



## **HIT Program – Marsden inDy v. 1.0**

*Note:* all exercises need to be executed at maximal intensity. You should feel like there is no way you can increase intensity/repetition speed. This program is designed to be done anywhere, without equipment. Remember to focus on proper form and technique, and to listen to your body to avoid injury.

## WEEK 1

---

### Day 1

#### Warm-up:

5 minutes of jumping jacks

#### Circuit 1:

20 seconds of burpees

20 seconds of mountain climbers

20 seconds of high knees

*Rest for 10 seconds*

*Repeat the circuit 3 times*

#### Circuit 2:

20 seconds of jumping lunges

20 seconds of push-ups

20 seconds of bicycle crunches

*Rest for 10 seconds*

*Repeat the circuit 3 times*

#### Cool-down:

5 minutes of stretching

### Day 2

#### Warm-up:

5 minutes of jogging in place

#### Circuit 1:

30 seconds of squat jumps

30 seconds of plank jacks

*Rest for 15 seconds*

*Repeat the circuit 3 times*

#### Circuit 2:

30 seconds of reverse lunges

30 seconds of tricep dips

*Rest for 15 seconds*

*Repeat the circuit 3 times*

#### Cool-down:

5 minutes of stretching

### Day 3

#### Warm-up:

5 minutes of jumping jacks

#### Circuit 1:

40 seconds of high knees

40 seconds of jumping jacks

40 seconds of burpees

*Rest for 20 seconds*

*Repeat the circuit 3 times*

#### Circuit 2:

40 seconds of bicycle crunches

40 seconds of push-ups

40 seconds of mountain climbers

*Rest for 20 seconds*

*Repeat the circuit 3 times*

#### Cool-down:

5 minutes of stretching

### Day 4

#### Warm-up:

5 minutes of jogging in place

#### Circuit 1:

30 seconds of jump squats

30 seconds of plank ups

*Rest for 15 seconds*

*Repeat the circuit 3 times*

#### Circuit 2:

30 seconds of reverse lunges

30 seconds of tricep dips

*Rest for 15 seconds*

*Repeat the circuit 3 times*

#### Cool-down:

5 minutes of stretching

### Day 5

#### Warm-up:

5 minutes of jumping jacks

#### Circuit 1:

20 seconds of burpees

20 seconds of mountain climbers

20 seconds of high knees

*Rest for 10 seconds*

*Repeat the circuit 4 times*

#### Circuit 2:

20 seconds of jumping lunges

20 seconds of push-ups

20 seconds of bicycle crunches

*Rest for 10 seconds*

*Repeat the circuit 4 times*

#### Cool-down:

5 minutes of stretching

## WEEK 2

---

The workouts for Week 2 will follow the same structure as week 1, but with a few variations in the exercises to challenge your body in different ways.

### **Days 1, 3, and 5**

#### Warm-up:

5 minutes of jumping jacks

#### Circuit 1:

20 seconds of squat jumps

20 seconds of plank jacks

20 seconds of high knees

*Rest for 10 seconds*

*Repeat the circuit 4 times*

#### Circuit 2:

20 seconds of reverse lunges

20 seconds of tricep dips

20 seconds of bicycle crunches

*Rest for 10 seconds*

*Repeat the circuit 4 times*

#### Cool-down:

5 minutes of stretching

### **Days 2 and 4**

#### Warm-up:

5 minutes of jogging in place

#### Circuit 1:

30 seconds of jump squats

30 seconds of plank ups

*Rest for 15 seconds*

*Repeat the circuit 4 times*

#### Circuit 2:

30 seconds of diamond push-ups

30 seconds of lateral lunges

*Rest for 15 seconds*

*Repeat the circuit 4 times*

#### Cool-down:

5 minutes of stretching

## WEEK 3

---

### **Days 1, 3, and 5**

#### Warm-up:

5 minutes of jumping jacks

#### Circuit 1:

30 seconds of squat jumps

30 seconds of mountain climbers

*Rest for 15 seconds*

*Repeat the circuit 4 times*

#### Circuit 2:

30 seconds of push-ups

30 seconds of bicycle crunches

*Rest for 15 seconds*

*Repeat the circuit 4 times*

#### Cool-down:

5 minutes of stretching

### **Days 2 and 4**

#### Warm-up:

5 minutes of jogging in place

#### Circuit 1:

40 seconds of jump squats

40 seconds of plank jacks

*Rest for 20 seconds*

*Repeat the circuit 4 times*

#### Circuit 2:

40 seconds of diamond push-ups

40 seconds of lateral lunges

*Rest for 20 seconds*

*Repeat the circuit 4 times*

#### Cool-down:

5 minutes of stretching

## WEEK 4

---

### **Days 1, 3, and 5**

#### Warm-up:

5 minutes of jumping jacks

#### Circuit 1:

20 seconds of burpees

20 seconds of jump squats

20 seconds of mountain climbers

*Rest for 10 seconds*

*Repeat the circuit 5 times*

#### Circuit 2:

20 seconds of push-ups

20 seconds of lateral lunges

20 seconds of bicycle crunches

*Rest for 10 seconds*

*Repeat the circuit 5 times*

#### Cool-down:

5 minutes of stretching

### **Days 2 and 4**

#### Warm-up:

5 minutes of jogging in place

#### Circuit 1:

30 seconds of squat jumps

30 seconds of plank ups

*Rest for 15 seconds*

*Repeat the circuit 5 times*

#### Circuit 2:

30 seconds of diamond push-ups

30 seconds of reverse lunges

*Rest for 15 seconds*

*Repeat the circuit 5 times*

#### Cool-down:

5 minutes of stretching