

# 12 WEEK HIIT PROGRAM TO BURN FAT

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Check out [article](#) for more info

## Program Summary

Duration	3 Months
Frequency	3 Days a week
Duration/session	15-45 minutes
Goal	Fat Loss and Fitness Development
Target Gender	Male and Female
Suitable Age Group	16-40 Years
Exercise Type	Body weight
Equipment Needed	No
Plan to Follow Next	<a href="#">12 Week Weight Loss Workout Plan</a>
Preceding Workout Routine	<a href="#">6 Week HIIT workout plan</a>

## 12 Week HIIT Program Routine

### Week 1

#### Monday

- **Duration: 15 minutes**
- **Number of rounds: 2**
- **Rest between rounds: 2 minutes**

Exercise	Activity	Interval
Jumping Jacks	15-sec	15-sec
Mountain Climber	15-sec	15-sec
Squats	20 reps	30-sec
Push-ups	20 reps	30-sec
Flutter Kicks	15-sec	15-sec

Ankle Hops	15-sec	30-sec
Lunges	10 reps/side	30-sec

## Wednesday

- **Duration:** 15 minutes
- **Number of rounds:** 2
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
<a href="#">Squat Jump</a>	10 reps	30-sec
Pushups	20 reps	30-sec
Ankle Hops	15-sec	15-sec
Mountain Climber	15-sec	15-sec
High Knees	15-sec	15-sec
Crunches	10 reps	30-sec
Shoulder Tap	30-sec	30-sec
Leg Raises	10 reps	2-min

## Friday

- **Duration:** 20 minutes
- **Number of rounds:** 2
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
Jog in place	15-sec	15-sec
Jumping Jack	15-sec	15-sec
Split Lunge Jump	10 reps/side	45-sec
Pushups	20 reps	45-sec
<a href="#">Floor IYT Raises</a>	10 reps	30-sec
Flutter Kicks	15-sec	15-sec
Squat Jump	10 reps	30-sec
<a href="#">Bear Crawl</a>	30-sec	2-min

Week 2

## Monday

- **Duration: 20 minutes**
- **Number of rounds: 2**
- **Rest between rounds: 2 minutes**

Exercise	Activity	Interval
Squat Thrust	20-sec	20-sec
Mountain Climbers	15-sec	15-sec
<a href="#">Forearm to High Plank</a>	10 reps	30-sec
Squat Jump	10 reps	45-sec
Shoulder Taps	10/side	30-45
Situps	15 reps	30-sec
Push-Ups	20 reps	30-sec
<a href="#">Alternate Heel Taps</a>	10/side	2-min

## Wednesday

- **Duration: 20 minutes**
- **Number of rounds: 2**
- **Rest between rounds: 2 minutes**

Exercise	Activity	Interval
Squat Jump	10 reps	30-sec
Air Plunge Crunch	10 reps	30-sec
<a href="#">Drop Squat</a>	10 reps	30-sec
Pushups	20 reps	30-sec
Ankle Hops	15-sec	15-sec
Reverse Crunches	20 reps	30-sec
Glute Kickback	10/side	30-sec
Bear Crawl	15-sec	2-min

## Friday

- **Duration: 20 minutes**
- **Number of rounds: 2**
- **Rest between rounds: 2 minutes**

Exercise	Activity	Interval
Burpees	10 reps	30-sec
Mountain Climber	20-sec	15-sec

Squat Jump	10 reps	30-sec
<a href="#">Superman Fly</a>	10 reps	15-sec
Floor IYT Raises	10 reps	30-sec
<a href="#">Bodyweight Dips</a>	15 reps	30-sec
Reverse Crunches	20 reps	15-sec
Glute Bridge	15 reps	2-min

## Week 3

### Monday

- **Duration:** 25 minutes
- **Number of rounds:** 2
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
Jog in place	20-sec	15-sec
<a href="#">Kneeling Jump</a>	10 reps	30-sec
Alternate Heel Tap	10/side	15-sec
Pushups	20 reps	30-sec
Shoulder Tap	10/side	30-sec
Flutter Kicks	20-sec	15-sec
Plank Jack	10 reps	30-sec
<a href="#">Forearm to High Plank</a>	15 reps	15-sec
Side Plank Hip Dip	15 reps	2-min

### Wednesday

- **Duration:** 25 minutes
- **Number of rounds:** 2
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
Jumping Split Squat	10 reps	30-sec
<a href="#">Pulse up</a>	15 reps	15-sec
<a href="#">Curtsy Lunge</a>	10/side	30-sec
<a href="#">Diver Pushup</a>	10 reps	15-sec
Floor IYT Raises	10 reps	30-sec
<a href="#">Russian Twist</a>	20-sec	15-sec
Squat Jump	10 reps	30-sec

<a href="#">Plank Ankle Taps</a>	10/side	15-sec
Bicycle Crunch	15 reps	2-min

## Friday

- **Duration:** 25 minutes
- **Number of rounds:** 2
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
Ankle Hops	20-sec	15-sec
Sprint in Place	15-sec	30-sec
Mountain Climber	20-sec	15-sec
<a href="#">Lunge Front Kick</a>	10/side	30-sec
Pushups	15 reps	30-sec
Situps	15 reps	30-sec
Superman Fly	15 reps	15-sec
Broad Jump	15 reps	30-sec
<a href="#">Inchworm</a>	20-sec	2-min

## Week 4

## Monday

- **Duration:** 30 minutes
- **Number of rounds:** 3
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
Squat Thrust	10 reps	15-sec
Mountain Climber	20-sec	30-sec
Plank Jacks	15 reps	15-sec
<a href="#">Man Maker</a>	10 reps	30-sec
Shoulder Taps	10/side	30-sec
Reverse Crunches	15 reps	30-sec
Alternate Heel Taps	10/side	30-sec
Kneeling Jump	10 reps	2-min

## Wednesday

- **Duration:** 30 minutes
- **Number of rounds:** 3
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
Jog in Place	20-sec	15-sec
Burpees	10 reps	30-sec
Pulse Up	10 reps	30-sec
Superman Fly	10 reps	30-sec
Plank Jacks	10 reps	30-sec
Flutter Kicks	20-sec	30-sec
<a href="#">Grappler Pushups</a>	10 reps	30-sec
Inchworm	20-sec	2-min

## Friday

- **Duration:** 30 minutes
- **Number of rounds:** 3
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
Jumping Jack	20-sec	15-sec
Man Maker	10 reps	30-sec
Reverse Crunches	20 reps	20-sec
Shoulder Taps	10/side	30-sec
<a href="#">Clap Pushup</a>	10 reps	30-sec
<a href="#">Sit Outs</a>	20-sec	30-sec
Side Plank Hip Dip	10/side	30-sec
<a href="#">Skater Jump</a>	10 reps	2-min

Week 5

## Monday

- **Duration:** 30 minutes
- **Number of rounds:** 3
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
Squat Jump	10 reps	15-sec
Pushups	20 reps	30-sec
Situps	15 reps	30-sec
Curtsy Lunge	10 reps	30-sec
Shoulder Taps	10/side	30-sec
<a href="#">Crossbody Mt Climber</a>	20-sec	30-sec
Step up	10/side	30-sec
Plank Jack	10 reps	2-min

## Wednesday

- **Duration:** 30 minutes
- **Number of rounds:** 3
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
<a href="#">Squat Pulses to Jump</a>	10 reps	30-sec
Pushups	20 reps	30-sec
Alternate Heel Taps	10/side	30-sec
Curtsy Lunge	10/side	30-sec
Shoulder Taps	10/side	30-sec
Superman Fly	10 reps	30-sec
<a href="#">In and Out Squat Jump</a>	10 reps	45-sec
Reverse Crunches	20 reps	30-sec

## Friday

- **Duration:** 30 minutes
- **Number of rounds:** 3
- **Rest between rounds:** 2 minutes

Exercise	Activity	Interval
Knee Tap Pushup	10/side	15-sec
Bear Crawl	30-sec	30-sec

Jumping Lunges	5/side	30-sec
Forearm to High Plank	10 reps	30-sec
Tabletop Crunches	20 reps	30-sec
<a href="#">Pushup Jack</a>	10 reps	30-sec
Pike Jump	10 reps	45-sec
<a href="#">Plyo Lunge</a>	10/side	2-min

## Week 6

### Monday

- **Duration:** 40 minutes
- **Number of rounds:** 4
- **Rest between rounds:** 2 minutes

Exercises	Activity	Interval
Ankle Hops	20-sec	15-sec
Box/Bench Jump	10 reps	30-sec
Pushups	20 reps	15-sec
Sprint in Place	15-sec	30-sec
Situps	20 reps	30-sec
Squat Jump	10 reps	30-sec
Mt. Climber	20-sec	15-sec
Superman Fly	10 reps	15-sec

### Wednesday

- **Duration:** 40 minutes
- **Number of rounds:** 4
- **Rest between rounds:** 2 minutes

Exercises	Activity	Interval
Squat Heel Tap	10/side	15-sec
Kneeling Squat Jump	10 reps	30-sec
<a href="#">Alternating Push Offs</a>	10/side	30-sec
Shoulder Taps	10/side	30-sec
Plyo Jacks	10 reps	30-sec
Standing Calf Raises	20 reps	30-sec
Lunge Front Kick	10/side	30-sec



Side Plank Hip Dip	10/side	2-min
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## Friday

- **Duration:** 40 minutes
- **Number of rounds:** 4
- **Rest between rounds:** 2 minutes

Exercises	Activity	Interval
Sprint in Place	15-sec	15-sec
Burpees	10 reps	30-sec
Crossbody Mt. Climber	10/side	30-sec
Jack Knife Sit Ups	5/side	30-sec
Grappler Pushup	5/side	30-sec
Bicycle Crunch	30-sec	30-sec
Superman Fly	10 reps	15-sec
Glute Bridge	10 reps	2-minute

## Week 7

- **Duration:** 40 minutes
- **Number of rounds:** 4
- **Rest between rounds:** 2 minutes
- **Activity time:** 30 seconds
- **Interval time between exercises:** 30 seconds

Monday	Wednesday	Friday
Jumping Jacks	Mountain Climber	Ankle Hops
Squats	Lunges	Squat Jump
Flutter Kicks	Pushups	High Knees
Shoulder Tap	Situps	Leg Raises
Floor IYT Raises	Bear Crawl	Squat Thrust
Forearm to High Plank	Air Plunge	Drop Squat
Glute Kickback	Inchworm	Bench Dips
Burpees	Superman Fly	Reverse Crunches

## Week 8

- **Duration:** 40 minutes
- **Number of rounds:** 4
- **Rest between rounds:** 2 minutes
- **Activity time:** 30 seconds
- **Interval time between exercises:** 30 seconds

Monday	Wednesday	Friday
Jog in place	Kneeling Jump	Curtsy Lunge
Alternate Heel Tap	Pushups	Shoulder Tap
Plank Jack	Flutter Kicks	Forearm to High Plank
Lunge Front Kick	Plank Ankle Taps	Superman Fly
Side Plank Hip Dip	Russian Twist	Bicycle Crunch
Pushups	Situps	Broad Jump
Crossbody Mt. Climber	Inchworm	Reverse Crunches
Kneeling Jump to Squat	Man Maker	Pulse Up

## Week 9

- **Duration:** 45 minutes
- **Number of rounds:** 4
- **Rest between rounds:** 2 minutes
- **Activity time:** 30 seconds
- **Interval time between exercises:** 30 seconds

Monday	Wednesday	Friday
Sprint in Place	Skater Jump	Squat Jump
Grappler Pushups	Man Maker	Reverse Crunches
Alternate Heel Taps	Side Plank Hip Dip	Sit Outs
Curtsy Lunge	Pushups	Clap Pushup
Crossbody Mt Climber	Step up	Plank Jack
Squat Jump	Russian Twist	Squat Pulses to Jump
Plank Ankle Taps	Pushup Jack	Flutter Kicks
Pulse up	Kneeling Squat Jump	Shoulder Taps
Shoulder Tap	Glute Bridge	Box Jump
Floor IYT Raises	Superman Fly	Glute Kickback

## Week 10

- **Duration:** 45 minutes
- **Number of rounds:** 4
- **Rest between rounds:** 2 minutes
- **Activity time:** 30 seconds
- **Interval time between exercises:** 30 seconds

Monday	Wednesday	Friday
Sprint in Place	Ankle Hops	Squat Heel Tap
Burpees	Plyo Jacks	Crossbody Mt Climber
Lunge Front Kick	Grapppler Pushup	Knee Tap Pushup
Kneeling Squat Jump	Bicycle Crunch	Situps
Shoulder Taps	Jumping Lunges	Ankle Hops
Squat Jump	Sit Outs	Reverse Crunches
Pushup Jack	Forearm to High Plank	Reverse Lunges to Kick
Reverse Crunches	Flutter Kick	Pike Jump
Alternate Heel Tap	Side Plank Hip Dip	Curtsy Lunge
Glute Kickback	Superman Fly	Glute Bridge

## Week 11

- **Duration:** 45 minutes
- **Number of rounds:** 4
- **Rest between rounds:** 2 minutes
- **Activity time:** 30 seconds
- **Interval time between exercises:** 30 seconds

Monday	Wednesday	Friday
Man Maker	Squat Thrust	Burpees
Inchworm	Situps	Pulse Up
Mountain Climber	Ankle Hops	Bicycle Crunch
Squat Jump	Curtsy Lunge	<a href="#">Crossbody Mt Climber</a>
Russian Twist	Side Plank Hip Dip	Bear Crawl

Floor IYT Raises	Forearm to High Plank	Alternate Heel Tap
Kneeling Jump	Reverse Lunges to Kick	Squat Jump
Bench Dips	Grappler Pushups	Crunches
Burpees	Flutter Kicks	Plank Jacks
Floor IYT Raises	Superman Fly	Plank Ankle Taps

## Week 12

- **Duration:** 45 minutes
- **Number of rounds:** 4
- **Rest between rounds:** 2 minutes
- **Activity time:** 30 seconds
- **Interval time between exercises:** 30 seconds

Monday	Wednesday	Friday
Sprint in Place	Ankle Hops	Plyo Jacks
Squat Heel Tap	Burpees	Crossbody Mt Climber
Grappler Pushup	Lunge Front Kick	Knee Tap Pushup
Situps	Jack Knife Sit Ups	Kneeling Squat Jump
Bear Crawl	Shoulder Taps	Bicycle Crunch
Jumping Lunges	Squat Jump	Sit Outs
Pushup Jack	Forearm to High Plank	Reverse Lunges to Kick
Reverse Crunches	Pike Jump	Flutter Kick
Curtsy Lunge	Alternate Heel Taps	Box/Bench Jump
Superman Fly	Glute Bridge	Side Plank Hip Dip

Check out [article](#) for more info

### Recommended Supplements:

Pre-Workout	During Workout	Post Workout
<a href="#">Redcon1 Total War</a> Pre-Workout	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Optimum Nutrition Amino Energy</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	<a href="#">Orgain Organic Vegan Protein Powder</a>

<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Body Fortress Whey Protein Powder</a>
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## Helpful Resources:

1. [70 Best Bodyweight Cardio Exercises](#)
2. [List of Tabata Exercises](#)
3. [The Best HIIT Core Workout](#)
4. [Barbell HIIT Workouts](#)
5. [Dumbbell HIIT Workout](#)
6. [Kettlebell HIIT Workouts](#)

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