

HIIT WORKOUT BREAKDOWN

phase 3
week 3



COLIN F. WATSON

PHASE III

WEEK 3 HIIT WORKOUT

M-W-F P3 Week 3 Workout Routine:

For the third week, you'll be adding a resistance band. You'll be using Bodylastics resistance bands that can be purchased online. However, it does not have to be Bodylastics. You can purchase any resistance bands from your local sporting goods stores such as Sports Authority, Model's Sporting Goods, or whatever local sporting goods 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 #3, 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 my 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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WEEK 3 HIIT WORKOUT

Example for a beginner:

Do chest press for 30 seconds (whatever amount you can complete), followed by a 30-second break.

Next, perform box jump for 30 seconds (whatever amount you can complete) followed by a 30-second break. Repeat until the last exercise (One arm standing concentration curl) and go back to the band press again; for a complete a total of 2-3 rounds.

RESISTANCE TRAINING

Below is my week 6 workout routine. Follow the form from the video.

Circuit Training Exercises:

Band Press

Box Jump:

Band Row:

Step up: w/o band

Bench dip

Walking Lunges (w/ weights)

Triceps Extension (behind head)

One arm standing concentration curl

Toe Touch (Abs crunch)

Circuit training is an excellent way to improve mobility, strength, and stamina.

This 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

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The total number of circuits performed during a training session may vary from two to six 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

