

# HIIT WORKOUT BREAKDOWN

**phase 2  
week 2**

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**COLIN F. WATSON**

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## PHASE II

# WEEK 2 HIIT WORKOUT

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

For the first couple weeks, I will be focusing on bodyweight training. You will notice that I superset between an 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: Pull-up

A2: Seated Row with Bands

B1: Alternating Split Squat Jump

B2: Hindu Pushup

C1: Squat Jump

C2: Double Crunch

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# WEEK 2 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 - See week 1

Part II Treadmill Workout - See week 1

*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 Fast Start Guide 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. See page 50 of my book. (Eat egg whited for protein immediately post workout)

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 to 1/2 gallon of water per day.

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# WEEK 2 HIIT WORKOUT

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### RESISTANCE TRAINING ROUTINE

#### Exercise:

##### **Pull-up**

1) Position hands shoulder width to slightly narrower than shoulder width apart with an underhand grip (palms facing towards body).

2) Start position: Hang with arms fully extended and elbows forward. Feet may be crossed with knees bent.

Sets Reps Weight/Resistance

1. 20 BW

2. 20 BW

3. 20 BW

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.

#### **A1**

##### Seated Row with Bands

1. Start by attaching a band to the top of a door or fixed object.

2. Sit on ground with knees bent and your arms extended up and out.

3. Pull handles towards your chest keeping 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:**

A2 Complete in a superset with A1.

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### A1

Sets Reps Weight/Resistance

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

Sets Reps Weight/Resistance

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

Alternating Split Squat Jump

- 1) Stand with feet hip-width apart. Take left leg and step back approximately 2 feet standing on the ball of the back foot.
- 2) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on waist.
- 3) Lower body by bending at right hip and knee until the thigh is parallel to the floor then immediately explode vertically.
- 4) Switch feet in the air so that the back foot lands forward and vice-versa.
- 5) Before takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.

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### B1 - Hindu Pushup

- 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 are starting with the headfirst and follow with the shoulders and waist. It should look like you are diving down towards the ground.
- 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:

B2 Complete in a superset with B1.

Sets Reps Weight/Resistance

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

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### Squat Jump:

- 1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
- 2) Arms should be in the easy position with elbows flexed at approximately 90°.
- 3) Lower body where thighs are parallel to the ground.
- 4) Explode vertically and drive arms up.
- 5) Land on both feet and repeat.

Before takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

Trainer's comments:  
WITHOUT THE PUSHUP C1

Sets Reps Weight/Resistance  
1. 15 BW  
2. 15 BW  
3. 15 BW

### Double Crunch:

1. Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with space between chin and chest.
2. Start position: Hands behind head and knees bent

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Resistance:

1. 45 SECOND BW
2. 45 SECOND BW
3. 45 SECOND BW

90 degrees:

3. Leading with the chin and chest towards the ceiling, contract the abdominals and raise shoulders off floor or bench. During the crunch, also bring knees towards chest.

4. Return to start position.

5. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Trainer's comments:

C2 Complete in a superset with C1.