



## Advanced Functional HIIT Session

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# Introduction



This advanced HIIT session will hit your whole body, so be ready to sweat!

This Advanced Functional High Intensity Interval Training is designed for people who have been exercising regularly 5-7 days a week for at least a year.

Remember:

- Any kind of movement is better than no movement. If some exercises are too difficult and you can't do them, scale down to easier versions!
- Watch your form. It's always better to do 5 push-ups in good form than 10 push-ups in a sloppy way. Bad form leads to injuries! You don't want to do that!
- Pace yourself. In HIIT, you need to push yourself to the limit and leave nothing in the tank. However, this particular trainings session is all about endurance. Plan accordingly!

One more thing: smile and enjoy the process!

Head to "Equipment" on the next page to learn what you need.

When you are ready, go to "Warm-up" on page 7.

# Equipment

In this advanced functional HIIT session, you will need the following:

- sportswear
- comfortable gym shoes
- towel
- bottle of water

# Warm-up



To get your muscles firing at 110% power, you need to warm up first. Perform each exercise for 30 seconds and rest for 5 seconds between each exercise.

Start with "Shoulder Circles" on the next page.

## Shoulder Circles

We want to make sure your shoulders are warm for the hard work to come. Swing your arms in circles. 15 seconds to the front, 15 seconds to the back.

Go to "[Wrist Warm-Up](#)" on the next page.

## Wrist Warm-Up

We're going to cover a lot of ground work today, so we need to have the wrist ready to go. Start in a crawl position and do a couple of circles over your wrists. Change your wrist position front to back and to the sides. Then you can shake your wrists and move them in circles.

Go to "[Alternating Quad Stretch](#)" on the next page.

## Alternating Quad Stretch

Your quads are going to burn today, so we've got to prepare them for all the work. Stand with your feet hip width apart. Raise your right leg and grab your foot behind your leg with your right hand. Stretch your quad for about 15 seconds and repeat on the other side.

Go to "[Alternating Front-to-Back Leg Swings](#)" on the next page.

## Alternating Front-to-Back Leg Swings

Today's workout will engage your legs and hips, so be ready! Stand with your feet hip width apart. Swing your right leg front to back for 15 seconds. Don't go too fast. Grab a chair or hold onto a wall if you need to keep your balance. Repeat on the other side.

Go to "[Jumping Jacks](#)" on the next page.

## Jumping Jacks

This workout is going to test your whole body with some plyo movements. Make sure you're ready for that. Stand with your legs together and your arms alongside your body. Jump your left leg to your left and your right leg to your right. At the same time, swing your arms sideways up above your head. Come back to the starting position. Try to make it in one smooth motion. If you need to take care of your joints, take a step to your left while moving your arms up. Alternate sides.

Go to "[Running in Place](#)" on the next page.

## Running in Place

You need to warm up your heart also to make it pump blood throughout your body.

Run in place, raising your knees and arms high. To put less stress on your joints, alternate raising your legs in a marching motion.

Congratulations!

You're good to go with the functional HIIT session. Go to "[Training](#)" on the next page.

# Training



Complete 3 sets for each round. Perform each exercise for 40 seconds and rest for 20 seconds between exercises. Rest for 60 seconds at the end of each set and between each round. Go to "[Cooldown](#)" on page 21 after the end of Round 3.

Start with "[Round 1](#)" on the next page.

## Round 1

Fire up your lower body. Complete 3 sets. Perform each exercise for 40 seconds and rest for 20 seconds between exercises. Rest for 60 seconds at the end of each set.

### **Alternating Reverse Lunge**

Stand with your feet hip width apart. Take a step back with one leg, but keep the other leg planted in place and make a split squat. Try to keep your knees at a 90-degree angle. Keep 80% of your body weight on the front leg and 20% of your body weight on the back leg. Lift yourself with your front leg and delicately push with your back leg. Do it on the other side and keep alternating legs. Remember to tighten your core throughout the exercise.

### **Squats**

Stand with your feet hip width apart. Keep your toes slightly outwards at a bout 45-degree angle. Lower your body as if to a sitting position. Stop when you knees reach 90-degree angle. Push yourself back to a standing position. Use your glute muscles. Keep your weight on your heels. Remember to tighten your core throughout the exercise.

## Switches

Stand with your feet hip width apart. Keep your toes slightly outwards at about 45-degree angle. Lower your body as if to a sitting position. Stop when you knees reach 90-degree angle. Jump out of the squat and turn the lower part of your at a 90-degree angle to your left or right. Twist your upper body the opposite side. Jump out of the twist back to a squat. Alternate sides. Use your glute muscles to jump out of the squat. Keep your weight on your heels. Remember to tighten your core throughout the exercise.

When you've finished three sets, go to "[Round 2" on the next page.](#)

## Round 2

It's time to work the upper body. Complete 3 sets. Perform each exercise for 40 seconds and rest for 20 seconds between exercises. Rest for 60 seconds at the end of each set.

### **Side Plank (Left)**

Lie on your left side. Bend your left arm and place it under your shoulder and lift yourself up. Create a straight line with your whole body. If you want to push yourself, lift your other arm. For extra challenge, support yourself with a straight arm. Remember to tighten your core throughout the exercise.

### **Push-ups**

Start in a high plank position with your wrists underneath your shoulders. Lower your body by bending your arms at a 45-degree angle with respect to the body to protect your elbows. Once you hover about 5 cm above the ground, push yourself back to a high plank position. Remember to tighten your core throughout the exercise. To lower the intensity, place your knees on the ground.

### **Side Plank (Right)**

Lie on your right side. Bend your right arm and place it under your shoulder and lift yourself up. Create a straight line with your whole body. If you want to push yourself, lift your other arm. For extra challenge, support yourself with a straight arm.

Remember to tighten your core throughout the exercise.

When you've finished three sets, go to "[Round 3](#)" on the next page.

## Round 3

Finish strong. This round will test your whole body. Complete 3 sets. Perform each exercise for 40 seconds and rest for 20 seconds between exercises. Rest for 60 seconds at the end of each set.

### Burpees

Stand with your feet hip width apart. Keep your toes slightly outwards at a bout 45-degree angle. Lower your body to a low Squat, with your knees creating an angle lower than 90 degrees. Once you reach the bottom position, place your hands on the ground outside your feet. Kick your feet behind you to a high plank position. Perform a Push-up. Kick your feet to your chest. Jump from this position and move your hands up above your head. Repeat the exercise once you land on your feet. Remember to tighten your core throughout the exercise. Land softly on bent knees to protect them against injury. To lower the intensity, go to a calf raise instead of a jump. You can also step out your legs to reach the high plank position.

### Sit Thrus

Start in a crawl hold. Put your hands directly under your shoulders and your knees directly under your hips to create a 90-degree angle. Move your left knee towards your right hand. At the same time, raise your right hand off the ground. Your left

knee should end its movement in the place where your right hand was. Then move back your knee and hand to the starting position. Repeat on the other side. Remember to tighten your core throughout the exercise.

## Walkouts

Stand with your feet hip width apart. Go to a squat position and place your hand on the ground in front of you at the same time. Go with your hands to a high plank position. From the high plank position, return to the squat position. Push yourself up to standing position. Remember to tighten your core throughout the exercise.

When you've finished three sets, go to "[Cooldown](#)" on the next page.

# Cooldown



You did! You've proven you're strong and committed. Stretch your muscles to kick off the recovery process. Perform each exercise for 30 seconds and pause for 5 seconds between each exercise.

Start with "[Shoulder and Lat Stretch](#)" on the next page.

## Shoulder and Lat Stretch

Stand with your feet hip width apart. Put your right arm in front of you and move it across your body. Hug it at the elbow with your other arm. Try to stretch your shoulder and lat. After 15 seconds, repeat on the other side.

Go to "[Alternating Quad Stretch](#)" on the next page.

## Alternating Quad Stretch

Stand with your feet hip width apart. Raise your right leg and grab your foot behind your leg with your right hand. Stretch your quad for about 15 seconds and repeat on the other side.

Go to "Founder" on page 26.

## Alternating Piriformis Stretch

Lie on the ground with your legs bent at the knees. Place your left ankle on your right knee. Grab your right knee with both hands right under the knee and lift your right leg. Your right knee should create an 90-degree angle. Pull the right leg towards you while push your left knee with your left elbow. Feel the stretch in your glutes. Repeat on the other side.

Go to "[Child's Pose](#)" on the next page.

## Child's Pose

Sit down with your ankles under your glutes. Extend your arms above your head and bend at the hips to lie down with your arms stretched in front of you. Breathe deeply to expand your chest. Feel the breath in your lats. Don't hug your neck with your shoulders. Do about 4-6 breathing cycles.

Congratulations! You've finished your HIIT workout and now you're ready to rest. Remember do drink some water!

## Founder

Stand with your feet about double hip width apart. Turn your toes slightly inside. Hinge at your hip back and move your glutes back while extending your arms forward. Try to engage your hamstrings. Join your fingers together in a sphere and spread them. Press your fingers together. Breathe in deeply through your nose and try to expand your whole chest, all 360-degress, with your lungs and to decompress your spine. Breathe out through your mouth but try to maintain the chest and spine expansion you have achieved while breathing in. Do about 4-6 breathing cycles.

Go to "[Alternating Piriformis Stretch](#)" on page 24.

# References

Here you can find "[Glossary](#)" on the next page and "[Image Sources](#)" on page 33.

# Glossary

## A

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### **Alternating Front-to-Back Leg Swings**

Stand with your feet hip width apart. Swing your right leg front to back for 15 seconds. Don't go too fast. Grab a chair or hold onto a wall if you need to keep your balance. Repeat on the other side.

### **Alternating Piriformis Stretch**

Lie on the ground with your legs bent at the knees. Place your left ankle on your right knee. Grab your right knee with both hands right under the knee and lift your right leg. Your right knee should create an 90-degree angle. Pull the right leg towards you while push your left knee with your left elbow. Feel the stretch in your glutes. Repeat on the other side.

### **Alternating Quad Stretch**

Stand with your feet hip width apart. Raise your right leg and grab your foot behind your leg with your right hand. Stretch your quad for about 15 seconds and repeat on the other side.

### **Alternating Reverse Lunge**

Stand with your feet hip width apart. Take a step back with one leg, but keep the other leg planted in place and make a split squat. Try to keep your knees at a 90-degree angle. Keep 80% of your body weight on the front leg and 20% of your body weight on the back leg. Lift yourself with your front leg and delicately push with your back leg. Do it on the other side and keep alternating legs. Remember to tighten your core throughout the exercise.

## B

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### **Burpees**

Stand with your feet hip width apart. Keep your toes slightly outwards at about 45-degree angle. Lower your body to a low Squat, with your knees creating an angle lower than 90 degrees. Once you reach the bottom position, place your hands on the ground outside your feet. Kick your feet behind you to a high plank position. Perform a Push-up. Kick your feet to your chest. Jump from this position and move your hands up above your head. Repeat the exercise once you land on your feet. Remember to tighten your core throughout the exercise. Land softly on bent knees to protect them against injury. To lower the intensity, go to a calf raise instead of a jump. You can also step out your legs to reach the high plank position.

## C

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### **Child's Pose**

Sit down with your ankles under your glutes. Extend your arms above your head and bend at the hips to lie down with your arms stretched in front of you. Breathe deeply to expand your chest. Feel the breath in your lats. Don't hug your neck with your shoulders. Do about 4-6 breathing cycles.

## F

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### **Founder**

Stand with your feet about double hip width apart. Turn your toes slightly inside. Hinge at your hip back and move your glutes back while extending your arms forward. Try to engage your hamstrings. Join your fingers together in a sphere and spread them. Press your fingers together. Breathe in deeply through your nose and try to expand your whole chest, all 360-degrees, with your lungs and to decompress your spine. Breathe out through your mouth but try to maintain the chest and spine expansion you have achieved while breathing in.

# J

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## **Jumping Jacks**

Stand with your legs together and your arms alongside your body. Jump your left leg to your left and your right leg to your right. At the same time, swing your arms sideways up above your head. Come back to the starting position. Try to make it in one smooth motion.

# P

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## **Push-ups**

Start in a high plank position with your wrists underneath your shoulders. Lower your body by bending your arms at a 45-degree angle with respect to the body to protect your elbows. Once you hover about 5 cm above the ground, push yourself back to a high plank position. Remember to tighten your core throughout the exercise. To lower the intensity, place your knees on the ground.

# R

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## **Running in Place**

Run in place, raising your knees and arms high.

# S

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## **Shoulder and Lat Stretch**

Stand with your feet hip width apart. Put your right arm in front of you and move it across your body. Hug it at the elbow with your other arm. Try to stretch your shoulder and lat. After 15 seconds, repeat on the other side.

## **Shoulder Circles**

Swing your arms in circles.

## **Side Plank (Left)**

Lie on your left side. Bend your left arm and place it under your shoulder and lift yourself up. Create a straight line with your whole body. If you want to push yourself, lift your other arm. For extra challenge, support yourself with a straight arm. Remember to tighten your core throughout the exercise.

## **Side Plank (Right)**

Lie on your right side. Bend your right arm and place it under your shoulder and lift yourself up. Create a straight line with your whole body. If you want to push yourself, lift your other arm. For extra challenge, support yourself with a straight arm. Remember to tighten your core throughout the exercise.

## **Sit Thrus**

Start in a crawl hold. Put your hands directly under your shoulders and your knees directly under your hips to create a 90-degree angle. Move your left knee towards your right hand. At the same time, raise your right hand off the ground. Your left knee should end its movement in the place where your right hand was. Then move back your knee and hand to the starting position. Repeat on the other side. Remember to tighten your core throughout the exercise.

## **Squats**

Stand with your feet hip width apart. Keep your toes slightly outwards at about 45-degree angle. Lower your body as if to a sitting position. Stop when you knees reach 90-degree angle. Push yourself back to a standing position. Use your glute muscles. Keep your weight on your heels. Remember to tighten your core throughout the exercise

## **Switches**

Stand with your feet hip width apart. Keep your toes slightly outwards at about 45-degree angle. Lower your body as if to a sitting position. Stop when you knees reach 90-degree angle. Jump out of the squat and turn the lower part of your at a 90-degree angle to your left or right. Twist your upper body the opposite side. Jump out of the twist back to a squat. Alternate sides. Use

your glute muscles to jump out of the squat. Keep your weight on your heels. Remember to tighten your core throughout the exercise.

## W

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### Walkouts

Stand with your feet hip width apart. Go to a squat position and place your hand on the ground in front of you at the same time. Go with your hands to a high plank position. From the high plank position, return to the squat position. Push yourself up to standing position. Remember to tighten your core throughout the exercise.

### Wrist Warm-Up

Start in a crawl position and do a couple of circles over your wrists. Change your wrist position front to back and to the sides. Then you can shake your wrists and move them in circles.

# Image Sources

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