

HIIT WORKOUT BREAKDOWN

**phase 2
week 3**



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PHASE II

WEEK 3 HIIT WORKOUT

For the third week, I am adding a resistance band. I am using Bodylastics that can be purchased here. It does not have to be Bodylastics. You can purchase any resistance bands from your local sporting good stores such as Sports Authority, Modell'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. This is only my third week, and I am already noticing a difference with my body and how I feel. I am still doing the full body workout but challenging my body even further by adding more resistance with the band.

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. I will 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.



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All exercises are done in supersets. 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:

A1: Stationary Lunges (with bands)
A2: Chest Press (one foot forward, one foot back)
B1: Band Squat
B2: Standing Band Row (one foot forward, one foot back)
C1: Standing Shoulder Press with bands
C2: Bicep Curl with bands
D1: Standing Rotations
D2: Hip Raises
Aim for 12-15 reps for each one.

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

EATING TIPS:

Make sure to keep following the HCG Body for Life Fast start menu:
HCG Body for Life Phase 2 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.
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 3 HIIT WORKOUT

RESISTANCE TRAINING ROUTINE

Exercise: Stationary Lunge with Fit Band

- 1) Stand with feet hip-width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place fit band under front foot and hold the other end with your hands.
- 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 floor. Body should follow a straight line down towards the floor.
- 4) Return to starting position.

A1

Place the handle behind you.

Sets Reps

1. 12-15

2. 12-15

3. 12-15



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Standing Chest Press with Band:

1. Start by securing the band at chest level behind you and standing with your feet together. To have a more stable stance, you can bring one foot in front of the other in a staggered stance (lunge stance).
2. Hold the band with your hands at chest level and your elbows back.

Sets Reps

1. 12-15
2. 12-15
3. 12-15

3. Press the bands out away from your body until your arms are extended.

4. Return to the starting position and repeat for the recommended repetitions.

Trainer's comments:

A2

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:

B1

Sets Reps

1. 12-15
2. 12-15
3. 12-15

WEEK 3 HIIT WORKOUT

Standing Row with bands

1. Anchor tubing at around belly button or chest level.
2. Grab the ends of the band in each hand with arms at full extension.
3. Pull your hands back towards your navel and pinch your shoulder blades together as you pull.
4. Keep your elbows close to the body and return to the starting position and repeat.

R the recommended repetitions.

B2

Put one-foot forward and one foot back
Standing Shoulder Press with Tubing

1. Start by placing both feet on the band and hold each end in both hands at shoulder level.
2. Starting with your elbows at 90 degrees press both arms straight up until your elbows are extended.
3. Return to the starting position and repeat for the prescribed repetitions. Keep your abdominals tight throughout the movement and avoid arching your low back.



PHASE II

WEEK 3 HIIT WORKOUT

C1

Sets Reps

1 12-15

2 12-15

Bicep Curl

Sets Reps

1. 12-15

2. 12-15

- 1) Stand with feet shoulder-width apart, knees slightly bent, and at a staggered stance.
- 2) Step onto middle of tubing with back foot or both feet.
- 3) Start position: Grasp handles with an underhand grip (palms facing forward) with arms hanging down at sides. Elbows should be close to sides.
- 4) Flex at the elbows and curl handles up to approximately shoulder level. Keep elbows close to sides throughout movement.
- 5) Return to starting position.
- 6) Remember to keep back and head straight in a neutral position throughout movement. Squeezing shoulder blades together slightly should stabilize shoulders - only the elbow joint should be moving.



PHASE II

WEEK 3 HIIT WORKOUT

C2

Standing Rotations

1. Position pulley at approximately chest height.
2. Stand with your right side towards pulley. Position feet shoulderwidth apart with knees slightly bent.
3. Start position: Grasp handle with right hand first followed by left hand on top of right hand. Extend arms forward at shoulder level. Hips and shoulders should be squared.
4. Rotate hips approximately 65° (or slightly past midway between the hip and naval).
5. Return to starting position. Switch sides after a prescribed number of reps.
6. Remember to rotate shoulders and hips and not just the arms. To ensure this movement, let head follow arms during rotation.

D1

Sets Reps

1. 12-15
2. 12-15

Hip Raises

1. Lie on your back with your legs bent 90 degrees at the hip.
2. Slowly lift your hips off the floor and towards the ceiling.
3. Lower your hips to the floor and repeat for the prescribed number of repetitions.

