
Fat-Burning HIIT Workouts

High Intensity Interval Training by Fitness on
the Rocks



Let's get SKINTY, bitches!

What is HIIT?

A HIIT workout is really anything that involves alternating between periods of all-out cardio bursts and periods of recovery. It can be applied to any cardio medium: sprinting, biking, swimming, stairmaster-ing, or even just doing a shit ton of burpies, jumping jacks, whatever, find your joy.

And it should last about 20-30 minutes TOTAL, resting time included. All HIIT workouts should include a minute warm up and a cool down to avoid injury (very important, don't skimp on this)! Your warm up/cool downs could be:

- walking at an incline
- jumping jacks/high knees/twisting lunges/arm swings/squats/butt kicks
- dynamic stretching
- anything that safely raises your heart rate and mimics the exercises you're about to perform

So here's the thing with HIIT though: while it is god's gift to cardio, it's still cardio and you're gonna have to put some oomph into it. The upside is, for most HIIT workouts, you'll spend more time recovering than working your ass off, but it's not gonna do much for your body unless you earn that recovery during the "working" intervals. Ok, so what do I mean by "work" exactly? How do you know if you're really working hard? Simple answer: you'll know. It's unmistakable. It's like an orgasm: you'll know.

Now don't get me wrong, I don't wanna encourage anyone to vomit on their treadmill— it's not *that* far, but the point is to try to hit 80-100% of your VO2Max (which is the maximum amount of oxygen your body can use during maximal exercise).

But trying to figure out those numbers and apply them is really friggin complicated— we're not gonna worry about that— basically all you need to do is just get yourself to the point where you feel like you can't take in quite as much air as you'd like. Again, you'll know. It's gonna suck a little bit, but it's only for super short periods so...worth it.

So make sure to check those out and do them anywhere from 1 to 5 times a week (I'd say start with 1, if you're a newbie). Combine them with a healthy diet and strength building workouts (such as my Dive Barre Workout Series...hint, hint!), and watch the fat melt away like an Arctic icecap. Too soon?

So let's do this, Bar Flies.

Beginner's HIIT Workout

Warm up for 5 min, then alternate between:

30 SECONDS of HIGH INTENSITY exercise (such as a sprint) and

90 SECONDS of LOW INTENSITY exercise (such as a moderate walk)

for **20 MIN TOTAL**,

then cool down for 5 min.

BEGINNER'S ROUTINE	
WARM UP	5:00
HIGH INTENSITY/ SPRINT	0:30 (x10)
LOW INTENSITY/ RECOVER	1:30 (x10)
COOL DOWN	5:00

Intermediate HIIT Workout

Warm up for 5 min, then alternate between:

30 SECONDS of HIGH INTENSITY exercise (such as a sprint) and

30 SECONDS of MEDIUM INTENSITY exercise (such as a jog)

30 SECONDS of LOW INTENSITY exercise (such as a moderate walk)

for **20 MIN TOTAL**,

then cool down for 5 min.

INTERMEDIATE	ROUTINE
WARM UP	5:00
MEDIUM CARDIO/ JOG	0:30 (x10)
HIGH INTENSITY/ SPRINT	0:30 (x10)
LOW INTENSITY/ RECOVER	1:00 (x10)
COOL DOWN	5:00

Advanced HIIT Workout

Warm up for 5 min, then alternate between:

90 SECONDS of HIGH INTENSITY exercise (such as a sprint) and

90 SECONDS of LOW INTENSITY exercise (such as a moderate walk)

for **21 MIN TOTAL**,

then cool down for 4 min.

ADVANCED ROUTINE	
WARM UP	5:00
HIGH INTENSITY/ SPRINT	1:30 (x7)
LOW INTENSITY/ RECOVER	1:30 (x7)
COOL DOWN	4:00