1. **Squats**

*Description*

* Feet shoulder-width apart
* Bodyweight
* Create a fist with your hands in front of your face
* Squat down as far as you can, then explode up

*Physiological response*

* HR elevates to 75-80% of HR\_MAX during HIIT-style squat sets
* Time-domain HRV decreases slightly post set
* Long-term HIIT incorporating squats increased resting RMSSD from ~54 ms to ~81 ms over weeks (source: <https://pmc.ncbi.nlm.nih.gov/articles/PMC8689198/>)

1. **Lunges**

*Description*

* Place one foot in front of you, ensuring both legs are completely straight
* Go down until your front quad is at a 90-degree angle to your shin

*Physiological response*

* HR rises to 80-90% of HR\_MAX during high intensity repetitions
* HRV decreases while performing the exercise (due to stress in the body) then increases after exercise

1. **High knees**

*Description*

* Run in place, lifting knees towards chest

*Physiological response*

* HR rises to 80-90% HR\_MAX in HIIT situations
* HRV drops rapidly during high knees and recovers strongly post-exercise (positive physiological response in 80 day time frame (source: <https://hfjc.library.ubc.ca/index.php/HFJC/article/view/843>)
* HRV suppression correlates strongly with high-intensity modalities due to increased stress

1. **Push ups**

*Description*

* Start in a push up position
* Lower your chest to the ground
* Push up from that position
* Repeat

*Physiological response*

* HR reaches 75-85% of HR\_MAX during high repetition sets
* HRV decreases while performing the exercise (due to stress in the body) then increases after exercise

1. **Burpees**

*Description*

* Start shoulder width apart
* Jump and raise hands to the air
* When you land, drop to a push up position
* Once you’re in the push up position, tuck your knees into your chest
* Untuck your knees and stand shoulder width apart
* Repeat

*Physiological response*

* HR increases to 85-95% of HR\_MAX during high repetition sets
* HRV decreases while performing the exercise (due to stress in the body) then increases after exercise

**Optional**

1. **Air Jabs/ shadowboxing**

*Description*

* Have both hands in a fist, in front of your face, knees slightly bent
* Throw one fist in front of you, followed by pulling back that fist and throwing the other fist forward
* Repeat this motion

*Physiological response*

* HR reaches 80-90% of HR\_MAX during sets
* HRV decreases while performing the exercise (due to stress in the body) then increases after exercise

1. **Mountain climbers**

*Description*

* Start in a push up position
* Raise one of your knees to your chest, then move it back down to the original starting position
* Do the same motion with your other knee, and repeat this

*Physiological response*

* HR reaches 85-95% of HR\_MAX during high intensity
* HRV decreases while performing the exercise (due to stress in the body) then increases after exercise