



HIIT IT

3 HIIT
TRAINING

WORKOUTS

THAT WILL GET YOU LEANER IN 1 HOUR PER WEEK

HIIT TRAINING



Are you tired of having that extra body fat that basically feels like a trophy for all the bad food you ate that you're now being forced to carry around?

Do you wanna get shredded, sexy, and improve on the overall aesthetics of your body? If you want to **DROP FAT FAST**, and **NOT** have to spend endless hours on a treadmill, bored to death, or drastically reduce calories, then you need to make sure you HIIT for 1 hour per week!! (Pun intended)

One of the many exciting advantages of HIIT, is it does more in less time!! For those of us who deem time as extremely valuable, this is a huge advantage. I go into further detail of the benefits of HIIT in a blog I wrote that I encourage you to check out.

<http://nutritionsolutionslifestyle.com/nsblog/h-t-right/>

The research that's been released recently also suggests that it is far superior than it's low intensity, steady state counterpart, when it comes to losing fat and building muscle.

Check out 3 of my personal HIIT routines that I do at least 3 days a week, (About 1 hour total workout time) that help keep me shredded 365 days a year!

Chris Cavallini

CEO/Founder, Nutrition Solutions text

WORKOUT 1



Equipment Needed: Elliptical or Step-mill

Total Time: 21 Minutes

Protocol:

After properly stretching and warming up, conduct alternating intervals of moderate intensity to high intensity, (As fast as you can go without falling off the machine and busting your face) at 1 minute of each.

So, 1 minute moderate, 1 minute sprint....Do this for 21minutes.

WORKOUT 2



Equipment Needed: None

Total Time: 18 Minutes

Protocol:

Warm up. Then perform the following movements.

- **Burpees- 30 seconds**
- **Mountain Climbers-30 seconds**
- **Body Squats (Ass to floor) - 30 seconds**
- **Frog Hops- 30 seconds**
- **Rest: 1 minute**
- **Repeat round 6 times.**

Sounds easy right?? We'll see :)

WORKOUT 3



Equipment Needed- Battle ropes, kettle-bell, jump rope

Total Time: 18 minutes

Protocol:

Warm Up.

- **Kettle-bell swings**
- **Battle Rope slams**
- **Jump Rope (fast)**
- **Jumping Jacks (fast)**

Perform 20 seconds of each exercise followed by 10 seconds rest prior to moving on to the next movement. 1 minute rest at the end of the circuit.

Performing a total of 6 rounds!!!

**** Exercises listed can be done in any order so switch it up as you see fit..