Ultimate 6 Week HIIT Workout Plan

Created by: Murshid Akram

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HIIT Workout Plan Description

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

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