

Ultimate 6 Week HIIT Workout Plan

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HIIT Workout Plan Description

Routine Type	Full Body HIIT
Program Duration	6 Weeks
Frequency Per Week	3 Days a Week
Training Goal	Enhancing Overall Fitness
Suitable For	Men and Women (16-40)
Difficulty	Beginner to Intermediate
Duration of a Session	20-30 minutes
Number of Rounds	Perform 2-3 rounds

Week 1

Duration: 20 minutes

Monday

- **Jumping Jacks** – 20-sec work, 40-sec rest
- [Mountain Climbers](#) – 20-sec work, 40-sec rest
- [Burpees](#) – Do as many reps as possible in 30 seconds, rest 30 seconds
- [Pushups](#) – Do as many pushups as possible in 30 seconds, rest 30 seconds
- [Squat Jump](#) – 20-sec work, 40-sec rest
- [Dumbbell Side Bend](#) – 10 reps, 30-sec rest
- [Dumbbell Push Press](#) – 10 reps, 30-sec rest
- [Dumbbell Floor Press](#) – 10 reps, 30-sec rest
- [Farmer Carry Walk](#) – 30-sec walk, 30-sec rest

Wednesday

- 🔗 **Mountain Climbing:** 20-sec work, 40-sec rest
- 🔗 **Burpees:** 10 reps at 85-90% of your maximum heart rate, 40-sec rest
- 🔗 **[Jumping Split Lunges:](#)** 10 reps, 40-sec rest
- 🔗 **[Sumo Squats:](#)** 10 reps, 40-sec rest
- 🔗 **[Shoulder Tap:](#)** 20-sec work, 40-sec rest
- 🔗 **[Crunches:](#)** 20-sec work, 40-sec rest
- 🔗 **[High Knees:](#)** 20-sec work, 40-sec rest
- 🔗 **Russian Twist:** 20-sec work, 40-sec rest
- 🔗 **[Leg Raises:](#)** 10 reps, 40-sec rest
- 🔗 **Mountain Climber:** 20-sec work, 40-sec rest

Friday

- 🔗 **Jumping Jack:** 20-sec work, 40-sec rest
- 🔗 **Pushups:** 10 reps, 40-sec rest
- 🔗 **Burpees:** 10 reps, 40-sec rest
- 🔗 **Squat Jump:** 10 reps, 40-sec rest
- 🔗 **Dumbbell Side Bend:** 10 reps, 30-sec rest
- 🔗 **Dumbbell Swings:** 10 reps, 40-sec rest
- 🔗 **Dumbbell Push Press** – 10 reps, 30-sec rest
- 🔗 **[10-min Core Workout](#)**

Week 2

Monday

- **Jump Squat** – 30 seconds, 30-sec rest
- **Mountain Climbers** – 30 seconds, 30-sec rest
- **[Lateral Run](#)** – 30 seconds, 30-sec rest
- **Pushups** – 30 seconds, 30-sec rest
- **Burpees** – 30 seconds, 45-sec rest
- **Crunches** – 30 seconds, 30-sec rest
- **[Jump Split Squat](#)** – 30 seconds, 30-sec rest
- **Leg Raises** – 30 seconds, 30-sec rest
- **Dumbbell Swings:** 10 reps, 30-sec rest
- **[Dumbbell Squat to Overhead Press:](#)** 10 reps, 30-sec rest
- **[Dumbbell Woodchop:](#)** 10 reps, 30-sec rest

Wednesday

Round 1

- 🔍 **Burpee:** 10 reps, 30-sec rest
- 🔍 **Pushups:** 10 reps, 30-sec rest
- 🔍 **Jump Squat:** 10 reps, 30-sec rest
- 🔍 **Dumbbell Rowing:** 10 reps, 30-sec rest
- 🔍 **Dumbbell Floor Press:** 10 reps, 30-sec rest

Round 2

- 🔍 [15-min Core Workout](#)

Friday

- 🔍 **Jump Squats:** 30 seconds, 30-sec rest
- 🔍 **Crunches:** 30 seconds, 30-sec rest
- 🔍 **Burpee:** 10 reps, 30-sec rest
- 🔍 **Pushups:** 10 reps, 30-sec rest
- 🔍 **Squat Pulses Jump:** 30 seconds, 30-sec rest
- 🔍 **Shoulder Tap:** 30 seconds, 30-sec rest
- 🔍 **Mountain Climbing:** 30 seconds, 30-sec rest
- 🔍 **Russian Twist:** 30 seconds, 30-sec rest
- 🔍 **Reverse Crunches:** 30 seconds, 30-sec rest
- 🔍 **Split Jump Squat:** 30 seconds, 30-sec rest

Week 3

Monday

- 🔍 **Jump Squat:** 30 seconds, 30-sec rest
- 🔍 **Mountain Climbers:** 30 seconds, 30-sec rest
- 🔍 **Pushups:** 10 reps, 30-sec rest
- 🔍 **Burpees:** 10 reps, 30-sec rest
- 🔍 **Crunches:** 10 reps, 30-sec rest
- 🔍 **Jump Split Squat:** 10 reps, 30-sec rest
- 🔍 **Leg Raises:** 30 seconds, 30-sec rest
- 🔍 **Dumbbell Side Bend:** 10 reps, 30-sec rest
- 🔍 **Dumbbell Swings:** 30 seconds, 30-sec rest
- 🔍 **Dumbbell Carry Walk:** 30 seconds, 30-sec rest

Wednesday

- 🔍 **Burpees:** 10 reps, 30-sec rest
- 🔍 **Mountain Climber:** 30 seconds, 30-sec rest

- ❑ **Squats:** 10 reps, 30-sec rest
- ❑ **Pushups:** 10 reps, 30-sec rest
- ❑ **Crunches:** 30 seconds, 30-sec rest
- ❑ **Jump Squat:** 10 reps, 30-sec rest
- ❑ **Flutter Kicks:** 30 seconds, 30-sec rest
- ❑ **Jumping Jacks:** 30 seconds, 30-sec rest
- ❑ **Dumbbell Push Press:** 10 reps, 30-sec rest
- ❑ **Dumbbell Step-ups:** 10 reps, 30-sec rest

Friday

- ❑ **Jump Squats:** 30 seconds work, 30-sec rest
- ❑ **Mountain Climbing:** 30 seconds work, 30-sec rest
- ❑ **High Knees:** 30 seconds work, 30-sec rest
- ❑ **Pushups:** 30 seconds work, 30-sec rest
- ❑ **Lateral Lunges:** 30 seconds work, 30-sec rest
- ❑ **Shoulder Tap:** 30 seconds work, 30-sec rest
- ❑ **Crunches:** 30 seconds work, 30-sec rest
- ❑ **Squats:** 30 seconds work, 30-sec rest
- ❑ **Flutter Kicks:** 30 seconds work, 30-sec rest
- ❑ **Pushup to Row:** 30 seconds work, 30-sec rest

Week 4

Monday

- ❑ **Jumping Split Squat:** 30 seconds work, 30-sec rest
- ❑ **Mountain Climbers:** 30 seconds work, 30-sec rest
- ❑ **Burpees:** 10 reps, 30-sec rest
- ❑ **Crunches:** 30 seconds work, 30-sec rest
- ❑ **Sumo Squat:** 30 seconds work, 30-sec rest
- ❑ **Leg Raise:** 30 seconds work, 30-sec rest
- ❑ **Squat Pulses Jump:** 30 seconds work, 30-sec rest
- ❑ **Dumbbell Squat to Overhead Press:** 10 reps, 30-sec rest
- ❑ **Dumbbell Squat Swing:** 10 reps, 30-sec rest
- ❑ **Dumbbell Farmers Carry Walk:** 10 reps, 30-sec rest

Wednesday

- 🔍 **Jumping Jacks:** 30 seconds work, 30-sec rest
- 🔍 **High Knees:** 30 seconds work, 30-sec rest
- 🔍 **Shoulder Tap:** 30 seconds work, 30-sec rest
- 🔍 **Squat Thrust:** 30 seconds work, 30-sec rest
- 🔍 **Pushups:** 30 seconds work, 30-sec rest
- 🔍 **Mountain Climbing:** 30 seconds work, 30-sec rest
- 🔍 **Crunches:** 30 seconds work, 30-sec rest
- 🔍 **Leg Raises:** 30 seconds work, 30-sec rest
- 🔍 **Dumbbell Thruster:** 30 seconds work, 30-sec rest
- 🔍 **Dumbbell Squat to Swing:** 30 seconds work, 30-sec rest

Friday

- 🔍 **Jump Squat:** 30 seconds work, 30-sec rest
- 🔍 **Mountain Climbers:** 30 seconds work, 30-sec rest
- 🔍 **Burpees:** 10 reps, 30-sec rest
- 🔍 **Crunches –** 30 seconds work, 30-sec rest
- 🔍 **Jump Split Squat:** 30 seconds work, 30-sec rest
- 🔍 **Leg Raise:** 30 seconds work, 30-sec rest
- 🔍 **Dumbbell Squat to Overhead Press:** 10 reps, 30-sec rest
- 🔍 **Dumbbell Squat Swing:** 10 reps, 30-sec rest
- 🔍 **Dumbbell Farmers Carry Walk:** 10 reps, 30-sec rest
- 🔍 **Dumbbell Step-ups:** 10 reps, 30-sec rest

Week 5

Monday

- 🔍 **Squats:** 30 seconds work, 30-sec rest
- 🔍 **Pushups:** 30 seconds work, 30-sec rest
- 🔍 **Crunches:** 30 seconds work, 30-sec rest
- 🔍 **Burpee –** 10 reps, 30-sec rest
- 🔍 **Flutter Kicks:** 30 seconds work, 30-sec rest
- 🔍 **Jumping Split Squat:** 30 seconds work, 30-sec rest
- 🔍 **V ups:** 30 seconds work, 30-sec rest

- 📌 **Dumbbell Side Bend:** 30 seconds work, 30-sec rest
- 📌 **Dumbbell Push Press:** 10 reps, 30-sec rest
- 📌 **Farmer Carry Walk:** 10 reps, 30-sec rest

Wednesday

Round 1

- **Mountain Climbing:** 30 seconds work, 30-sec rest
- **Burpees:** 10 reps, 30-sec rest
- **Squats:** 30 seconds work, 30-sec rest
- **Pushups:** 30 seconds work, 30-sec rest
- **Jumping Jack:** 30 seconds work, 30-sec rest

Round 2

- [10-min Stomach Workout](#)

Friday

- **Squats:** AMRAP in 30 seconds, 30-sec rest
- **Pushups:** AMRAP in 30 seconds, 30-sec rest
- **Jumping Jacks:** 30 seconds work, 30-sec rest
- **Leg Raises:** 30 seconds work, 30-sec rest
- **Burpees:** 30 seconds work, 30-sec rest
- **Mountain Climbing:** 30 seconds work, 30-sec rest
- **Flutter Kicks:** 30 seconds work, 30-sec rest
- **Dumbbell Squat to Overhead Press:** 10 reps, 30-sec rest
- **Dumbbell Deadlift to Upright Row:** 30 seconds work, 30-sec rest
- **Farmer Carry Walk:** 10 reps, 30-sec rest

Week 6

Monday

Circuit 1 (15-minutes)

- 📌 **Dumbbell Side Bend:** 10 reps, 30-sec rest
- 📌 **Dumbbell Push Press:** 10 reps, 30-sec rest

- ☐ **Dumbbell Swings:** 10 reps, 30-sec rest
- ☐ **Dumbbell Floor Press:** 10 reps, 30-sec rest
- ☐ **Dumbbell Carry Walk:** 10 reps, 30-sec rest

Circuit 2 (core workout)

- [15 minute HIIT Core Workout](#)

Wednesday

- **Jump Squat:** 30 seconds work, 30-sec rest
- **Mountain Climbers:** 30 seconds work, 30-sec rest
- **Burpees:** 10 reps, 30-sec rest
- **Crunches:** 30 seconds work, 30-sec rest
- **Jump Split Squat:** 30 seconds work, 30-sec rest
- **Flutter Kicks:** 30 seconds work, 30-sec rest
- **Dumbbell Squat to Overhead Press:** 10 reps, 30-sec rest
- **Dumbbell Squat Swing:** 10 reps, 30-sec rest
- **Dumbbell Farmers Carry Walk:** 10 reps, 30-sec rest
- **Dumbbell Step-ups:** 10 reps, 30-sec rest

Friday

- **Jumping Jacks:** 30 seconds work, 30-sec rest
- **Mountain Climbers:** 30 seconds work, 30-sec rest
- **Burpees:** 10 reps, 30-sec rest
- **Crunches:** 30 seconds work, 30-sec rest
- **Jump Split Squat:** 10 reps, 30-sec rest
- **Dead Bug Crunches:** 30 seconds work, 30-sec rest
- **Dumbbell Squat to Overhead Press:** 10 reps, 30-sec rest
- **Dumbbell Squat Swing:** 10 reps, 30-sec rest
- **Dumbbell Farmers Carry Walk:** 30 seconds work, 30-sec rest
- **Dumbbell Side Bend:** 30 seconds work, 30-sec rest