

# FGT HIIT WORKOUT

<b>WORKOUT GOAL</b>	HIIT workouts provide improved athletic capacity and reduction in whole body fat mass.					
<b>WORKOUT DESCRIPTION</b>	High Intensity interval training is a form of training that alternates between short bursts of high/max intensity and rests, using functional equipment to make the best of your workout in minimal time.					
<b>SAFETY BRIEF</b>	Work at pace and high intensity; complete as many repetitions as possible while maintaining correct form.					
<b>EQUIPMENT</b>	Alpha bag, ViPR, Sandbell, Kettlebell					
<b>DURATION</b>	30 mins					
<b>MOBILISERS</b>	3D squats	Alternate Lunge		Ankle Mobility / Calf Stretch		
<b>THE WORKOUT</b>	Session design			Methodology		
	Compete each set twice, alternating between the same 5 pieces of functional equipment. Each set will use the same functional kit as the set before but the exercises will change.			Each exercise should be completed at maximum intensity. With this in mind, take 30 secs rest in between exercise, use these 30 secs to make sure your equipment for the following 30 secs is set up. The first set may take some time to get used to the movement but the second time around should be super explosive.		
	Set	Exercise	Reps	Sets	Equipment	Direction
	1A	Squat jack	Max in 30 secs	1	Sandbell	
	1B	Lateral tilt		1	ViPR	
	1C	Squat clean		1	Alpha bag	
	1D	Sumo squat		1	Kettlebell	
	1E	Box jump		1	Plyo box	
	Complete the 5 exercises above a second time now you're used to the pattern. Make movements bigger, sharper, quicker and louder					
	2A	Slam	Max in 30 secs	1	Sandbell	
	2B	Log press		1	ViPR	
	2C	Snatch		1	Alpha bag	
	2D	Bottoms up single arm press		1	Kettlebell	1st set left arm, 2nd set right arm
	2E	Single leg rocket jump		1	Plyo box	1st set left leg, 2nd set right leg
	Complete the 5 exercises above a second time now you're used to the pattern. Make movements bigger, sharper, quicker and louder					
	3A	Pull, flip, press up	Max in 30 secs	1	Sandbell	
	3B	Cylinder lift and 90 degree rotation, left & right		1	ViPR	
3C	Jumping alternate lunge	1		Alpha bag		
3D	Figure of 8	1		Kettlebell		
3E	Incline press up	1		Plyo box		
Complete the 5 exercises above a second time now you're used to the pattern. Make movements bigger, sharper, quicker and louder.						
<b>COOL DOWN</b>	Find a piece of HIIT cardio kit, familiarise yourself with how it works and complete 2 mins low intensity.					
<b>STRETCH</b>	Chest, Back, Quads, Hamstrings, Glutes					
<b>SIGNPOSTING</b>	Use our CORE app and view class timetables to complete the full FGT HIIT class.					