

HIIT WORKOUT BREAKDOWN

**phase 3
week 1**



COLIN F. WATSON

PHASE III

WEEK 1 HIIT WORKOUT

P3 Week One - M-W-F Workout Routine:

Circuit Training Exercises

Side Deltoid Raise w/ band

Triceps Extensions

Ball Pushups:

Ball Squat: (hold dumbbells on your side if available)

Seated Band Row

Hip Bridge

Ball Crunch

Superman

Circuit training is an excellent way to improve mobility, strength and stamina and speed up the HCG Body for Life transformation. This HIIT circuit-training format utilizes a group of 8 strength exercises that are completed one exercise after another with little or no break.

Each exercise is performed for a prescribed amount of time before moving on to the next exercise. The exercises within each circuit are separated by brief, timed rest intervals, and each circuit is separated by a longer rest period.

The total number of circuits performed during the training session may vary from two to five depending on your training level (beginner, intermediate, or advanced), your period of training (preparation or competition) and your training objective.

Beginner:

- 30 seconds per exercise
- 30-second break in between:
- Total number of circuits: 2-3



PHASE III

WEEK 1 HIIT WORKOUT

Intermediate:

- 45 seconds per exercise
- 15-second break in between
- Total number of circuits: 3-4

Advanced:

- 60 seconds per exercise
- 10-second break in between
- Total number of circuits: 4-5

Example for a beginner: Do Side Deltoid Raises for 30 seconds (whatever amount you can complete), followed by a 30-second break.

Next, perform Triceps Extensions for 30 seconds (whatever amount you can complete) followed by a 30 second break. Repeat until the last exercise (Superman) and go back to side deltoid raises again; for a complete a total of 2-3 rounds.

RESISTANCE TRAINING ROUTINE

Exercise: Lateral raise with tubing

- 1) Step onto tubing with feet hip-width apart and knees slightly bent.
- 2) Start position: Grasp handles with a neutral grip (palms facing each other). Arms should hang down to sides with elbows slightly bent.
- 3) Raise handles to the side of the body at shoulder height keeping elbows only slightly bent.
- 4) Return to starting position.

A1

Cable Overhead Triceps Extensions

1. Start by placing cable or band at or near head level. Step forward with one foot for balance.
2. Grab handle with your hands and with your elbows pointing forward extend your hands out until your arms are straight.
3. Return to the starting position and repeat for the recommended repetitions.



PHASE III

WEEK 1 HIIT WORKOUT

Seated Row with Bands:

1. Start by attaching a band to the top of a door or fixed object.
2. Sit on ground with your knees bent and your arms extended up and out.
3. Pull handles towards your chest keeping your elbows close to your body.
4. Pinch your shoulder blades together while performing this movement.
5. Repeat for the prescribed number of repetitions.

Trainer's comments: A3
Or sit on the ball

Hip Bridge on Ball:

- 1) Assume back lying position on the floor. Place hands at sides with palms down on the floor.
- 2) Start position: Place heels on top of Flex ball with knees slightly bent.
- 3) Raise hips off the floor by pressing heels into the ball.
- 4) Return to starting position.
- 5) To increase difficulty, raise and extend arms above chest.

Trainer's comments: A4

Pushup (both hands on ball)

- 1) Get on your knees and place hands 6-8 inches apart onto the flex ball.
- 2) Start position: Align hands at nipple line, place feet hip-width apart on toes, and extend the arms to raise body up. Trunk and hips should be in a straight line.
- 3) Lower your body (legs, hips, trunk, and head) 4-8 inches from flex ball.
- 4) Return to start position by extending elbows and pushing the body up.
- 5) Remember to keep the head and trunk stabilized in a neutral position by



PHASE III

WEEK 1 HIIT WORKOUT

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: A5

Wall Squat with resistance

1. Start by placing the ball behind the small of your back. Place the band your feet and hold onto it with your hands.
2. Slowly squat down until your thighs are near parallel to the ground.
3. Return to the starting position and repeat. Trainer's comments: A2 (hold dumbbells on your side if available)

Trainer's comments: A6

Stability Ball Crunch:

1. Sit in an upright position on flex ball with feet flat on the floor.
2. Walk feet forward allowing flex ball to roll underneath body until it is positioned on lower to the mid-back region. Raise hips slightly to create a tabletop position parallel to the floor.
3. Place hands across your chest. The head should be in a neutral position with a space between chin and chest.
4. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
5. Return to starting position.
6. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Trainer's comments: A7

Superman:

- 1) Start position: Lie face down on the floor with hands down at sides. You may place a rolled towel under forehead to clear face from the floor.



PHASE III

WEEK 1 HIIT WORKOUT

- 2) Raise chest and head off floor keeping feet in contact with the floor.
- 3) Return to starting position.
- 4) To increase resistance, extend arms and place hands overhead.
- 5) Do not raise head past 8-12 inches - excessive hyperextension may cause injury. To vary exercise raises feet while raising trunk.

