

Collection of HIIT Workouts

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Standard HIIT

Difficulty: Easy-Moderate

Equipment: None

Workout type: Individual

Time: 40 minutes

Alternate a one minute sprint with a three minute fast jog 10x for a 40 minute high intensity run.

Alternatively, perform a 100m fast run and 200m jog for 40 minutes.

Chaos Lap

Difficulty: Moderate

Equipment: A hill

Workout type: Group workout (>4 people)

Time: Repeat for time (~45 minutes)

Play rock paper scissors while doing slow squats, winner sends loser to one of four corners on a field to do bear crawls, pushups, v-ups, or burpees. Winner continues to find partners in circle. When leader yells “chaos lap,” everyone runs a big hill (~.5 miles round trip). Do chaos lap roughly four times in the course of the workout.

Super Circuits

Difficulty: Moderate

Equipment: None

Workout type: Individual or group

Time: Repeat for time (~30 minutes)

Repeat as many times as possible for 30 minutes:

10 squat jumps

10 (each side) side plank leg raises

10 leg pushdowns w/partner OR 10 reverse crunches

10 dips (on bench or parallel bars)

50m sprint, bear crawl back

Classic HIIT Circuit

Difficulty: Moderate-Difficult

Equipment: Pullup Bar, jump rope

Workout type: Individual

Time: 20 minutes

3-5 rounds of:

10 burpees

15 squat jumps

Max kipping pullups/chinups (Crunches if no bar)

20 Alternating Jumping Lunges

Max knee-ups (hanging from bar)

10 Explosive Pushups

50 jump ropes

1 minute plank

2 minute rest

OR

3-5 rounds of:

-Max Kipping pullups (Do crunches if you don't have a bar)

-Max Leg raises

-20 Long jumps

-15 Burpees

-10 Single Legged Box Jump Stepups per leg

-10 Explosive close-grip pushups

-20 Squat Jumps

-Side plank for rest (30 seconds per side)

Crazy 8's

Difficulty: Moderate-difficult

Equipment: Stairs

Workout type: Individual or group

Time: Repeat for time (~45 minutes)

This workout is a giant set that's performed 3-5 times with no rest.

Each giant set consists of:

10 second sprint

10 partner pushups

10 burpees

Run stairs/hill sprint (can run a $\frac{1}{4}$ mile if no hill)

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10 burpees

10 partner pushups

10 second sprint

So each consists of 4 exercises repeated twice (in reverse order the second time)

Boxing Circuit Training

Difficulty: Moderate-Difficult

Equipment: Gloves, heavybag or kickbag

Workout type: Individual

Time: 20 minutes

Five rounds of:

1 minute of each of the following:

1 min Striking combinations on bag

1 min Jump rope

1 min Pushups

1 min Box Jumps

1.5 min rest

M100s

Difficulty: Difficult

Equipment: None

Workout type: Individual

Time: 20 minutes

A single M100 is this:

- 10 burpees
- 10 mountain climbers (4 knees = 1 mountain climber)
- 10 prisoner double jump squats (hands behind head, do a squat, then jump on the second squat = 1 rep)
- 10 burpees
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- 10 burpees
- 10 mountain climbers (4 knees = 1 mountain climber)
- 10 prisoner double jump squats (hands behind head, do a squat, then jump on the second squat = 1 rep)
- 10 burpees

This is a total of 100 reps with no rest. You can try to do as many of these as you can back to back without rest (aim for 3, use the squats as recovery) or do 5 with a 1 minute rest inbetween. M100s can be structured in many different ways, get creative!

400 Reps of Shoulders

Difficulty: Difficult

Equipment: None

Workout type: Individual

Time: 20 minutes

This is a workout I adapted from a boxing routine. It's not necessarily HIIT, but it's a good circuit to throw on at the end of a workout. Find a pair of light dumbbells.

5 rounds of:

20 bent over rear delt-fly

20 lateral raises

20 front raises

20 overhead press

2 minute rest

3x3 Hill Sprints

Difficulty: Difficult

Equipment: Hill

Workout type: Partner

Time: ~30-40 minutes

Find the steepest hill around that's 50m or longer. Three rounds (or more) of:

50m hill sprint

10 burpees + twist lunges

While one person is sprinting up the hill/jogging back, the other is doing 10 burpees and then performing twisting lunges until the sprinting person returns. Then they immediately go into the sprint while the other person starts the burpees. One round consists of 3 hill sprints and 3 sets of burpees+lunges. Rest 4 minutes after the first round, 5 minutes after the second round.

Burpee 400

Difficulty: Very difficult

Equipment: 100m of free space

Workout type: Individual or group

Time: ~20-40 minutes

4 sets of 100m of burpees. When doing a burpee, place hands by feet for pushup. Jump forward instead of up at the end of the burpee. To increase difficulty, perform 2 pushups per burpee. After each 100 walk back to start for rest.

Tabata of Tabatas

Difficulty: Very difficult

Equipment: None

Workout type: Individual

Time: 20 minutes

Tabata intervals are sets of 20 seconds sprint, 10 seconds rest performed 8 times for a total of 4 minutes. However, this is hardly a full workout. Instead, perform 4 sets of tabata intervals with a minute rest inbetween each.

- 4 minutes of Burpee Tabata intervals

- 1 minute rest

- 4 minutes of Alternating Jump Lunges Tabata intervals

- 1 minute rest

- 4 minutes of Burpee Tabata intervals

- 1 minute rest

- 4 minutes of Alternating Jump Lunges Tabata intervals

- 1 minute rest

Squat Jump Hell

Difficulty: Very difficult

Equipment: None

Workout type: Individual

Time: 20-30 minutes

Start off performing this workout once, and eventually bump it up to 2-3x

2x:

10 Squat Jumps

10 Knee-ups

10 Squat Jumps

50 Pushups (do as many sets as you need to get to 50)

10 Squat Jumps

30 Burpees (do as many sets as you need)

10 Squat Jumps

10 Stepping Lunge Knee-ups (10 per side)

10 Squat Jumps

100 Jump ropes (as many sets as needed)

10 Squat Jumps

60 second plank

10 Squat Jumps

5-10 minute rest