

HOLIDAY HIIT PROGRAM

with *Ashley Kaltwasser* 2X MS BIKINI OLYMPIA

RESISTANCE CIRCUITS. To maximize your results, remember: (1) Lift as much weight as you safely can while maintaining good form. The last rep should be approaching failure. (2) Rest no more than 60 seconds between each circuit set. (3) Perform 8 rounds of the circuit or as many sets as you can in 30 minutes, whichever comes first.

RESISTANCE CIRCUIT 1

Perform 8 sets or as many sets as possible in 30 min.

EXERCISE	REPS
SMITH MACHINE SQUATS	10
BARBELL CURLS	10
BURPEES	10
V-UPS	10

Rest 60 seconds

RESISTANCE CIRCUIT 2

Perform 8 sets or as many sets as possible in 30 min.

EXERCISE	REPS
KETTLEBELL SWINGS	10
BOX JUMPS	8
PULL-UPS	8
TRICEPS DIPS	10

Rest 60 seconds

RESISTANCE CIRCUIT 3

Perform 8 sets or as many sets as possible in 30 min.

EXERCISE	REPS
HANDSTAND PUSH-UPS	10
TUCK JUMPS	8
SWISS BALL PIKES	10
STIFF-LEG DEADLIFTS	10

Rest 60 seconds

CARDIO Programs

TREADMILL:

Repeat the following 4 times

WALK - 15% INCLINE, 3.5 MPH:

2 MINUTES

JOG - 5% INCLINE, 6.0 MPH: 2 MINUTES

WALK - 5% INCLINE, 3.0 MPH: 1 MINUTE

UPRIGHT BIKE:

Repeat the following 10 times

HIGH RESISTANCE, SPRINT (>90 RPM):

1 MINUTE

LOW RESISTANCE, RECOVERY (<80 RPM): 1

MINUTE