

HIIT Exercises List: A Complete List Of HIIT Workout

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For the lovers of HIIT training, I'm going to share a complete list of HIIT exercises and workouts. In this article, you'll get; 1) HIIT exercises list for the home workout that you can do without equipment, 2) Dumbbell HIIT exercises list, 3) Outdoor bodyweight HIIT workout list, and 4) The complete list of HIIT exercises you can do with machines and equipment.

Those who are unknown to the term HIIT, they surely want to know its full form and meaning. So below is the complete definition of a HIIT workout.

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HIIT Full Form And Definition

HIIT is an abbreviation of High-Intensity Interval Training. It means performing an exercise in two intervals, high-intensity activity followed by a recovery period or less intensity. For example, if you're jumping rope, jump rope for 60 seconds at maximum heart rate then rest for 30 seconds. And repeat for the desired number of rounds.

According to your fitness goal, you can include several exercises in a HIIT routine. For instance, you can make a circuit of 5 exercises like; squatting, pushups, pullups, running, and jumping ropes. And then repeat this circle of exercises for the desired number of times.

High-intensity interval training (HIIT) is designed to be performed at 75 to 95 percent of your maximum heart rate. The purpose of this training is to improve cardiovascular health, weight loss, endurance level as well as maintains blood pressure and sugar level.

Related: [7 Benefits Of HIIT Or High-Intensity Interval Training](#)

Best HIIT Bodyweight Exercises List For Home Workout



- 1. Jumping jacks**
 - Muscles worked: Full-body
 - Difficulty Level: Beginner
 - Focus: Mobility, Cardio
- 2. High Knees**
 - Muscles worked: Hips, Glutes, and Hamstrings
 - Difficulty Level: Beginner
 - Focus: Mobility, and Strength
- 3. Jump Squats**
 - Muscles worked: Glutes and Quads
 - Difficulty Level: Intermediate
 - Focus: Power and Strength
- 4. Burpees**
 - Muscles worked: Glutes, Hamstrings, Core, Triceps, Chest and Calves
 - Difficulty Level: Intermediate
 - Focus: Power and Strength
- 5. Squat Thrust**
 - Muscles worked: Glutes, Quads, and Shoulders

- Difficulty Level: Intermediate
 - Focus: Power and Strength
6. **Mountain climbers**
 - Muscles worked: Core
 - Difficulty Level: Intermediate
 - Focus: Strength
 7. **Jumping Split Squat**
 - Muscles worked: Glutes, Hamstrings, and Calves
 - Difficulty Level: Intermediate
 - Focus: Strength and Explosiveness
 8. **Man maker**
 - Muscles worked: Chest, Core, Triceps, Glutes, and Hamstrings
 - Difficulty Level: Intermediate
 - Focus: Strength, Power, and Explosiveness
 9. **Normal Plank**
 - Muscles worked: Abs and arms
 - Difficulty Level: Beginner
 - Focus: Strength and Endurance
 10. **Side Plank**
 - Muscles worked: Oblique and arms
 - Difficulty Level: Beginner
 - Focus: Strength and Endurance
 11. **Jumping Split Lunges**
 - Muscles worked: Glutes, Hamstrings, Quads, and Hips
 - Difficulty Level: Intermediate
 - Focus: Strength and Power
 12. **Russian Twist**
 - Muscles worked: Oblique
 - Difficulty Level: Intermediate
 - Focus: Strength, Endurance, and Mobility
 13. **Bulgarian Split Squat**
 - Muscles worked: Quads and Glutes
 - Difficulty Level: Intermediate
 - Focus: Strength
 14. **Standard Pushup**
 - Muscles worked: Chest, Triceps, and Core
 - Difficulty Level: Beginner
 - Focus: Strength
 15. **Clapping or Hand Release Pushup**
 - Muscles worked: Chest, Triceps, Core, and Shoulders
 - Difficulty Level: Intermediate
 - Focus: Strength, Power, and Explosiveness
 16. **Crunches**
 - Muscles worked: Abs

- Difficulty Level: Beginner
 - Focus: Strength, Mobility
17. **Bodyweight Pushup to Renegade Row**
- Muscles worked: Chest, Back, Shoulders, and Arms
 - Difficulty Level: Intermediate
 - Focus: Strength and Mobility
18. **Floor IYT Raises**
- Muscles worked: Back, Shoulders, and Arms
 - Difficulty Level: Intermediate
 - Focus: Strength and Mobility
19. **Calf Raises**
- Muscles worked: Calves
 - Difficulty Level: Beginner
 - Focus: Strength
20. **Jumping Rope**
1. Muscles worked: Full-body
 2. Difficulty Level: Beginner to Intermediate
 3. Focus: Strength, Mobility, and Endurance

Related: [A Full-Body HIIT Workout At Home- No EQUIPMENT](#)

Additional HIIT Workout List For The Gym



1. **Running on Treadmill**
 - Muscles worked: Full-body
 - Difficulty Level: Beginner to Intermediate
 - Focus: Strength, Mobility, and Endurance
2. **HIIT Rowing**
 - Muscles worked: Full-body
 - Difficulty Level: Beginner to Intermediate
 - Focus: Strength, Power, Mobility, and Endurance
3. **Pull-ups**
 - Muscles worked: Lats, Arms, and Shoulders
 - Difficulty Level: Beginner to Intermediate
 - Focus: Strength, and Mobility
4. **Bar Dips**
 - Muscles worked: Lats, Arms, and Shoulders
 - Difficulty Level: Beginner to Intermediate
 - Focus: Strength and Mobility
5. **Stationary Bicycling**

- Muscles worked: Quads, Hamstrings, and Calves
 - Difficulty Level: Beginner
 - Focus: Strength, and Endurance
6. **Battle Rope Workout**
- Muscles worked: Full Body
 - Difficulty Level: Intermediate
 - Focus: Strength, and Mobility
7. **Hanging Knee Raises**
1. Muscles worked: Abs and Arms
 2. Difficulty Level: Intermediate
 3. Focus: Strength
8. **Sled Training Interval Workout**
- Muscles worked: Full Body
 - Difficulty Level: Intermediate
 - Focus: Strength, Power, and Mobility
9. **Sprint Interval Workout**
- Muscles worked: Entire Body
 - Difficulty Level: Intermediate
 - Focus: Strength, Endurance, and Mobility
10. **Dumbbell Squat to Overhead Press**
- Muscles worked: Legs and Shoulders
 - Difficulty Level: Intermediate
 - Focus: Strength, Power, and Muscle Gain
11. **Kettlebell Swings**
- Muscles worked: Legs and Shoulders
 - Difficulty Level: Intermediate
 - Focus: Strength, Power, Mobility
12. **Dumbbell Romanian Deadlift To Upright Row**
- Muscles worked: Legs and Shoulders, and Upper Traps
 - Difficulty Level: Intermediate
 - Focus: Strength, Power, and Mobility
13. **Dumbbell Renegade Row**
- Muscles worked: Chest, Shoulders, and Back
 - Difficulty Level: Intermediate
 - Focus: Strength, Power, Mobility, and Muscle Gain
14. **Dumbbell Surrenders**
- Muscles worked: Chest, Shoulders, and Leg
 - Difficulty Level: Intermediate
 - Focus: Strength, Power, Mobility, and Muscle Gain
15. **Ab Wheel Rollout**
- Muscles worked: Core and Lower back
 - Difficulty Level: Intermediate
 - Focus: Strength and Mobility
16. **Dumbbell Side Bend**

- Muscles worked: Oblique
 - Difficulty Level: Beginner
 - Focus: Strength
17. **Dumbbell Forward Lunges to Hammer Curls**
- Muscles worked: Legs and Biceps
 - Difficulty Level: Intermediate
 - Focus: Strength and Muscles Gain
18. **Dumbbell Floor Press**
- Muscles worked: Triceps and Chest
 - Difficulty Level: Intermediate
 - Focus: Strength and Muscles Gain
19. **Dumbbell Clean and Squat**
- Muscles worked: Hamstrings, Glutes, Traps, Shoulders, Core and More
 - Difficulty Level: Intermediate to Advanced
 - Focus: Strength, Power, Muscles Gain and Mobility
20. **Dumbbell Front + Lateral Shoulder Raises**
- Muscles worked: Deltoids and Upper Traps
 - Difficulty Level: Intermediate to Advanced
 - Focus: Strength, Power, and Muscles Gain

Related: [10 Best Weighted HIIT Workout With Dumbbells](#)

How To Design HIIT Workout Routine?

A workout plan is to be designed for achieving a fitness goal. And it depends on person to person. If your main purpose is to burn more calories then you'll include bodyweight high-intensity exercises. However, if you want to build muscles while burning calories then you'll have to do dumbbell or weighted HIIT exercises.

For instance, you can design a HIIT workout routine in a following manner:

Beginner: 1 round, Intermediate- 3 rounds, Advanced: 5 rounds

1. **High-Knees**– 30 seconds work, 30 seconds rest
2. **Burpees**-30 seconds work, 30 seconds rest
3. **Jump Squats**– 30 seconds work, 30 seconds rest
4. **Pushups**– 30 seconds work, 30 seconds rest
5. **Crunches**– 30 seconds work, 30 seconds rest
6. **Planks**– 30 seconds work, 30 seconds rest
7. **Jumping Split Squat**– 30 seconds work, 30 seconds rest

8. **Pushup to Renegade Row**-30 seconds work, 30 seconds rest
9. **Floor IYT Raises**– 30 seconds work, 30 seconds rest
10. **Reverse Crunches**– 30 seconds work, 30 seconds rest

In the same way, you can create a weighted HIIT plan. And it would be best if you mix resistance and bodyweight HIIT exercises together in your overall workout regime.

How Many Times HIIT Workouts Should You Do In A Week?

You should do high-intensity interval training (HIIT) two to three times a week. If your body allows and you feel you can do more you can increase frequency to four to five days a week. However, the perfect answer depends on what you want to accomplish, how intense and long HIIT workout session in a day you perform, and your lifestyle. Whatever your goal is, perform both body-weight and weighted HIIT at least once a week.