggressive will start with a 90 second rest period, and by the 4th week have the rest period cut down to 45 seconds. These workouts should be rotated, and can be used up to 5 times/week depending on your recovery, but each workout should not be performed more than 6 times.

Day 1

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Goblet Squats	3-4	10+	30X0	---	On every 5 th rep, you'll hold the bottom position of the squat for 5 seconds.
A2) Cable Rows	3-4	10-12	30X2	2 min	
B1) Stiff Legged Deadlift	3-4	12-15	40X0	---	
B2) Push Press	3-4	10-12	----	2 min	Can be done with a bar, or with dumbbells
C1) Modified Inchworm	3-4	6-8	----		
C2) Bicycle Crunch	3-4	30-45	----	90 sec	Each side

Day 2

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Deadlift	3-4	12-15	31X0	----	
A2) Lat Pulldowns	3-4	10-12	30X2	2 min	Close Neutral Grip
B1) Explosive Push-up	3-4	8-10	----	---	
B2) Lunges	3-4	15-20	20X0	2 min	
C1) Lateral Raise	3	10-12	20X1	---	
C2) Alternating Hand Step ups	3	10-12	X0X0	2 min	

Day 3

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Burpees	3-4	10-12	X0X0	----	
A2) B-Pak Pullovers	3-4	10-12	40X0	2 min	Can also be medicine ball slams, or hitting the tire with a sledgehammer
B1) Kettlebell Swings	3-4	15-20	X0X0	----	
B2) Incline Bench Press	3-4	10-12	31X0	2 min	
C1) Double Barrel Shoulder Press	3-4	30	21X0	---	
C2) Cable Crunches	3-4	12-15	30X0	90 sec	
D1) Alternating Hand Step up	3-4	10-12	X0X0	----	
D2) Speed Skaters	3-4	12-15	X0X0	60 sec	

Workout Program #2
Days 1 & 3

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Squats	3-4	10-12	31X0	----	
A2) Rows	3-4	10-12	40X0	----	High Pulley, or DB
A3) Stiff Legged Deadlift	3-4	12-15	41X0	----	
A4) Thrusters/Push Press	3-4	10-12	21X0	2 min	
B1) Modified Inchworm	3-4	8-10	----	----	
B2) Leg Curls	3-4	6-8	41X0	----	
B3) Bicycle Crunch	3-4	40-50	----	----	Each side
B4) Push up	3-4	AMRAP	31X0	2 min	

Days 2 & 4

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Deadlift	3-4	15-20	21X0	----	
A2) Meadows Row	3-4	10-12	30X2	----	Or DB Rows
A3) Shoulder Press	3-4	10-12	31X0	----	
A4) Step Ups	3-4	10+	20X0	2 min	Every 5 th rep stop just before foot hits the floor and hold for 5 seconds
B1) Overhead Triceps Extension	3-4	10-12	22X0	---	
B2) Lateral Leg Lowering	3-4	10-12	30X0	----	
B3) Lateral Raise	3-4	10-12	20X1	----	
B4) Alternating Hand Step Up	3-4	12-15	----	2 min	Start in planche position on both elbows

Workout Program #3

After the 1st week reduce the rest period to 90 seconds, then to 60 after week 3.

Days 1 & 3

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Rock Bottom Squat	3-4	10-12	32X0	---	
A2) DB Rows	3-4	12-15	30X2	---	Could also be suspension rows but the feet have to be far enough forward to make this tough
A3) Stiff Legged Deadlift	3-4	12-15	40X0	---	
A4) Arnold Press	3-4	8-10	31X0	---	Start with Neutral grip and twist until pronated
A5) Mountain Climber	3-4	30-40	AFASP	2 min	*AFASP- As Fast as Safely Possible. Start with 30-40 and increase when you can do more.
B1) Speed Skaters	3-4	10-12	----	----	Your intent is to create as much distance between the push off from one foot, to the landing of the other, & vice versa.

B2) Medicine Ball Slams	3-4	10-12	----	----	Pick up, and slam ball as fast as possible. Could also be Sledgehammer or B-Pak pullovers
B3) Push up	3-4	AMRAP	31X0	----	AMRAP- As many reps as possible
B4) Kettlebell Swings	3-4	15-20	----	2 min	

Days 2 & 4

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Bulgarian Squats	3-4	15-20	30X0	---	
A2) 1-armed Lat pulldown	3-4	10-12	41X1	---	
A3) Standing Broad Jump	3-4	8-10	----	---	
A4) 1 ¼ Push up	3-4	AMRAP	----	---	
A5) Bicycle Crunch	3-4	40-50	----	2 min	
B1) Landmine Press	3-4	10-12	30X0	----	Can also be Push Press
B2) Cable Squats or Jump Squats	3-4	15-20	30X0	----	No tempo if you use jump squats, and only use 10-12 reps.
B3) Modified V-Sit	3-4	12-15	AFASP	----	AFASP- As Fast As Safely Possible
B4) Full Contact Twists	3-4	10-12	----	2 min	Can Also be Alternating explosive twists done with cables.

Metabolic EDT
Workout 1

Exercise	Rep Max	Reps Performed	Tempo	Time	Notes
A1) Burpees	15	10	Explosive	15 Min	
A2) Cable Rows	12	8	20X1		
A3) Push Press	15	10	Explosive		
B1) Deadlift	15	10	31X0	15 Min	
B2) Push-Ups	15	10	30X0		
B3) Modified V-Sit	15	10	Explosive		

Workout 2

Exercise	Rep Max	Reps Performed	Tempo	Time	Notes
A1) Cable Pull-Throughs	20	15	30X0	15 Min	
A2) Row and Twist	12	8	Explosive		w/Rope
A3) Inchworm	10	7	----		
B1) Upright Rows	12	10	21X1	15 Min	
B2) Leg Press	15	10	31X0		
B3) Bicycle Crunch	25	20	----		

Workout 3

Exercise	Rep Max	Reps Performed	Tempo	Time	Notes
A1) Bulgarian Squats	20	15	30X0	15 Min	
A2) Renegade Rows	12	8	20X1		w/Rope
A3) KB Swings	20	15	----		
B1) Overhead Ball Toss	12	10	Explosive	15 Min	
B2) Ball Slams	15	10	Explosive		
B3) Goblet Squats	25	20	30X0		Continuous Tension

Metabolic Resistance Workouts Ladder Workout					
Complete the Reps of the Ladder before taking a break. Perform A1 for 12, A2 for 12, A3 for 20, then back to A1 for 10, A2 for 10... This is one set					
Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Speed Skaters	2-3	12, 10, 8	---	---	Each Side.
A2) Overhead Toss	2-3	12, 10, 8	Explosive	---	This can also be a Thruster
A3) Kettlebell Swings	2-3	20, 20, 15	----	2 Min	As fast as possible

Metabolic Resistance Workouts Ladder Workout					
Complete the Reps of the Ladder before taking a break. Perform A1 for 12, A2 for 12, A3 for 20, then back to A1 for 10, A2 for 10... This is one set					
Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Jump Squats	2-3	12, 10, 8	---	---	
A2) Row and Twist	2-3	12, 10, 8	Explosive	---	Can also be Renegade Rows
A3) Cable Pull-Throughs	2-3	25, 20, 15	30X1	--	
A4) Push-Ups	2-3	15, 15, 12, 10	30X0	2 Min	

Metabolic Resistance Workouts					
Ladder Workout					
Complete the Reps of the Ladder before taking a break. Perform A1 for 12, A2 for 12, A3 for 20, then back to A1 for 10, A2 for 10... This is one set					
Exercise	Sets	Reps	Tempo	Rest	Notes
A1) High Knee Sprints	2-3	25-sec	---	---	
A2) Renegade Rows	2-3	15, 12, 10	20X1	---	
A3) Push-ups	2-3	15, 12, 10	30X0	---	
A4) Sumo Deadlift	2-3	20,15, 10	----	2 Min	Or Kettlebell Swings.

Metabolic Resistance Workouts					
Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cornerback Sprints	4-5	2-4	---	---	10-meter forward sprint, then back pedal to the start. This is one rep.
A2) Row to High Pull	4-5	8-10	Explosive	---	
A3) Modified Inchworm	4-5	8-10	----	90 sec	As fast as possible

Metabolic Resistance Workouts Ladder Workout					
Complete the Reps of the Ladder before taking a break. Perform A1 for 12, A2 for 12, A3 for 20, then back to A1 for 10, A2 for 10... This is one set					
Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hopping Lunges	2-3	10, 10, 10	---	---	
A2) Lat Pulldowns	2-3	15, 12, 10	30X1	90 sec	
B1) Hip Thrust	2-3	15, 12, 10	10X4	---	
B2) Thrusters	2-3	10,10, 10	----	---	
B3) V-Ups	2-3	15, 12, 10	---	90 sec	

Metabolic Resistance Workouts Ladder Workout					
Complete the Reps of the Ladder before taking a break. Perform A1 for 12, A2 for 12, A3 for 20, then back to A1 for 10, A2 for 10... This is one set					
Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Burpees	2-3	15, 12, 10	---	---	
A2) KB Crawl and Drag	2-3	6-8	20X1	---	
A3) Push-ups	2-3	15, 12, 10	30X0	---	
A3) Sumo Deadlift	2-3	20,15, 10	----	2 Min	Or Kettlebell Swings.
B) Serrano Tosses	3	10-12 ea. side	Explosive	90 sec	