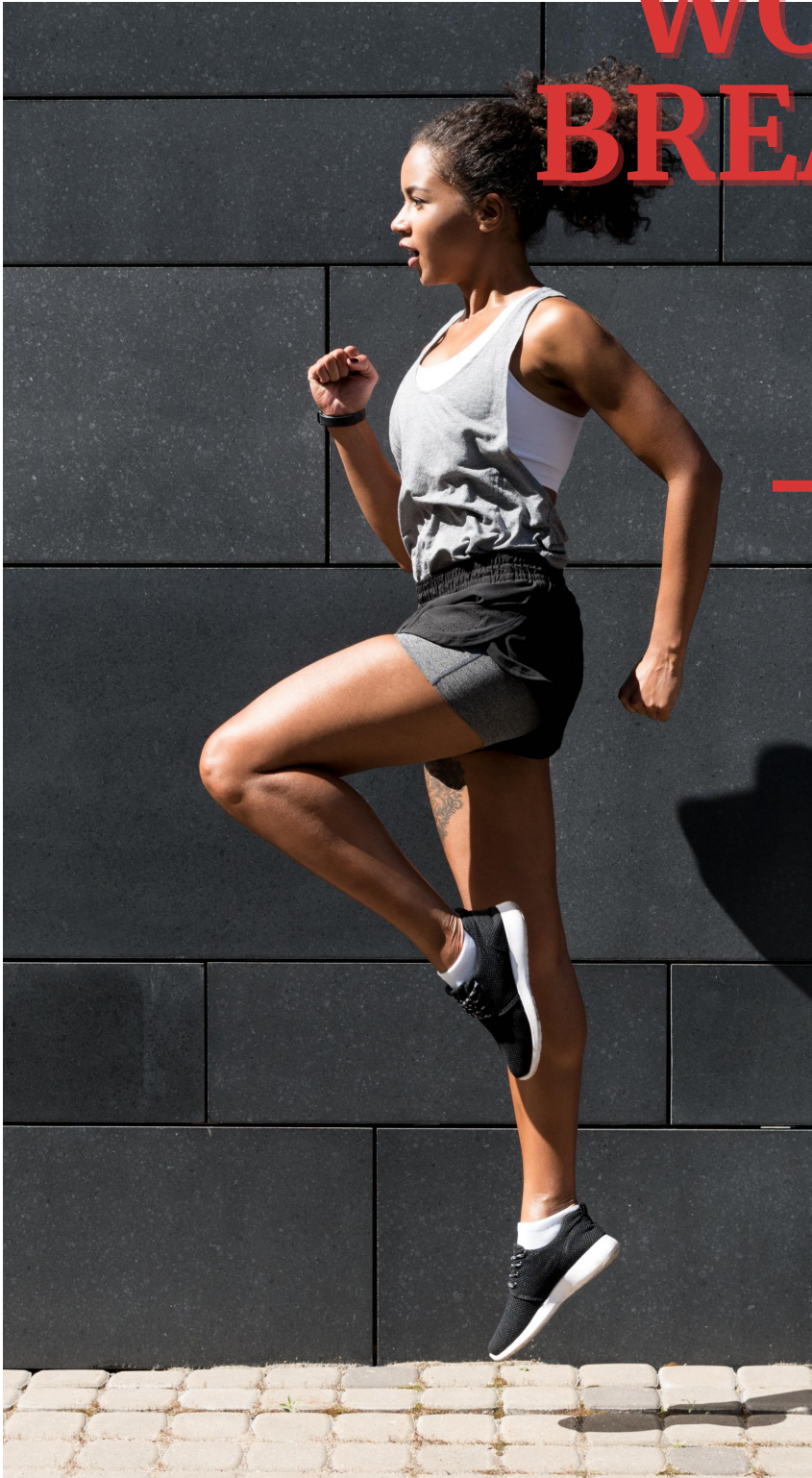


# HIIT WORKOUT BREAKDOWN

phase 2  
week 1

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COLIN F. WATSON

## PHASE II

# WEEK 1 HIIT WORKOUT

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### HIIT Workout P2 Week One

Week One - M-W-F -Workout Routine:

For the first couple weeks, I will be focusing on bodyweight training. You will notice that I superset between the upper body and lower body.

This will allow me to get a lot of sets done in a shorter time. I am a big fan of supersets to keep the intensity high and short.

You can follow this program the way it is laid out. You may have to readjust the reps according to your fitness level. Try to do this exercise 3 times this week in nonconsecutive days.

All exercises are done in supersets. For example, Standard Pushup is super-setted with Chair Squats.

Do NOT rest within the superset (between pushups and squats), but rest (1) minute after squats before repeating the superset.

For example, Perform Standard Pushup followed by Chair Squat and then rest for (1) minute or less. Repeat for a total of 3 "rounds" before moving the next "superset."

### RESISTANCE TRAINING

A1: Alternating Lunges

A2: Pull ups

B1: Standard Pushups

B2: Chair Squat

C1: Push-outs

C2: Plank



## PHASE II

# WEEK 1 HIIT WORKOUT

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### CARDIO TRAINING TIPS

If you want to maximize your results, even more, I suggest that you also incorporate cardio on the off days from your HIIT Max-26 workout:

Negative Calorie Day Cardio Workout:

Part 1 Treadmill Workout – 8% Incline 3.2 MPH 30 minutes

Part II Treadmill Workout – 15% Incline 4.0 MPH 30 minutes

### For example:

*Monday:* Resistance Training (from the video fitness journal)

*Tuesday:* Cardio

*Wednesday:* Resistance Training (from the video fitness journal)

*Thursday:* Treadmill Workout Part II Treadmill Workout

*Friday:* Resistance Training (from the video fitness journal)

*Saturday:* Cardio Run, Jog, Walk

*Sunday:* Rest

### EATING TIPS

Make sure to keep following my simple eating tips:

See HCG Diet Meal Plan

### Basic Rules:

Rule #1: Follow the HCG Body for Life Meal Plan.

Rule#2: Consume the correct portions of high-quality protein every day. Refer to page 50 of my book.

Rule#3: Consume 2 to 3 fruits and vegetables each day

Rule#4: Absolutely NO refined sugars and refined grains.

Rule#5: Minimize fat intake while on Phase 2 of HCG diet.

Rule#6: Keep yourself hydrated 1 gallon of water per day.



## PHASE II

# WEEK 1 HIIT WORKOUT

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### RESISTANCE TRAINING ROUTINE

#### Exercise:

##### Alternating Lunges

1) Stand with feet hip-width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot.

##### Sets Reps Weight/Resistance

1. 20 Reps BW ( Body Weight)
2. 20 Reps BW
3. 20 Reps BW

2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.

3) Lower body by bending at right hip and knee until thigh is parallel to the floor. The body should follow a straight line down towards the floor.

4) Return to starting position. Alternate or switch to other leg after prescribed reps.

5) Remember to keep head back, and hips squared and in a neutral position throughout the movement.



## PHASE II

# WEEK 1 HIIT WORKOUT

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### A1

Pull-up:

- 1) Position hands wider than shoulder width apart with an overhand grip (palms facing forward).
- 2) Start position: Hang with arms fully extended and elbows facing away from the body. Feet may be crossed with knees bent.
- 3) Pull body up until bar is below chin level.
- 4) Return to starting position
- 5) Remember to keep the movement controlled with the body stable to minimize momentum and body sway. If the bar is too high, it is advisable to use a step to ensure proper hand placement as well as safety.

Trainer's comments: A2 Complete in a superset with A1.

Sets Reps Weight/ Resistance

1. 20 BW
2. 20 BW
3. 20 BW

Standard Pushup:

Sets Reps Weight/Resistance

1. 15-20 BW
2. 15-20 BW
3. 15-20 BW



## PHASE II

# WEEK 1 HIIT WORKOUT

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1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on the floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles.

Never fully lock out the elbows at the start position and avoid hyperextension of the low back.

Trainer's comments: B1

Chair Squats:

1. Start by placing feet shoulder width apart and holding your arms out in front of you.
2. Proceed to squat down like you are going to sit in a chair. Your upper body will lean forward slightly, and your hips will shift backward while going down.



## PHASE II

# WEEK 1 HIIT WORKOUT

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3. Remember to keep your knees from going out in front of your toes while squatting.

4. Repeat according to your required repetitions. If you want to make The exercise more challenging hold your arms at your sides or behind your head.

Trainer's comments: Sets Reps Weight/Resistance

1. 15-20 BW
2. 15-20 BW
3. 15-20 BW

B2 Complete in a superset with B1.  
8 Push outs

Start in a standing position and bend your knees and place your hands on the ground.

Extend your legs back into a push-up position.  
Bring your knees back in towards the chest and stand back up.

This should be a continuous motion and be fluid.  
Trainer's comments:



## PHASE II

# WEEK 1 HIIT WORKOUT

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### WITHOUT THE PUSHUP C1

Sets Reps Weight/Resistance

1. 15 BW
2. 15 BW
3. 15 BW

### Plank

1. Start by placing your forearms on the ground and forming a plank with your forearms and feet.
2. Hold this position keeping your body parallel to the ground for the required time.

Trainer's comments: C2 Complete in a superset with C1.

