

Health Habits "Kick My Ass" HIIT/HIRT Workout

Part 1 – The HIIT

30 minutes of HIIT sprints on a Stationary Bike

- 10 min Cardio Warm-Up - Moderate level of intensity (12-13 on Borg Scale)
- 5 min of **HIIT Sprints** – 10 Sprints - (10 sec sprint : 20 sec active rest)
- 5 min Cardio - Moderate level of intensity (12-13 on Borg Scale)
- 5 min of **HIIT Sprints** – 10 Sprints - (10 sec sprint : 20 sec active rest)
- 5 min Cardio - Moderate level of intensity (12-13 on Borg Scale)

Note: These are short duration sprints – 10 sec. As such, they are to be performed at Maximum Intensity. (20 on the Borg – Perceived Exertion Scale) And when I say max intensity, I mean max intensity.

A trick I use is to count the number of revolutions (1 leg) I pedal in my first 10 second sprint. For the rest of my sprints, I use that number as a target. I find that when I have a target to aim for, I push myself harder.

The 20 sec Active Rests should be performed at a 6-8 on the Borg Scale...very, very light effort

Part 2 – The HIRT

This second part of the workout is a 10 Minute **HIRT** Circuit consisting of 3 exercises, performed back to back with no rest between sets.

Each set will consist of 5 reps performed in an explosive manner.

We will be using bodyweight exercises.

- **Push-Up** – 5 Reps per Set – As Many Sets As Possible in 10 minutes
- **Body-weight Row** – 5 Reps per Set – AMSAP in 10 minutes
- **Bulgarian Split Squat** – 5 Reps per Leg per Set – AMSAP in 10 minutes.

For most, body-weight will be more than enough resistance. However, if you think you can handle it, feel free to add some resistance (weight vest, chains, bands, plates, dumbbells...your choice). But, I don't want you sacrificing intensity & speed just to add some weight.

Remember, there is no rest between sets. Perform all 3 exercises in the same spot. I find that a Power Rack or Smith Machine works well for the Body-weight Rows. So, I just camp out there for the full 10 minutes using the bar (or a bench) for the Bulgarian Split Squats.

