



MW5 FITNESS

MARTIN WHITELOCK

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HIIT TRAINING PLAN





WELCOME & THANKYOU

Welcome and thank you for downloading this FREE 6 week training guide designed for people who want to build fitness and burn fat. This plan can be implemented at work, on your travels or at home, with no equipment required and without the restraints of a gym.

This program will demonstrate basic, no frills HIIT workouts that are effective and sustainable for all abilities. The no-nonsense workouts in this plan will provide a platform for you to go on and achieve great results, especially for those with a busy a lifestyle and limited time to exercise.

For many of you this will be the very start of your fitness journey. Others may have plateaued and are looking for fresh ideas and some will be just looking for that emergency fat burning/toning solution! Regardless of where you're at, take extra care when training at high intensity, pay particular attention to form/technique and always try to warm up, stretch & cool down if ever possible.

Remember to complement your training with a healthy lifestyle! In order to ensure you get maximum benefits over the course of this plan avoid processed meals, saturated fats, sugar and binging on alcohol. Sleep well, stay hydrated and most of all enjoy the journey!



HOW TO FOLLOW THIS GUIDE

Each week you'll be expected to complete 3 intense HIIT sessions to a standard that is safe and achievable for you! You'll start every week with a 16 minute workout followed by an 18 minute session midweek and finishing with a 20 minute session later on.

The first and last workouts in this plan are 'Test Workouts'. This is a fun and accurate way to monitor your progress from a physical performance standpoint. However, when comparing notes don't be overly critical of yourself if the results don't differ as much as you would like! Bear in mind that improvements in your form may be making your workouts tougher!

There are 6 Workouts on this plan, each workout divided into letters A, B, C, D, E and F. The first week will consist of A, B and C whilst the second week will be D, E and F. After the the first two weeks are complete you'll be expected to repeat the same cycle twice over the coming 4 weeks. This is to give you a chance to become familiar with the workouts as well as the techniques required to execute them. You can perform the sessions on any days but my suggestion would be to follow the example table provided as closely as possible.

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	TEST 1		A		B		C
WEEK 2		D		E		F	
WEEK 3	A		B		C		D
WEEK 4		E		F		A	
WEEK 5	B		C		D		E
WEEK 6		F		A		TEST 2	

The exercise combinations are designed to get progressively harder but it is also your responsibility to push yourself that extra 5-10% as soon as you start to become comfortable with the workouts.



When anyone follows a plan it's highly likely that sessions will get missed for many unexpected reasons, but the challenge is to not become disheartened. If possible try to squeeze it in on another day during that week. Your consistency over time combined with a healthy lifestyle will dictate the results rather than the one or two missed days.

If necessary, modify the exercises or rest time ratio to suit your needs. There is no secret to achieving awesome fitness!! Simply have fun with each session, be safe and aim to challenge yourself as often as possible.

*Take a read through the whole plan before starting

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TEST 1

SETS	EXERCISES	REPS		
		BEGINNER	INTERMEDIATE	ADVANCED
8	JUMPING JACKS	10	16	20
	SQUATS	5	10	15
	HIGH-KNEES	10	16	20
	PUSH-UPS	5	10	15
	SIT-UPS	10	16	20
	BURPEES	5	10	15
TIME:				

SQUATS



JUMPING JACKS



HIGH KNEES



PUSH-UPS



BURPEES



SIT-UPS



TEST SESSION



WORKOUT A

1 PRISONER SQUATS



2 PUSH-UPS



3 BURPEE



4 PLANK SPEED REACH



BEGINNERS	20 seconds active 40 seconds rest
INTERMEDIATE	30 seconds active 40 seconds rest
ADVANCED	40 seconds active 20 seconds rest

4 EXERCISES
4 ROUNDS
16 MINUTE WORKOUT

A



WORKOUT B

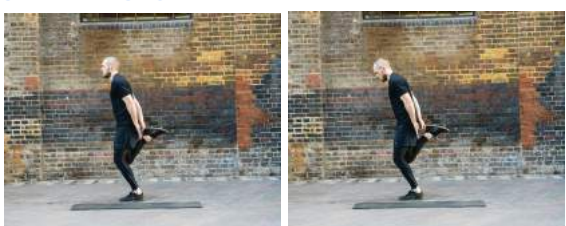
1 LUNGE JUMPS



2 TOUCH DOWN TO JUMPING JACKS



3 HEEL FLICKS



4 PLANK



BEGINNERS	20 seconds active 40 seconds rest
INTERMEDIATE	30 seconds active 40 seconds rest
ADVANCED	40 seconds active 20 seconds rest

4 EXERCISES
5 ROUNDS
20 MINUTE WORKOUT

B



WORKOUT C

1 SQUAT JUMPS



2 PLANK TO PUSH-UPS



3 MOUNTAIN CLIMBERS



4 LEG RAISES



BEGINNERS	20 seconds active 40 seconds rest
INTERMEDIATE	30 seconds active 40 seconds rest
ADVANCED	40 seconds active 20 seconds rest

4 EXERCISES
6 ROUNDS
24 MINUTE WORKOUT

C



WORKOUT D

1 IN & OUT SQUAT JUMPS



2 PUSH-UP JACKS



3 FLY-HIGH KNEES



4 FLUTTER KICKS



BEGINNERS	20 seconds active 40 seconds rest
INTERMEDIATE	30 seconds active 40 seconds rest
ADVANCED	40 seconds active 20 seconds rest

4 EXERCISES
4 ROUNDS
16 MINUTE WORKOUT

D



WORKOUT E

1 PULSE SQUATS



2 DIPS



3 TUCK JUMPS



4 T-ROTATIONS



BEGINNERS	20 seconds active 40 seconds rest
INTERMEDIATE	30 seconds active 40 seconds rest
ADVANCED	40 seconds active 20 seconds rest

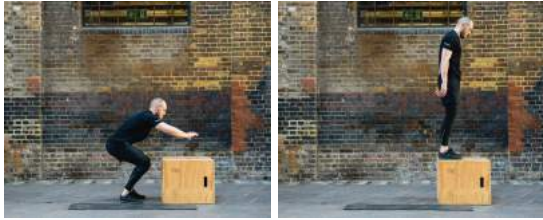
4 EXERCISES
5 ROUNDS
20 MINUTE WORKOUT

E



WORKOUT F

1 BOX JUMPS



2 CRUNCH TWIST



3 SPIDER MOUNTAIN CLIMBERS



4 SPEED WALK-OUTS



BEGINNERS	20 seconds active 40 seconds rest
INTERMEDIATE	30 seconds active 40 seconds rest
ADVANCED	40 seconds active 20 seconds rest

4 EXERCISES
6 ROUNDS
24 MINUTE WORKOUT

F



TEST 2

SETS	EXERCISES	REPS		
		BEGINNER	INTERMEDIATE	ADVANCED
8	JUMPING JACKS	10	16	20
	SQUATS	5	10	15
	HIGH-KNEES	10	16	20
	PUSH-UPS	5	10	15
	SIT-UPS	10	16	20
	BURPEES	5	10	15
TIME:				

SQUATS



JUMPING JACKS



HIGH KNEES



PUSH-UPS



BURPEES



SIT-UPS



TEST SESSION



You got this...

Thanks again to all of you for downloading this plan. The next few weeks will be challenging for you in many ways. No doubt you're sure to encounter various obstacles and distractions throughout the coming weeks but I'm always available to help with questions & support whenever needed.

I hope you'll be able to share your progress with me either through email support or via social media channels. Be sure to follow me on my Instagram for fitness motivation, nutrition tips and more. You'll also be able to view the workouts on the MW5 FITNESS YouTube channel so remember to subscribe in order to receive updates.

Good luck

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