



**HIIT**ACADEMY

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# FIT & LEAN

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8 WEEK HIIT ROUTINE

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# Product Disclosure

Dear Reader,

We wrote a guide designed to help people progress towards their health and fitness goals. Keep in mind that it is not specifically tailored to suit any injuries or health problems that could be aggravated with low, moderate or high intensity physical exercise. We want you to be healthy so if you are an individual with such problems please seek the help of a health professional.

We're not doctors. The materials and content contained in "HIIT Academy's Fit & Lean" are for general health improvement recommendations only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. This information is a set of "guidelines" intended for a large audience.

We created the "HIIT Academy's Fit & Lean" to help you get into better physical shape. We are not here to promote extreme body images or training routines. We wrote this with your best interest in mind but you, the reader, are responsible for the interpretation or use of the information provided.

We wrote the guide but the results of this work solely depends on you, the reader. This information is not individually tailored but intended to act as guidelines for you. You assume any

risk for your use of this information as such materials and content are constantly changing and may not contain the most recent information. This work is a guideline which has emerged via a combination of personal experience and scientific research.

The information and other material available from this book come from a number of sources including the personal experiences of Alex and Tim Ruben, third parties who have given permission for use of their material, and material copied under statutory licenses. Accordingly the information and material in this book is copyright, 2015 © HIIT Academy.

So please, don't reproduce, broadcast, sell, transmit, or store in a retrieval system, any electronic, photocopied, recorded or any other version of this guide without asking us (Alex and Tim Ruben or HIIT Academy) first and getting our permission. You can, however, show off your results, tell your friends about what you're doing, and get generally excited about making changes to your health and fitness!

Thank you for understanding.

Now get after it!

# About The Authors



Fitness has been a lifelong journey for us. It began when we started playing sports at a very young age. By the end of our careers we each had 15 years of experience, 10 of which was spent in a gym training. In that time we studied with professional trainers, trained with pro athletes, had been the recipients of several top awards that young athletes can receive, and won a few championships along the way.

When we transitioned from the athlete's lifestyle we kept our desire to be in peak physical condition, but we needed a different kind of training since the circumstances had changed. We were on a mission to

find a new way to exercise that produced phenomenal results for everyday life. The journey has led us down many avenues, filled with experiments and insights into the world of fitness.

As a result, we launched HIIT Academy. We wanted to share what we learned with people to help them get ripped and stay fit. We have made it our goal to give you a no excuse way of achieving total body fitness.

With your help we're going to make an impact on the world and make it a healthier place. Thank you so much for joining us on the ride!

# Introduction and Our Purpose

## Welcome to Fit & Lean

Welcome to HIIT Academy's Fit & Lean HIIT routine! You hold in your hands a guide to the most effective fat loss training to date.

This guide is tool. Inside you'll find the most practical information on exercising for rapid, effective fat loss. It exclusively provides what you need to know to obtain the level of fitness that gives you confidence to go anywhere and do anything.

It combines some of the newest Information available to us with practices that have withstood the test of time. It relies on science, experience and wisdom to provide you with the steps you need to go forth and create the results that you want and deserve.

## Our Purpose

We want to live in a healthier world. It is our mission to equip everyone with the knowledge and steps to get fit. We not only believe that a healthy body is something that everyone deserves, we also believe that people can obtain it with the right attitude and routine. But we can't make that happen without you. You are the most important part of this program. Remember that as you have fun creating your results through these simple yet effective workouts.

From the bottom of our hearts, thank you for taking on Fit & Lean. We're very excited to help you earn your fitness goals.

Now, let's get to work!

# Overview/The Big Picture

## What Does it Contain?

### 8 Weeks of Workouts

Fit & Lean workouts are built using our progressive, systematic approach to High Intensity Interval Training.

High Intensity Interval Training (HIIT) is a shorter workout style that combines periods of intense exercise and periods of rest. HIIT workouts create a response in the body that increases its ability to burn fat and reveal muscle tone and definition. It is the most effective method for weight and fat loss when it comes to working out.

### Bonus Beginners Training

This is a workout regimen to build a foundation if you've never worked out before. The momentum you build up starting with the beginners workouts will help get you ready for the full eight week program that follows.

### HIITDex

The HIITDex is a glossary of all the exercises and stretches that we use to stay fit and healthy. This list is extensive, flexible and reliable enough to be used from your house to the gym and anywhere else you can think of. Refer to it if you have any questions about how to perform the exercises involved in the workouts.

### Education

We made it a point to only include practical information that you can use to create the change that you want for your body while staying as safe as possible. The clearly defined techniques, tips, and equipment outlined in this guide will help you achieve the best results while going through the Fit & Lean workouts. It's best that you read this section before doing the workouts to maximize their effect.



# Overview/The Big Picture

## Progress Tracking Information

You will learn the different methods for tracking your progress. We want you to know where you are, where you've been, and where you're going throughout the process.

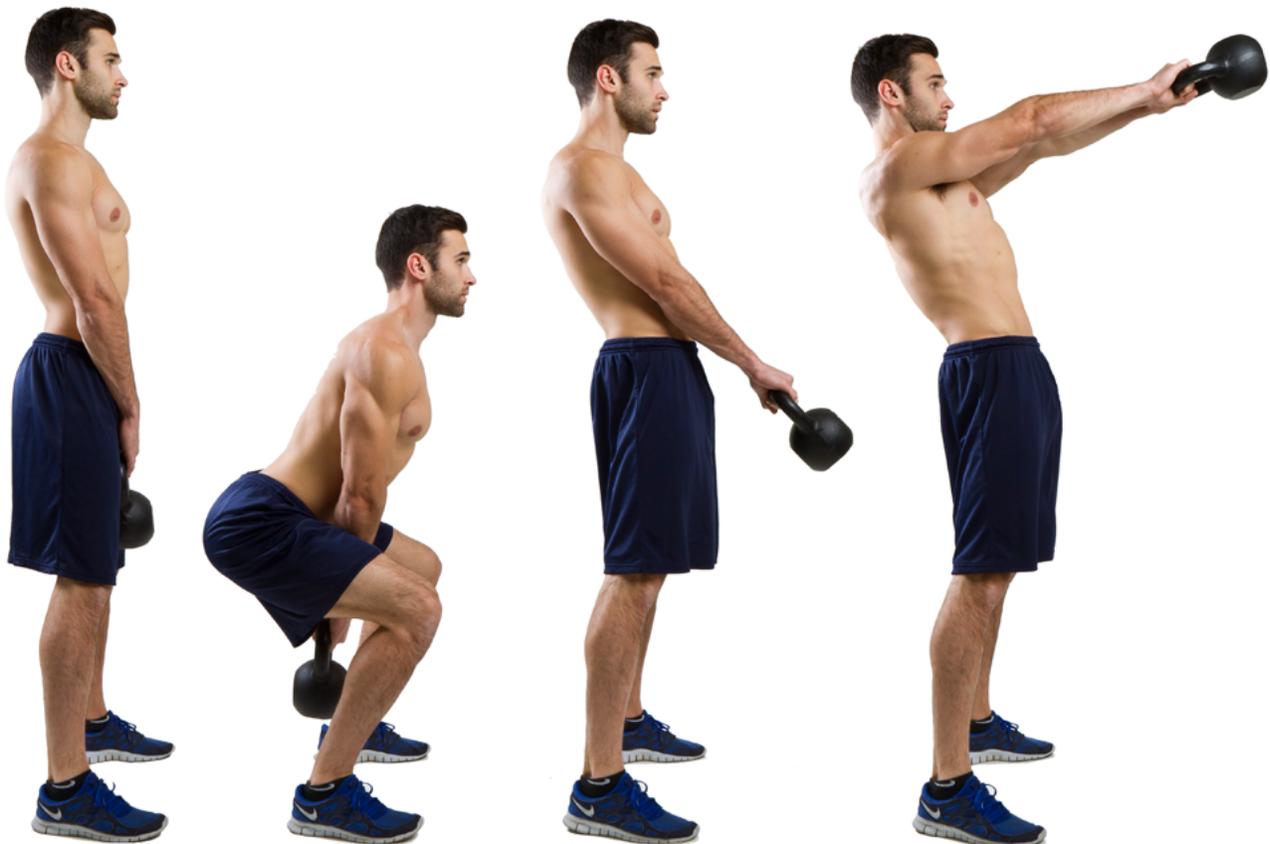
## A Calendar

We've included a special Fit & Lean calendar to help keep you on track. Use it to know when it's time to get it done.

## Getting to the Point

To sum it all up, the Fit & Lean HIIT routine is our fastest and most effective fat loss training routine. The program uses high intensity interval training that relies on a combination of cardio and strength exercises to achieve higher levels of fitness in the shortest amount of time possible. As you go through, you'll learn the importance of tracking your progress and what it really takes to build a healthy and fit lifestyle.

Now start earning your fittest body ever!



# The Workout Basics

Here you will find the basics of our HIIT program. We will teach you how to do the workouts and tell you what you'll need to get the most effective exercise that you possibly can.

## The Workout System

Our workout system is designed to achieve a lean body while maintaining strength. We developed this approach after doing many different workout styles over the last 12 years. This is the system that we use to train our clients, as well as ourselves, to gain total body confidence.

## The Fit & Lean System

The Fit & Lean guide uses a progressive workout system that builds up over the course of the program through a series of phases. Every workout is a full body workout that mixes strength and cardio exercises. Our Basic HIIT formula uses three different components: Muscle Resistance, Cardio and Rest.

## Muscle Resistance

Intervals that focus on your muscles will help you create a strong, functional body. Your target rep range should be 15 – 20 reps during these intervals. If you reach 20 before the time is up, that's okay. Keep going until the interval is over. You can perform many of the exercises using only your bodyweight. If you want to increase the difficulty of an exercise you can find a variation in the HIITDex or you can simply increase the resistance by adding weight.

## Cardio

During these intervals, you will be performing cardio exercises that require you to give it your maximum effort. Naturally, these are the most intense parts of the workout. Approach the cardio intervals as if you are in a race where the fastest person with best form wins! Push yourself to do as many reps as possible (AMAP) for the allotted time.

**Remember...You get out of it what you put into it!**

# The Workout Basics

## Rest

The rest periods come at the end of a circuit. Allow yourself to catch a quick breath and gather your focus before doing another set. Keep in mind that after the third set of a circuit the rest interval is all the time you have before you begin the next circuit.

## Fit & Lean workouts increase in difficulty as your endurance increases.

As you progress through the phases, the interval times will change but the length of the workout will remain the same. Every workout lasts under 20 minutes. These quick workout blasts focus on keeping your muscles strong while building up your endurance and your body's ability to burn fat and better capitalize on excessive post-exercise oxygen consumption (EPOC). Phase one begins at even intervals of 30:30:30.



# The Workout Basics

## Keeping Time

The interval training in Fit & Lean requires a timer. Keeping time is one of the most important factors and it's important that you track time the most consistent and reliable way possible. Here are a few ways that you can keep track of time:

### Use an App

This is our preferred method for keeping time. You can find free or inexpensive apps on your phone. The best apps should be programable and allow you to set up circuits, add exercises and sets, and adjust time intervals. Our preferred app is called "SECONDS". We use the circuit timer function to set up the workouts so that we can focus on the exercise and not the time. The app alerts us when the interval is almost complete, when to switch, and when to rest.

### Use a special or professional timer

There are special professional timers specifically designed to be used for interval training. These are the type of timers found in boxing gyms to alert the fighters when to rest and when to work.

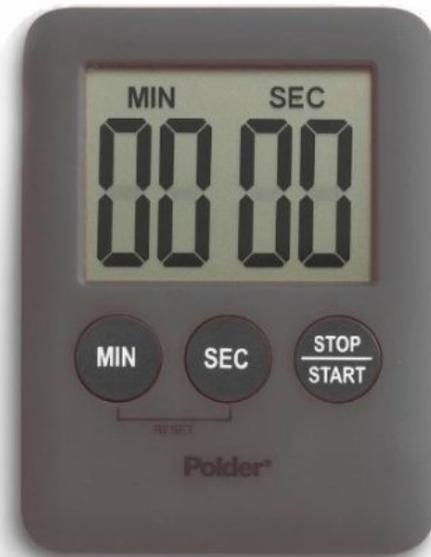
There are also programable timers that you can clip onto your clothing. They're excellent, small and not very expensive.

### Use your phone or watch

At the very minimum, you can time yourself with a stopwatch or the stopwatch function on your phone. Although this is not the best method, you can make it work if you have nothing else. Just be sure the stopwatch is visible at all times to help you stay on track.

### One last thought about timers

The easier you make it on yourself to keep track of time, the better off you will be. Your focus should be on the exercise and not the clock.



# The Workout Basics

## How To Read The Charts

The workouts are made up of circuits. There are 4 circuits per workout. Each circuit contains two to three exercises and detailed demonstrations of what you need to do. Pay attention to the times for the intervals as they will change over the course of the program.

### The Charts Read From Left to Right, Then From Top to Bottom

You'll go through the exercises in the circuits from left to right. Once you are done with a circuit, you will go to the following circuit in the row below. Read through the entire workout before you begin and make sure you understand the exercises, know the time intervals and know which equipment you'll be using.

### Exercises

The exercises are clearly labeled and demonstrated.

If you do not understand the exercises, or want to know a little more information about them, consult the HIITDex for detailed instructions and variations for all of the exercises included in the workouts.

### Circuits and Sets

Each row is its own circuit. Most circuits contain two exercise intervals and a rest

interval while some may have three exercise intervals and no rest interval. When you complete a circuit once, you've completed a set. You'll complete three sets of each circuit before moving on to the next circuit.

But, you must be fast! The rest interval after your third cardio session in a circuit is all the rest you will have before you start the next circuit.

### Have Your Equipment Ready

Before you begin, it is wise to have all of your equipment out and ready for use. Being prepared will maximize your rest time. Bottom line, prepare to make your workout a win before you begin!

CIRCUIT 1 Repeat 3x	:30 Exercise 1
	:30 Exercise 2
	:30 Rest
CIRCUIT 2 Repeat 3x	:30 Exercise 1
	:30 Exercise 2
	:30 Rest
CIRCUIT 3 Repeat 3x	:30 Exercise 1
	:30 Exercise 2
	:30 Rest
CIRCUIT 4 Repeat 3x	:30 Exercise 1
	:30 Exercise 2
	:30 Rest

# The Workout Basics

## How Many Days a Week?

Over the course of a week we recommend that you accomplish at least 4 days of HIIT. You can use the other days of the week as bonus workout days or rest and recreation days.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT							
Bonus Day							
Rest/Recreation							

### HIIT Days

On these days you'll do the HIIT workouts that are included in this guide. To get the best results, commit to do these workouts 4 times a week.

### Bonus Days

If you feel inclined, you can do extra workouts a couple of times a week. **Bonus days are NOT replacements for the regularly scheduled HIIT workouts.** You can do extra high intensity interval training workouts such as sprints or cycling on a bonus day, or you may also use these days to do less intense, steady state workouts like yoga, hiking or jogging. All bonus days are optional.

**Quick Note:** It is possible to do HIIT up to 6 times a week but listen to your body. If your muscles feel acute tightness and strain, not just soreness, it will be far better for you to rest on a bonus day instead of getting the extra work in. Use your bonus days wisely. It's better to recover than to push yourself into an injury that keeps you from working out.

### Rest/Recreation

You can workout and still have fun. On rest and recreation days we highly recommend spending time with friends or going out and being active. Take the the time to lead a full and healthy life and remember to enjoy yourself!

# Education

The practical information in this section will help you get the most out of the Fit & Lean program. Education is important so take the time to learn this information. You will learn why HIIT works so well along with some basic, yet important, fundamentals and principles to maximize your safety and the effectiveness of your workouts. We will be covering the importance of form, the correct way to pick resistance and weight, methods to track progress, and show you the equipment you'll be using over the course of the 8 weeks.

## **HIIT is the Most Effective Fat Loss Training**

When it comes to burning fat and creating muscle tone and definition, we haven't encountered a more effective style of working out than HIIT. In multiple studies over the years, short HIIT workouts consistently outperformed longer, less intense exercise such as jogging. High intensity interval training improves aerobic fitness, burns fat at rapid rate, and maintains muscle endurance and strength.

HIIT also increases the amount of oxygen the body consumes after a workout. This excess post-exercise oxygen consumption creates an effect, known as "after burn". The effect causes your

body to burn calories at an accelerated rate for up to 24 hours after a workout. To sum it up, When you do a HIIT workout you increase endurance, maintain strength, burn calories at a rapid rate after the workout is completed, and the workouts last a fraction of the time when compared to steady state forms of exercise.

## **Form, Form, Form.**

*Think Form First, and Everything Else Will Follow.* Correct form is incredibly important to any type of training. Excellent form creates strong, functional muscles and is accomplished by training and using proper body mechanics. Poor form can lead to injury and an uncomfortable life. Therefore, form is more important than how much weight you can lift and the speed of your repetitions.

You are better off training your muscles the right way, even if it means you go a fraction slower and use slightly lighter weight while performing the exercises. Be sure that you understand how to do the exercises before doing the workouts by reading the instructions included in the HIITDex. A great way to learn a new exercise is to go through it slow and without weight before you begin a workout. Take the

# Education

time and start building the muscle memory necessary to be a pro at any exercise.

## Repetition Speed

Repetition speed is how fast you complete one rep of an exercise. You will be using two different repetition speeds when you do these workouts.

### 1 up, 1 down

This is the speed that you will be using when you are doing muscle focused exercises. The rep rhythm is one second to push the weight and one second to load the weight. Using this method you should get at least 15 reps per 30 seconds while doing these workouts.

**Example:** You take one second to get into the squat position. This would be the loading part of the exercise. Then you take one second to force yourself back up to the standing position. This is the pushing part of the exercise.

## AMAP

This stands for As Many As Possible. It implies a very fast speed. This is used during the cardio exercises to get as many repetitions as you can in the time interval. Be as quick as you can

while maintaining the best form that you can.

## Picking Weights and Levels of Resistance

To increase muscle tone and definition, you need to choose the right amount of weight, or resistance, during the intervals that focus on your muscles.

The right resistance should be tough enough that you almost reach failure at the end of every set. Using this method, it's okay to start at a higher weight during your first set and reduce the weight as you go.

**Example:** Let's say that you start with a 25 pound dumbbell curl on your first set and you do 15 great reps. But if you can only get 10 good reps using the 25 pound dumbbell on the second set, you should reduce the weight down to 20 or 15 pounds for the third set to achieve the 15 great reps again.

Picking the right weight is another way to bring out those muscles that you're working so hard to show! Be sure that you're putting enough stress on them to maintain strength and increase definition.

# Equipment

Having the right equipment to get the job done is highly important. Here you will find the equipment that we recommend you use during the workouts in this guide.

## Resistance Bands



Bands are highly versatile. They can be used in many different situations and as substitutes for a fair amount of gym equipment.

## Dumbbells



These can be found in just about every gym. Creative alternatives include a book bag filled with books or jugs of water.

## Kettlebells



This is an excellent tool for working out the whole body. A simple search on the internet will show you how to DIY your own if you don't have access to them.

## Jump Rope



This piece of equipment is usually readily available at any gym or health club. It's excellent for cardio work.

## Plates



These are available in most gyms and can be used for many different exercises. Use stable, heavy objects as creative alternatives.

## Bench or Chair



Benches or chairs are going to be necessary in being able to do certain exercises as well as increase the difficulty of some of the basic exercises.

# Tracking Progress

Tracking your progress is one of the most important things that you can do for your success. Proper tracking will let you know where you are, show you where you've been, and point you where you want to go. It's okay to track your progress using more than one method to get a complete picture of all of your changes. Here are a few different ways that we recommend to track your progress:

## Photos



There is nothing like a transformation photo to really keep you going. A photo of yourself will make you feel motivated to "change it or maintain it".

We always love seeing the progress that you make and we encourage everyone that goes through the Fit & Lean program to share a transformation photo with us. We can't express how proud it makes us to see the changes in our clients and how it inspires many more people to take control of their bodies. We will be reminding

you throughout the 8 weeks to check in with yourself and see where you are.

## The Scale



The scale is an accurate tool but don't let it confuse you. It represents a number and that number alone is not the whole picture. We're after fat loss and a scale has no way of accurately measuring your body composition. When you do weigh in, it's best to weigh in at the same point in the day every day for consistency. A rule of thumb: you'll always be lighter in the morning than at night. It's reasonable to gain a couple of pounds in a day if you measure more than once. Remember, it's just a number.

# Tracking Progress

## Testing Body Fat Composition



A basic skinfold caliper, or a handheld ultrasound machine, is probably the best way to check your body composition. Collecting the data can be meticulous, but it is rewarding and the best way to track fat loss. If you have a friend who can help you get all of the data points, or you become an expert at collecting the data yourself, this will really tell you where you're seeing the biggest changes.

## Heart Rate Monitors



This is a tool to track your workouts. It provides immediate feedback. Tracking your heart rate helps keep you in the zone while you're training by letting you know when you need to pick it up. It's also a great way to track calories burned.



# Warmup Overview

It's important to warm up before doing any kind of exercise. You can do a quick stretch routine or go for a light jog that lasts no longer than 5 minutes before you start a workout. Below is a stretch routine we recommend you do before every workout. Hold each position for 10-20 seconds.

Hamstrings



Glutes



Hip Flexors



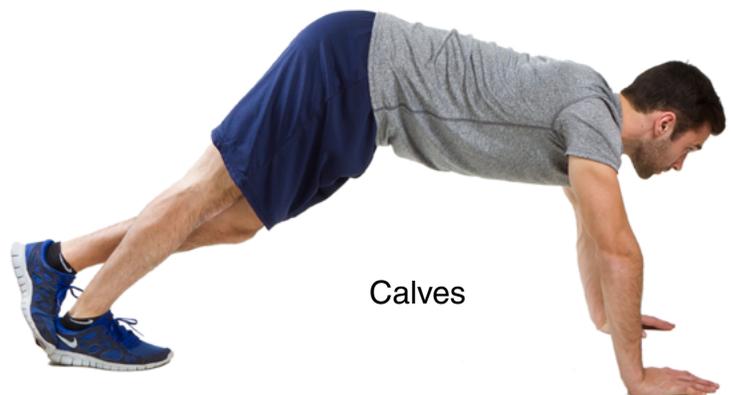
Shoulders



Groin



Calves



# Beginners Workout

Here you'll find a workout routine for an absolute beginner. We understand that the 8 week Fit & Lean program is tough. Follow this routine to build up some endurance, strength and momentum leading into the full program.

## Beginners Workout

We recommend doing the following routine for two weeks in order to build up into the eight week program.

“A JOURNEY OF A THOUSAND MILES  
BEGINS WITH A SINGLE STEP”



**CIRCUIT 1**

COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**:20**

**AIR SQUATS**



**:20**

**MOUNTAIN CLIMBERS**



**:50**

**REST**



**CIRCUIT 2**

**:20**

**PIKE PUSH UPS**



**:20**

**STATIONARY SPRINTS**



**:50**

**REST**



**CIRCUIT 3**

**:20**

**TRICEP DIPS LEGS BENT**



**:20**

**1/4 SQUAT JUMPS**



**:50**

**REST**



**CIRCUIT 4**

**:20**

**PLANK**



**:20**

**SCISSOR KICKS**



**:50**

**REST**



**TUESDAY - 30 MINS RECREATIONAL ACTIVITY (WALK, JOG, BIKE)**

**CIRCUIT 1**

COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**:20**

**INCLINE PUSH UPS**



**:20**

**PIANK TUCKS**



**:50**

**REST**



**CIRCUIT 2**

**:20**

**SLIDING SEALS**



**:20**

**JUMP ROPE**



**:50**

**REST**



**CIRCUIT 3**

**:20**

**UNDERHAND BICEP CURLS**



**:20**

**STATIONARY SPRINTS**



**:50**

**REST**



**CIRCUIT 4**

**:20**

**LEFT SIDE LATERAL PLANK**



**:20**

**RIGHT SIDE LATERAL PLANK**



**:50**

**REST**



**THURSDAY // 30 MINS RECREATIONAL ACTIVITY (WALK, JOG, BIKE)**

# HIITACADEMY

## FIT & LEAN

Beginner // Friday

CHEST  
LEGS  
SHOULDERS  
TRICEPS  
CORE

**CIRCUIT 1**

COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**:20**

**PUSH UPS**

**:20**

**PIANK TUCKS**

**:50**

**REST**



**CIRCUIT 2**

**:20**

**ALTERNATING LUNGES**

**:20**

**1/4 SQUAT JUMPS**

**:50**

**REST**



**CIRCUIT 3**

**:20**

**TRICEP DIPS LEGS BENT**

**:20**

**STATIONARY SPRINTS**

**:50**

**REST**



**CIRCUIT 4**

**:20**

**LEG LIFTS**

**:20**

**V - HOLDS**

**:50**

**REST**



**SATURDAY // 30 MINS RECREATIONAL ACTIVITY (WALK, JOG, BIKE)**

# Workouts

**CIRCUIT 1**

COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**:30**

ALTERNATING LUNGES



**:30**

PLANK TUCKS



**:30**

REST



**CIRCUIT 2**

**:30**

PIKE PUSH UPS



**:30**

MOUNTAIN CLIMBERS



**:30**

REST



**CIRCUIT 3**

**:30**

TRIANGLE PUSH UPS



**:30**

PLANK TUCKS



**:30**

REST



**CIRCUIT 4**

**:30**

PLANK



**:30**

LEFT SIDE LATERAL PLANK



**:30**

RIGHT SIDE LATERAL PLANK



COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**CIRCUIT 1**

<b>:30</b>	<b>PUSH UPS</b>	<b>:30</b>	<b>HIGH KNEES</b>	<b>:30</b>	<b>REST</b>

**CIRCUIT 2**

<b>:30</b>	<b>BENT OVER ROWS</b>	<b>:30</b>	<b>BURPEES</b>	<b>:30</b>	<b>REST</b>

**CIRCUIT 3**

<b>:30</b>	<b>UNDERHAND BICEP CURLS</b>	<b>:30</b>	<b>HIGH KNEES</b>	<b>:30</b>	<b>REST</b>

**CIRCUIT 4**

<b>:30</b>	<b>FULL EXTENSION CRUNCHES</b>	<b>:30</b>	<b>RUSSIAN TWISTS</b>	<b>:30</b>	<b>LEG LIFTS</b>

**WEDNESDAY // REST OR 30 MINUTE RECREATIONAL ACTIVITY**

**CIRCUIT 1**

COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**:30**

**GOBLET SQUATS**



**:30**

**KETTLEBELL SWINGS**



**:30**

**REST**



**CIRCUIT 2**

**:30**

**TRICEP DIPS**



**:30**

**TUCK JUMPS**



**:30**

**REST**



**CIRCUIT 3**

**:30**

**FRONT DELT RAISES**



**:30**

**KETTLEBELL SWINGS**



**:30**

**REST**



**CIRCUIT 4**

**:30**

**BICYCLE CRUNCHES**



**:30**

**BIRD DOGS**



**:30**

**PLANK**



**CIRCUIT 1**

COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**:30**

SPLIT PUSH UPS



**:30**

PLANK TUCKS



**:30**

REST



**CIRCUIT 2**

**:30**

SLIDING SEALS



**:30**

1/4 SQUAT JUMPS



**:30**

REST



**CIRCUIT 3**

**:30**

OVERHAND BICEP CURLS



**:30**

BURPEES



**:30**

REST



**CIRCUIT 4**

**:30**

WIDE CLIMBERS



**:30**

SUPERMANS



**:30**

SCISSOR KICKS



**SATURDAY // REST OR 30 MINUTE RECREATIONAL ACTIVITY**

**CIRCUIT 1**

COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**:30**

ALTERNATING LUNGES



**:30**

PLANK TUCKS



**:30**

REST



**CIRCUIT 2**

**:30**

PIKE PUSH UPS



**:30**

MOUNTAIN CLIMBERS



**:30**

REST



**CIRCUIT 3**

**:30**

TRIANGLE PUSH UPS



**:30**

PLANK TUCKS



**:30**

REST



**CIRCUIT 4**

**:30**

PLANK



**:30**

LEFT SIDE LATERAL PLANK



**:30**

RIGHT SIDE LATERAL PLANK



COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**CIRCUIT 1**

<b>:30</b>	<b>PUSH UPS</b>	<b>:30</b>	<b>HIGH KNEES</b>	<b>:30</b>	<b>REST</b>

**CIRCUIT 2**

<b>:30</b>	<b>BENT OVER ROWS</b>	<b>:30</b>	<b>BURPEES</b>	<b>:30</b>	<b>REST</b>

**CIRCUIT 3**

<b>:30</b>	<b>UNDERHAND BICEP CURLS</b>	<b>:30</b>	<b>HIGH KNEES</b>	<b>:30</b>	<b>REST</b>

**CIRCUIT 4**

<b>:30</b>	<b>FULL EXTENSION CRUNCHES</b>	<b>:30</b>	<b>RUSSIAN TWISTS</b>	<b>:30</b>	<b>LEG LIFTS</b>

**WEDNESDAY // REST OR 30 MINUTE RECREATIONAL ACTIVITY**

**CIRCUIT 1**

COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**:30**

**GOBLET SQUATS**



**:30**

**KETTLEBELL SWINGS**



**:30**

**REST**



**CIRCUIT 2**

**:30**

**TRICEP DIPS**



**:30**

**TUCK JUMPS**



**:30**

**REST**



**CIRCUIT 3**

**:30**

**FRONT DELT RAISES**



**:30**

**KETTLEBELL SWINGS**



**:30**

**REST**



**CIRCUIT 4**

**:30**

**BICYCLE CRUNCHES**



**:30**

**BIRD DOGS**



**:30**

**PLANK**



**CIRCUIT 1**

COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

**:30**

**SPLIT PUSH UPS**



**:30**

**PLANK TUCKS**



**:30**

**REST**



**CIRCUIT 2**

**:30**

**SLIDING SEALS**



**:30**

**1/4 SQUAT JUMPS**



**:30**

**REST**



**CIRCUIT 3**

**:30**

**OVERHAND BICEP CURLS**



**:30**

**BURPEES**



**:30**

**REST**



**CIRCUIT 4**

**:30**

**WIDE CLIMBERS**



**:30**

**SUPERMANS**



**:30**

**SCISSOR KICKS**



**SATURDAY // REST OR 30 MINUTE RECREATIONAL ACTIVITY**

# Progress Picture

## Congratulations!

You have just completed a Phase. This is a friendly reminder to take a picture of yourself to keep track of your progress!! We love seeing your transformations so please feel free to TAG us in your photos on social media with **@HIITAcademy** or **#HIITAcademy**.

We also encourage you to email your progress photos to us at [info@hiitacademy.com](mailto:info@hiitacademy.com) so we can stay up to date with your journey!

## Keep it Up!

# Ready To Start The Next Phase?

Congratulations!

If you have made it this far it means you have successfully finished Phase 1 of Fit & Lean. You are well on your way to having the body that you've always wanted.

Since you have gotten this far already, why stop now? Make sure to get your full copy of HIIT Academy's [Fit & Lean Here](#).

Once again, we thank you for taking the time embark on this life changing experience with us. And remember, we are in this together so if you have any questions at all please do not hesitate to reach out to us at [info@hiitacademy.com](mailto:info@hiitacademy.com)!

We look forward to seeing your amazing final transformation soon!

Alex & Tim