

HIIT CARDIO PROGRAMS

FOR WOMEN
FITNESSRx PRINT AND GO
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

BEST SHAPE OF YOUR LIFE WORKOUT

with Ms Bikini Olympia

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PART 5 OF 5

ROTATE BETWEEN THE FOLLOWING PROGRAMS:

PROGRAM 1:

TREADMILL HIIT

WARM-UP: 5-minutes walk

Then, perform the following intervals 5 times:

**2-MINUTE
MODERATE PACE**

**1-MINUTE
INTENSE SPEED**

1-MINUTE WALK

COOL-DOWN:
5-minute walk

PROGRAM 2:

OUTDOOR SPEED LADDER

NOTE: THE DISTANCES ARE LONGER THAN A TYPICAL SPRINT PROGRAM – YOUR SPEED SHOULD BE BETWEEN A COMFORTABLE RUN AND AN ALL-OUT SPRINT.

WARM-UP: 15 minutes of jogging/dynamic stretching

Then, **RUN THE FOLLOWING DISTANCES:**
400M*, 800M, 1,200M, 800M, 400M

Rest two to three minutes between each interval.

COOL-DOWN:
10-minute walk

*400m = one lap around the track.

PROGRAM 3:

PLYOMETRIC CIRCUIT

WARM-UP:

2 x 20 stationary squats

Then, perform the following circuit four times:

10 BOX JUMPS

10 STEP-UPS JUMPS

(EACH LEG)

10 PLANK JACKS

10 PLANK LATERAL JUMPS

(EACH SIDE)

Rest 2 minutes between each round.

COOL-DOWN: 5-minute walk