

2020 Reset: Workout #9

20 Minute HIIT workout

- Two 4-exercise circuits, complete one circuit twice, rest, then complete the second circuit twice (In the video I only did the first circuit once..oops)
- 45 seconds work: 15 seconds rest, with 1 full minute of recovery halfway through
- Work as hard as you can for the 45 seconds WITH GOOD FORM. Modify the exercises as needed so you don't hurt yourself

For intervals I use the free app Interval Timer. I have learned to set up the different circuits with different colors so I have a visual cue of when to move on. If you download this app, I've attached a screenshot of what it looks like when you set it up. The 6- minute cool down is just off the screen.

Full-body warmup, then:

1. **Circuit 1: 45 seconds work, 15 seconds rest**
 - a. 3-Pulse Split Squat then jump or step switch
 - b. W Pushups
 - c. Squat Jacks
 - d. Bridge Walkoutsrest

2. **Circuit 2: 45 seconds work, 15 seconds rest**
 - a. Speed skaters
 - b. Deadlift and Row with a band
 - c. Running woman
 - d. Plank with arm/leg lifts "around the world"Rest

Cooldown and stretch

45:15 is a 3:1 work:rest ratio. You could of course change your ratio. You want to be able to work hard every time the timer dings. If you need more recovery, you can shorten the work phase and/or lengthen the rest phase. So keeping each element at a minute long,

40:20 is 2:1 (working a little less and resting a little more)

30:30 would be 1:1 (resting a little more)

- Warm Up 05:00 >
- Interval Cycle #1 4 Sets >
High 00:45 / Low 00:15
- Interval Cycle #2 4 Sets >
High 00:45 / Low 00:15
- Interval Cycle #3 4 Sets >
High 00:45 / Low 00:15
- Interval Cycle #4 4 Sets >
High 00:45 / Low 00:15
- + Add New Cycle
- Rest Time 00:45 >