

# Top 10 Gym HIIT Workouts with Workout Plan

Published on: 27th October 2021 by Murshid Akram, TheFitnessPhantom.com

A well-equipped gym is the best place to do HIIT workouts because you'll have not only access to several cardio machines but also has more space than a home.

You can use the treadmill, stationary bike, elliptical cross trainer, and several other types of equipment to do HIIT workouts in the gym.

## Workouts to Do In A HIIT Gym Workout Plan for Men and Women

1. Treadmill Run
2. Stationary Bike
3. Battle Rope
4. Jumping Rope
5. Elliptical Cross Trainer
6. Rowing Machine
7. Core Training
8. Dumbbell HIIT
9. Bodyweight HIIT
10. Punching Bag Workout

**Related:** [A Complete List of HIIT Workout](#)

Let's find out how to do the above HIIT workouts at the gym.

## 1. HIIT Treadmill Gym Workout

The treadmill is one of the super valuable pieces of equipment you can use in the gym to improve your cardiovascular health and quality of life.

The HIIT treadmill workout boosts endurance, metabolism, VO2 max, running efficiency, and allows you to burn more calories, and helps you lose weight over time. <sup>1</sup>

You can incorporate treadmill running in your HIIT gym workout plan to achieve your desired fitness goal.

Here's a HIIT treadmill workout plan you can follow

### 15-minute Breakdown

Estimated Calories Burned: 170-200 Calories

Running	Speed	Walk
2 minute	6-8 km/h	–
2 minute	8-10 km/h	1-min
2-min	10-12 km/h	1-min
1-min	12-14 kph	2-min
2-min	10-12 km/h	1-min
1-min	14-16 kph	–

In the same way, you can design a 20, 25, or 30-minutes HIIT treadmill workout schedule.

You can increase and decrease the speed and running time depending on your fitness level.

You can also save this: [HIIT Treadmill Workout For Beginners And Fat Loss](#)

## 2. Stationary Bike

A stationary bike is one of the essential pieces of gym equipment that you're all gyms have. And this is suitable for all fitness levels, whether you're a male or female, beginner or pro, younger or elder.

Stationary bicycling is one of the effective HIIT cardio workouts that can help you shed many calories and enhance heart health. <sup>2</sup>

It can also help you scale up for more high-intensity workouts such as sprinting, jumping rope, and rowing.

So incorporating it into the HIIT gym workout plan can be helpful for you.

You can break down biking exercise into several intervals.

### For example, 15-min session

Calories likely to be burned: 130 to 150 calories

Maximum Heart Rate: MHR

Activity Time	Intensity	Recovery Time/ Cycling at a slow pace
2 minute	65% of your MHR	1-min

Activity Time	Intensity	Recovery Time/ Cycling at a slow pace
2 minute	75% of your MHR	1-min
1-min	80% of your MHR	2-min
1-min	85% of your MHR	2-min
90-sec	95% of your MHR	90-sec

If you work out for more than 15 minutes, you can create a workout plan accordingly with the help of the above routine.

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### 3. Battle Rope

Battling rope is one of the best workouts you can include in your HIIT gym workout routine at the gym.

Many of us couldn't complete a battle rope workout for one minute at a fast speed.

You'll get your heart pumped, muscles toned, and burn plenty of calories in a quick time with the battle rope workout.

The battle rope training enhances aerobic fitness, increases explosiveness, and boosts upper and lower body endurance in collegiate basketball players – shown in a study published by the Journal of Strength and Conditioning Research. <sup>3</sup>

Here you can follow my 10-min HIIT battle rope HIIT workout in the gym.

Calories likely to be burned: 130 to 150 calories

You can see how to do the myriads of battling moves in this [video](#).

1. 30 seconds alternating single arm waves, 1-minute rest
2. 30-sec Stage Coach, 1-minute rest
3. 30-sec Rainbows, 1-minute rest
4. 30 seconds Rope Slams, 1-minute rest
5. 30-sec Outward Circles, 1-minute rest
6. 30 seconds Tsunamis, 1-minute rest
7. 30-sec Unilateral Outward Circles, 1-minute rest
8. 30-sec Unilateral Cross Body Waves, 1-minute rest

9. 30 seconds Rope Hook, 1-minute rest
10. 30 seconds Switch Stance Stage Coach, 1-minute rest

## 4. Jumping Rope

The jumping rope is the most effective and accessible equipment.

It is one of my favorite workouts that I do as pre and post-workout sometimes.

Jump rope workout decreases body mass, waist-hip ratio, fat mass, lower blood sugars, boost metabolism, and improve aerobic fitness in obese adolescent boys.<sup>4</sup>

Jumping rope exercise burns as many calories as you burn by running, making it one of the best workouts you should include in a HIIT workout plan at the gym.

You can try out a 10-minute HIIT jumping rope workout in the gym

Estimated Calories Burned: 120-130 calories

Activity Time	Intensity	Recovery Time/ jumping at a slow pace
1 minute	65% of your MHR	1-min
1 minute	75% of your MHR	1-min
1-min	80% of your MHR	1-min
1-min	85% of your MHR	1-min
1-min	95% of your MHR	1-min

## 5. HIIT Elliptical Cross Trainer Gym Workout

An elliptical cross trainer is one of the best workouts equipment you can use for HIIT cardio at the gym.

Incorporating elliptical machine workouts into a gym HIIT program increases VO2 max. It slightly reduces body mass index (BMI) in overweight people – shown in the analysis published by the Obesity Science and Practice.<sup>5</sup>

Well, an elliptical cross trainer is suitable for all fitness levels. So whether you're a man or woman, newbie or amateur, overweight or regular weighted, you can include the elliptical cross trainer workout into your HIIT gym workout routines.

Here you can see an example of a 10-minute Elliptical Cross Trainer HIIT Workout.

Estimated Calories Burned: 80-100

<b>Work</b>	<b>Recovery Time/ work at a slow speed</b>
30 seconds	30-sec
30 seconds	1-minute
30 seconds	90-sec
30-sec	1-minute
30-sec	90-sec
30-sec	1-minute
30-sec	1-minute

## 6. Rowing Machine

The rowing is one of the best calorie-burning workouts of the HIIT program that you can do in the gym to shed plenty of calories in a quick time.

Like Elliptical Trainer, the rowing machine is also suitable for all fitness levels.

It works on various muscles of the upper and lower body, especially the back and arms.

Rowing exercise also builds up aerobic and anaerobic fitness, improves fitness and body shape, and supports weight loss like other HIIT gym workouts mentioned above.

Whether you're a beginner or advanced, male or female, obese or normal weighted person, you can include in your HIIT program at the gym to enhance your fitness level.

Let's take an example of a 15-min high-intensity rowing exercise

Calories likely to be burned: 130 to 150 calories

You'll do three circuits of 5 minutes each.

<b>Circuit 1</b>	<b>Circuit 2</b>	<b>Circuit 3</b>
30 seconds activity	30-sec work	20-sec work
30-sec rest	45 sec work	40-sec work

Circuit 1	Circuit 2	Circuit 3
Five rounds	Four rounds	Five rounds

Related: [This is why the HIIT rowing machine is the best workout](#)

## 7. Core Training

High-intensity core exercises are great for burning more calories and specifically work on your abdominal muscles.

You can do plenty of exercises with and without weights in your HIIT to strengthen and tone your core muscles.

For example, hanging knee raises, dumbbell side bends, leg raises, crunches, and mountain climbing are some of the essential workouts you can incorporate into your HIIT gym workout routines.

HIIT core exercises can also help you lose weight. Several studies demonstrated doing HIIT exercises for a long duration, typically 20 to 24 weeks, can reduce subcutaneous fats and abdominal fats. - High-Intensity [Intermittent Exercise and Fat Loss](#) – Journal of Obesity

I've already created a [15-min HIIT core workout plan](#) that you can use – in the gym or at home.

You can also check out the [best abs workout to do at the gym](#).

## 8. Bodyweight HIIT

Bodyweight exercises are adaptable and efficient that you can do anywhere you want.

You can also combine other cardio machines workouts with bodyweight exercises into your HIIT workout plan for the gym.

Burpee, high-knees, jumping jacks, lunges, squat jump, shuttle runs, man makers, pushups, and box jumps are some of the best body exercises that you can incorporate into your HIIT workout schedule.

I've already designed a [30-min HIIT workout program](#) that you can save to use at home or gym.

If you're someone who doesn't feel motivated at home or you don't work out in your house, you can do this bodyweight HIIT workout program at the gym

## 9. Dumbbell HIIT

Bodyweight high-intensity interval training (HIIT) is excellent for overall fitness. However, adding resistance to your HIIT will help you burn plenty of calories and build muscles and strength over time.

So, if you want to challenge your strength and endurance, incorporate dumbbell compound workouts into your HIIT gym workout plan.

I've recently published a [couple of dumbbell HIIT programs](#) for gym-goers and those who work out at home with dumbbells.

You can also download the PDF of that plans so you can use it whenever you like.

Also, Read: [10 Best Weighted HIIT Workouts](#)

## 10. HIIT Punching Bag Gym Workout

To make your HIIT gym workouts jolly up, you can incorporate punching bag exercises.

Punching Bag Exercise

You can enjoy throwing some quick jabs, crosses, and hooks for a few minutes at the gym to build great endurance.

Hitting punches at a heavy bag simultaneously strengthens various muscles of the upper and lower body, especially arms.

The punching workout builds up strength, endurance, and explosiveness and burns plenty of calories in a quick time. It also reduces body fat percentage and BMI over time – suggested in a study published by BMC Sports Science. <sup>6</sup>

I've already written a comprehensive article on [HIIT Boxing Training](#) that you can do in the gym. So you can check it out. I hope you'll like it.

### Who Should Avoid or Take Precautions

As many of us know, High-intensity Interval Training (HIIT) is one of the most effective programs for improving overall fitness. However, it has some downsides which you should know.

1. HIIT workouts are highly-intense in nature, so if you have a problem of high-blood pressure, consult your doctor before starting out a HIIT program.
2. The most of researches have been done for a shorter duration, so people with cardiac issue should be take proper guidance before adopting a HIIT. <sup>7</sup>

### Final Words

You can combine various machines exercises with bodyweight workouts into your HIIT workout plan at the gym. For example, you can mix treadmill run, stationary bicycling, and core workout together to build a suitable workout plan for yourself, depending on your fitness level.

**Related Articles:**

[The Best Weekly HIIT Workout Plan For Newbie & Pro](#)

[10 Best HIIT Exercises List with Workout Plan](#)

[HIIT CrossFit Workouts And Workout Plan \(PDF\)](#)

[A Complete Guide To The HIIT Lower Body Workout](#)

[HIIT And Intermittent Fasting: What Are Pros & Cons](#)

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

[HIIT Vs Steady-State Cardio: Which Is Better?](#)

## References

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[Health Benefits of Indoor Cycling: A Systematic Review](#) – PMC Articles

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[Benefits and Risks of High-Intensity Interval Training in Patients with Coronary Artery Disease](#) – The American Journal of Cardiology