

Intermediate HIIT Weight Loss Plan

Target Audience: Best in the afternoon, motivated by classes

Monday:

HIIT Full Body

Warm-Up: Dynamic stretches, 5-min jog

Workout: 3 rounds - 30s Jump Squats, 30s Burpees, 30s Push-ups

Cool-Down: Static stretches

Watch: <https://www.youtube.com/watch?v=UBMk30rjy0o>

Tuesday:

Core & Light Cardio

Warm-Up: 5 min fast walk

Workout: 3 rounds - 20 Sit-ups, 15 Leg Raises, 30s Plank

Cool-Down: Deep breathing

Watch: <https://www.youtube.com/watch?v=AnYl6Nk9GOA>

Wednesday:

Group Fitness (Dance HIIT or Boxing)

Warm-Up: 5 min light cardio

Workout: Class-based session (30-45 min)

Cool-Down: Light yoga

Watch: <https://www.youtube.com/watch?v=4pKly2JojMw>

Thursday:

HIIT Lower Body

Warm-Up: Jog + mobility drills

Workout: 3 rounds - Lunges, Jump Squats, Glute Bridges

Cool-Down: Hamstring and quad stretches

Watch: https://www.youtube.com/watch?v=_Zem0_qsDg0

Friday:

Mobility & Recovery

Routine: Foam rolling + stretching (30 mins)

Watch: https://www.youtube.com/watch?v=2_L3sM1U8b4

Saturday:

Outdoor Fun HIIT

Warm-Up: Skipping or jumping jacks

Workout: 3 rounds - 1 min each: Sprints, Squats, Jumping Jacks

Cool-Down: Walking and breathing drills

Watch: <https://www.youtube.com/watch?v=ml6cT4AZdql>

Sunday:

Rest or Gentle Yoga

Routine: 20 min yoga flow or rest day

Watch: <https://www.youtube.com/watch?v=Qq8Uc5BFogE>

Tips:

- Stay hydrated and eat balanced meals to fuel your workouts.
- Adjust intensity or duration based on your current fitness level.
- Attend group classes for motivation and accountability.
- Perform HIIT in the afternoon when energy is highest.