

TRAIN IT RIGHT

by Alicia Bell

www.trainitright.com
[@trainitright](https://www.instagram.com/trainitright)

Train It Right 7 Day HIIT Program

The following HIIT workout is designed to help build lean muscle, blast fat, train your core, and help improve your overall fitness.

Make sure to move quickly from one exercise to the other with little to no rest. For the exercises that require a weight, please use an amount that is difficult but not impossible to execute and still have good form. This will ensure that you get an efficient, effective and injury free workout.

Also make sure that you warm up 5-10 minutes walking, running or cycling. If you are at the gym feel free to use a machine of choice. The warm up is to make sure that you raise your heart rate and warm up your muscles for safety and effectiveness.

The Full workout is to be done in sequential order:

Day 1: Perform 1-2 Rounds

Day 3: Perform 2-3 Rounds

Day 5: Perform 3-4 Rounds

Days 2, 4, and 6 perform the Cardio HIIT!

Happy Training It Right!



A

B

Step Ups x20 each leg



Bent Knee Crunch x 20



Split Jumps x20



Incline Push Ups x12



Bench Hops x20

60s Rest
Repeat All x 3-4

Exercise Descriptions

Single Leg Step Up:

Stand up straight while holding a dumbbell on each hand. Place your foot on the elevated platform. Step on the platform by extending the hip and the knee of your right leg. Push through the heel and place the foot of the left leg on the platform. Make sure to squeeze your glute and pause for 1 second at the top. Return to the original standing position. Repeat for 20 on each leg.

Bent Knee Crunch:

Lay on the ground. Bring your feet up to approximately 90 degrees. Place hands behind your head and crunch forward to bring your elbows towards your knees. Make sure to lift the shoulder blades off of the ground. Return to start position and repeat for 20 reps.

Split Jump:

Perform a lunge and then push up off your front foot and heel and drive opposing leg in front to jump off of the ground. Return to starting position and repeat for 20 on each leg.

Incline Push Up:

Position hands on floor slightly wider than shoulder width. Place feet on bench and then raise your body to plank position. Keep your back straight and arms extended.

Then lower upper body to floor by bending arms. Go as low as you feel comfortable and then push your body up until arms are extended. Repeat for 12 reps.

Bench Hop Overs:

Begin by placing your hands in the middle of a flat bench. Keeping your hands placed on the bench hop over it with both of your feet at the same time to the other side. Immediately repeat as quick as you can and hop back to the original side. Repeat for 20 reps.

**Day 2
Treadmill HIIT #1**

Incline	Speed	Exercise	Minutes
0	6	Run	10
0	8+	Sprint	1
3	2.5	Walking Lunges	2
Off treadmill		Alternate lunges	2
Off treadmill		High Knee Running	1
Off treadmill		Walk Out Pushups	1
0	8+	Sprint	1
Off treadmill		Stiff Leg Deadlifts with dumbbell	2
0	6	Run	8
Off treadmill		Squat Kick back alternate	2

Repeat x 2

**Day 3
Treadmill HIIT # 2**

Incline	Speed	Exercise	Minutes
10	3.5	Walk	2
3	6.5	Run	2

3	2	Leg Kick Backs	2
3	6.5	Run	2
10	3.5	Walk	2
3	2	Leg Kick Backs	2
3	6.5	Run	2
10	3.5	Walk	2
3	2	Leg Kick Backs	2
3	7+	Sprint	2

Repeat x3

**Day 5
Cybex Arc Trainer or Elliptical HIIT**

Level	Resistance	Minutes
3	20	5
5	25	5
7	30	5
20 Squat Jumps		
20 Lunge Jumps		

Repeat x 4

**Day 7
Treadmill HIIT #3**

Exercise	Time	Speed
Sprint	30s	7+
Single Leg Lunge Jumps	30s	Fast
Sprint	30s	7+
Low Jump Squats	30s	Fast
Sprint	30s	7+
Switch Lunge Jumps	30s	Fast

Repeat 5-6x

Alicia is not a physician or registered dietitian. The contents of this email should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health.