**Workout #1: HIIT & Aerobic Exercise**

**Achieved Goals (2):**

Lose Fat

Boost Metabolic Rate

**Day #1: Lower Body HIIT + Cardio Focus (30 Minutes)**

**Warm-Up (2 Minutes)**

1. Jump Rope (2 minutes)

Description: Light, fast-paced skipping to increase heart rate and coordination.

**Exercise 1: HIIT Cardio Circuit (10 minutes)**

Repeat for 2 rounds with 1 minute rest between rounds.

1. **Jump Squats** – 40 sec on, 20 sec rest  
Description: Explosive squats that transition into a jump, engaging the quads, glutes, and hamstrings.

2. **Lunge Jumps** – 40 sec on, 20 sec rest  
Description: Alternate lunging legs with a jump in between, focusing on explosive power in the quads and glutes.

3. **Lateral Shuffles** – 40 sec on, 20 sec rest

Description: Quick side-to-side movements that activate the inner thighs and improve agility.

4. **Box Jumps** – 40 sec on, 20 sec rest  
Description: Explosively jump onto a box or step up onto a bench, driving through the glutes and quads.

*Rest 1 Minute*

**Exercise 2: Lower Body Strength Circuit (18 minutes)**

Complete 3 reps of this cycle. 1 minute break between each set.

1. **Walking Lunges with Dumbbells** (12-15 reps) (45 Seconds)

Necessary Equipment: Dumbbells

Description: Step forward into deep lunges, keeping the core engaged and focusing on the quads, glutes, and hamstrings.

*1 minute break*

2. **Bulgarian Split Squats** (12-15 reps) (45 Seconds)

Necessary Equipment: Dumbbells and Bench

Description: Perform split squats with one foot elevated behind you, focusing on single-leg strength and stability.

*1 minute break*

3. **Hip Thrusts with Dumbbell** (12-15 reps) (45 Seconds)

Necessary Equipment: Dumbbell

Description: Drive through the heels to lift your hips while activating the glutes and hamstrings for optimal glute development.

*1 minute break*

**Day #2 Upper Body HIIT + Core Focus (30 Minutes)**

**Exercise 1: HIIT Upper Body Circuit (15 Minutes)**

Perform each exercise for 40 seconds on, 20 seconds off. Complete 2 rounds with 1 minute rest between rounds.

1. Push-Ups to Shoulder Taps

Description: Perform a push-up followed by tapping each shoulder in a plank position to engage chest, shoulders, and core.

2. Renegade Rows

Necessary Equipment: Dumbbells

Description: Perform a row with dumbbells in a plank position, engaging the back, shoulders, and core.

3. Dumbbell Overhead Press

Necessary Equipment: Dumbbells

Description: Lift dumbbells overhead, focusing on the shoulders and triceps while engaging the core.

4. Burpee to Push-Up

Description: A burpee combined with a push-up to increase cardiovascular demand while engaging the chest and core.

*Rest 60 seconds between rounds*

**Exercise 2: Core HIIT Circuit (12 Minutes)**

Perform each exercise for 45 seconds on, 15 seconds off. Complete 3 rounds.

1. Russian Twists (Weighted)

Description: Sit with knees bent and twist from side to side, using a weight to engage the obliques and core.

2. V-Ups

Description: Lift the upper and lower body simultaneously into a V-shape, focusing on the rectus abdominis.

3. Plank with Shoulder Taps

Description: Maintain a plank position while alternating shoulder taps, engaging the core and stabilizing muscles.

*Rest 1 minute between rounds*

**Cool-Down & Stretching (3 Minutes)**

1. Child’s Pose – 1 minute

Description: Stretch out the lower back and shoulders.

2. Seated Forward Fold – 1 minutes

Description: Stretch the hamstrings and lower back, promoting flexibility.

3. Standing Chest Stretch – 30 seconds per side

Description: Stretch the chest and shoulders, aiding recovery.

**Day #3: Cardio HIIT + Arms Focus (30 Minutes)**

**Warm up (2 minutes)**

1. **Low-Intensity Jog** ( Treadmill) – 2 minutes

**Exercise 1: Arm Strength Circuit (12 Minutes)**

Complete 2 sets of each exercise with 1-minute rest between sets.

1. Barbell Bicep Curls – 12-15 reps (1 minute)

Necessary Equipment: Barbell

Description: Classic bicep exercise targeting the arms and forearms.

*Rest 1 minute*

2. Hammer Curls – 12-15 reps (1 minute)

Necessary Equipment: Dumbbells

Description: Targets brachialis muscle for balanced arm development.

*Rest 1 minute*

3. Overhead Tricep Extensions – 12-15 reps (1 minute)

Necessary Equipment: Dumbbells

Description: Overhead movement engaging the triceps, focusing on the long head of the muscle.

*Rest 1 minute*

**Exercise 2: Arm Calisthenics Circuit (8 Minutes)**

Complete 2 sets of each exercise with 3 minute rest between sets.

1. **Tricep Dips** (Bodyweight) – 12-15 reps (1 minute)

Necessary Equipment: Pull up Dip Station

Description: Bodyweight exercise that isolates the triceps, targeting the back of the arms.

*No Break*

2. **Pull Ups** (Bodyweight) – 10-12 reps (1 minute)

Necessary Equipment: Pull up Dip Station

Description: Pull your body up to a bar using your arms and back muscles

*2 Minute Break between sets*

**Exercise 3: HIIT Cardio + Arm Circuit (8 Minutes)**

Repeat for 2 rounds with 1-minute rest between rounds.

1. Push-Up to T-Press – 40 sec on, 20 sec rest

Description: Perform a push-up, rotate into a side plank while raising one arm to the sky, engaging chest, triceps, shoulders, and core.

2. Jumping Jacks to Shoulder Press – 40 sec on, 20 sec rest

Description: Combine jumping jacks with a shoulder press, working shoulders and arms.

3. Squat to Bicep Curl – 40 sec on, 20 sec rest

Description: Squat followed by curling dumbbells up, engaging legs and arms.

*Rest 1 minute between rounds*

**Day #4: Full Body HIIT + Active Recovery (30 Minutes)**

**Warm-Up (3 Minutes)**

1. Jump Rope – 3 minutes

Description: Light, fast-paced skipping to elevate heart rate and improve coordination.

**Exercise 1: HIIT Circuit (12 Minutes)**

Repeat 3 rounds with 1-minute rest between rounds.

1. Burpees – 40 sec on, 20 sec rest

Description: A full-body exercise that combines a squat, push-up, and jump, increasing strength and cardiovascular endurance.

2. Jump Squats – 40 sec on, 20 sec rest

Description: Lower body exercise with a squat followed by an explosive jump.

3. Battle Ropes – 40 sec on, 20 sec rest

Necessary Equipment: Ropes or Kettlebell (substitute with kettlebell swings if needed).

*Rest 1 minute between rounds*

**Exercise 2: Active Recovery Circuit (14 Minutes)**

Perform the following for 2 rounds with 1 minute rest between exercises.

1. **Low-Intensity Jog** ( Treadmill) – 2 minute

*Rest 1 Minute*

Description: A gentle jog to maintain a steady heart rate while engaging the lower body.

2. **Plank Hold** – 1 minute

Description: Engage the core, shoulders, and glutes in a static plank position.

*Rest 1 Minute*

3. **Bodyweight Lunges** (12-15 reps) – 1 minute

Description: Step into controlled lunges, activating quads, glutes, and hamstrings.

*Rest 1 Minute*

**Cool-Down & Stretching (1 Minute)**

1. Child’s Pose – 1 minute

Description: Stretch out the lower back and shoulders.