

# HIIT WORKOUT BREAKDOWN

phase 3  
week 2

---



COLIN F. WATSON

## PHASE III

# WEEK 2 HIIT WORKOUT

---

P3 Week 2 -M-W-F Workout Routine:

For the 2nd week, I am adding a resistance band. I am using Bodylastics that can be purchased online. However, It does not have to be Bodylastics brand.

You can purchase any resistance bands from your local sporting good stores such as Sports Authority, Model's Sporting Goods, or whatever local sporting good stores that you have in Your town.

They range from \$10 to \$60 depending on the quality of the product.

Before week #4, get yourself a stability ball because I will start implementing it for my week 4-workout routine. A stability ball is cheap and extremely versatile. If you don't have one, make sure to pick it up at your local sporting goods store.

You'll be using resistance bands and stability balls throughout this program.

---

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.



## PHASE II

# WEEK 2 HIIT WORKOUT

---

For example,  
Stationary Lunges (with bands) supersetted with Standing Band Row with the band. Do NOT rest within the superset (between lunges and chest press), but rest 1 minute after Lunges before repeating the superset.

### RESISTANCE TRAINING

Circuit Training Exercises:

A1: Ball Pushups (feet on the ball):

A2: Band Squat and Press:

A3: Standing Bent Over Pull Down

A4: Hamstring curls w/ stability ball

A5: Kneeling Triceps

### Press down

A6: Bicep curl (w/ band attached to the door)

A7: Ball Transfer (arm to leg exchange)

A8: Superman (with alternating arms and legs)

### INTERVAL TRAINING TIPS

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

.

## PHASE III

# WEEK 2 HIIT 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 other than what's prescribed in our meal plan.

Rule#6: Keep yourself hydrated 1 to 1/2 gallon of water per day.

### RESISTANCE TRAINING ROUTINE

#### Exercise: Squat with Fit Band

1. Start by stepping on the Fit Band with both feet shoulder width apart.
2. Hold the Fit Band at shoulder level with both hands. Start into a full squat while holding the band at shoulder height.
3. Return to the starting position and repeat for the prescribed repetitions.

Trainer's comments: (Watch the video) A2 45-degree Lat Pull-down with bands

- 1) Secure door straps overhead at the top of the door.
- 2) Start position: Position hands overhead and shoulder width apart. Grasp handles with a neutral grip (palms facing each other) and lean trunk forward in alignment with the angle of the tubing from the point of attachment.
- 3) Pull handles down to approximately ear level, making sure you lead with the elbows and squeeze the shoulder blades together at the end of the pull-down.
- 4) Return to starting position.



## PHASE II

# WEEK 3 HIIT WORKOUT

---

- 1) Assume back lying position on the floor. Place hands at sides with palms down on the floor.
- 2) Start position: Place heels of both feet on top of the stability ball. Raise hips off the floor.
- 3) Curl heels toward glutes by flexing at the knee. Hips should remain off the floor.
- 4) Return to starting position.
- 5) Remember to maintain the stability of ball by utilizing muscles in the trunk and core.  
To increase difficulty, cross arms hands over the chest to take away the base of support.

Trainer's comments: A4

Triceps Press down:

- 1) Secure door straps overhead at top of door.
- 2) Stand approximately 2-3 feet away from attachment point with feet shoulder-width apart and knees slightly bent. You may use a staggered stance for increased stability.
- 3) Start position: Grasp handles with shoulder width or medium overhand grip (palms down). Lower handles to chest level so that elbows are bent at 90°.
- 4) Keeping shoulders stabilized and elbows close to sides, extend the arm and lower bar to hip level.
- 5) Return to starting position.
- 6) Remember to keep back and head erect and in a neutral position. Stabilize shoulders by squeezing shoulder blades together slightly.