

THE ULTIMATE LIST OF EXERCISES FOR HIGH-INTENSITY INTERVAL TRAINING (HIIT)

Article Link: <https://thefitnessphantom.com/hiit-exercises-list>

Part A: Bodyweight HIIT Exercises List

1. Jumping jacks

- a. Muscles worked: Full body
- b. Difficulty Level: Beginner
- c. Focus: Mobility, Cardio

2. High Knees

- a. Muscles worked: Hips, Glutes, and Hamstrings
- b. Difficulty Level: Beginner
- c. Focus: Mobility and Strength

3. Jump Squats

- a. Muscles worked: Glutes and Quads
- b. Difficulty Level: Intermediate
- c. Focus: Power and Strength

4. Burpees

- a. Muscles worked: Glutes, Hamstrings, Core, Triceps, Chest, and Calves
- b. Difficulty Level: Intermediate
- c. Focus: Power and Strength

5. Squat Thrust

- a. Muscles worked: Glutes, Quads, and Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Power and Strength

6. Mountain climbers

- a. Muscles worked: Core
- b. Difficulty Level: Intermediate
- c. Focus: Strength

7. Jumping Split Squat

- a. Muscles worked: Glutes, Hamstrings, and Calves
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Explosiveness

8. Man maker

- a. Muscles worked: Chest, Core, Triceps, Glutes, and Hamstrings
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, and Explosiveness

9. Jumping Split Lunges

- a. Muscles worked: Glutes, Hamstrings, Quads, and Hips
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Power

10. Russian Twist

- a. Muscles worked: Obliques
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Endurance, and Mobility

11. Bulgarian Split Squat

- a. Muscles worked: Quads and Glutes
- b. Difficulty Level: Intermediate
- c. Focus: Strength

12. Standard Pushup

- a. Muscles worked: Chest, Triceps, and Core
- b. Difficulty Level: Beginner
- c. Focus: Strength

13. Clap Pushup

- a. Muscles worked: Chest, Triceps, Core, and Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, and Explosiveness

14. Basic Crunches

- a. Muscles worked: Abs
- b. Difficulty Level: Beginner
- c. Focus: Strength, Mobility

15. Pushup to Renegade Row

- a. Muscles worked: Chest, Back, Shoulders, and Arms

- b. Difficulty Level: Intermediate
- c. Focus: Strength and Mobility

16. Floor IYT Raises

- a. Muscles worked: Back, Shoulders, and Arms
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Mobility

17. Calf Raises

- a. Muscles worked: Calves
- b. Difficulty Level: Beginner
- c. Focus: Strength

18. Ankle Hops

- a. Muscles worked: Full body
- b. Difficulty Level: Beginner
- c. Focus: Strength, Agility

19. Vertical Jumps

- a. Muscles worked: Total body
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Jump, Agility

20. Skater Jumps

- a. Muscles worked: Lower body
- b. Difficulty Level: Beginner
- c. Focus: Strength, Speed, Mobility

21. Plank Jacks

- a. Muscles worked: Core
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Mobility

22. Kneeling Squat Jump

- a. Muscles worked: Total body
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Mobility, Speed

23. Shoulder Tap

- a. Muscles worked: Core and shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Mobility

24. Push Up Jacks

- a. Muscles worked: Total body
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Mobility, Speed

25. Reverse Lunge with Knee-up

- a. Muscles worked: Total body
- b. Difficulty Level: Intermediate
- c. Focus: Agility, Mobility, Speed

26. Frog Squat Jump

- a. Muscles worked: Lower body
- b. Difficulty Level: Beginner
- c. Focus: Agility, Jump

27. Double Leg Butt Kick

- a. Muscles worked: Full body
- b. Difficulty Level: Advanced
- c. Focus: Agility, Jump

28. V-Up Crunches

- a. Muscles worked: Core
- b. Difficulty Level: Advanced
- c. Focus: Strength and Endurance

29. Bicycle Crunches

- a. Muscles worked: Core
- b. Difficulty Level: Advanced
- c. Focus: Strength and Endurance

30. Step-up

- a. Muscles worked: Lower Body
- b. Difficulty Level: Beginner
- c. Focus: Strength and Endurance

31. Lateral Drill

- a. Muscles worked: Lower Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

32. Bear Crawl

- a. Muscles worked: Full Body
- b. Difficulty Level: Beginner

- c. Focus: Strength and Endurance

33. Squat Pulse Jump

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

34. Pop Squats (Squat Jack)

- a. Muscles worked: Quads and Glutes
- b. Difficulty Level: Intermediate
- c. Focus: Speed and Endurance

35. Fast Feet

- a. Muscles worked: Lower Body
- b. Difficulty Level: Beginner
- c. Focus: Speed & Stamina

36. Tuck Jump

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate to Advanced
- c. Focus: Power & Stamina

37. Broad Jump

- a. Muscles worked: Full Body
- b. Difficulty Level: Advanced
- c. Focus: Power & Stamina

38. Curtsy Lunge

- a. Muscles worked: Quads & Glutes
- b. Difficulty Level: Intermediate
- c. Focus: Balance & Stamina

39. Push-up to Straight Arm Raise

- a. Muscles worked: Chest, Shoulders, Triceps, and Abs
- b. Difficulty Level: Intermediate
- c. Focus: Speed & Endurance

40. Diamond Push-Up

- a. Muscles worked: Chest, Triceps, and Abs
- b. Difficulty Level: Intermediate
- c. Focus: Strength & Endurance

41. Hindu Push-ups

- a. Muscles worked: Chest, Triceps, and Abs
- b. Difficulty Level: Intermediate
- c. Focus: Strength & Endurance

42. Spiderman Pushups

- a. Muscles worked: Chest, Triceps, and Core
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Balance & Stamina

43. Superman Push-Up

- a. Muscles worked: Full Body
- b. Difficulty Level: Advanced
- c. Focus: Power & Stamina

44. Shadow Boxing

- a. Muscles worked: Upper Body
- b. Difficulty Level: Beginner
- c. Focus: Speed & Stamina

45. Side Plank Hip Taps

- a. Muscles worked: Obliques
- b. Difficulty Level: Intermediate
- c. Focus: Balance & Stamina

46. Commando Plank

- a. Muscles worked: Shoulder, Abs, and Arms
- b. Difficulty Level: Intermediate
- c. Focus: Balance & Stamina

47. Forearm Plank

- a. Muscles worked: Shoulder, Abs, and Arms
- b. Difficulty Level: Beginner
- c. Focus: Core Endurance

48. Reverse Crunches

- a. Muscles worked: Lower Abs
- b. Difficulty Level: Beginner
- c. Focus: Core Endurance

49. Seated Knee Tucks

- a. Muscles worked: Abdominals
- b. Difficulty Level: Beginner

- c. Focus: Balance & Core Endurance

50. Leg Raises

- a. Muscles worked: Abdominals
- b. Difficulty Level: Intermediate
- c. Focus: Core Endurance

51. Cross Body Mountain Climber

- a. Muscles worked: Abs
- b. Difficulty Level: Intermediate
- c. Focus: Endurance

52. Knee Tap Push Up

- a. Muscles worked: Chest and Abs
- b. Difficulty Level: Intermediate
- c. Focus: Strength & Endurance

53. Ankle Tap Push Up

- a. Muscles worked: Chest and Abs
- b. Difficulty Level: Intermediate
- c. Focus: Strength & Stamina

54. Alternating Heel Taps

- a. Muscles worked: Obliques
- b. Difficulty Level: Beginner
- c. Focus: Core Endurance

55. Toe Touch Crunches

- a. Muscles worked: Abdominals
- b. Difficulty Level: Intermediate
- c. Focus: Strength & Stamina

56. Jackknife Sit Up

- a. Muscles worked: Abs
- b. Difficulty Level: Advanced
- c. Focus: Speed & Stamina

57. Flutter Kick

- a. Muscles worked: Abs
- b. Difficulty Level: Beginner
- c. Focus: Core Endurance

58. Diver Pushup

- a. Muscles worked: Chest and Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

59. Alternating Plank Ankle Tap

- a. Muscles worked: Abdominals
- b. Difficulty Level: Intermediate
- c. Focus: Balance & Stamina

60. Side Plank Rotation

- a. Muscles worked: Abs and Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Balance & Stamina

61. Standing Cross Knee to Elbow

- a. Muscles worked: Obliques
- b. Difficulty Level: Beginner
- c. Focus: Balance & Stamina

62. Inchworm

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Flexibility & Stamina

63. Sit Outs

- a. Muscles worked: Full Body
- b. Difficulty Level: Beginner
- c. Focus: Balance & Stamina

64. Grappler Pushup

- a. Muscles worked: Full Body
- b. Difficulty Level: Advanced
- c. Focus: Strength, Endurance, & Stamina

65. Bar Over Burpees

- a. Muscles worked: Full Body
- b. Difficulty Level: Advanced
- c. Focus: Speed & Stamina

66. Box Over Burpees

- a. Muscles worked: Full Body

- b. Difficulty Level: Advanced
- c. Focus: Stamina & Agility

67. Step-up to Knee Drive

- a. Muscles worked: Legs and Abs
- b. Difficulty Level: Advanced
- c. Focus: Balance & Stamina

68. Crossbody Crunches

- a. Muscles worked: Abs and Obliques
- b. Difficulty Level: Intermediate
- c. Focus: Core Endurance

69. Superman Row

- a. Muscles worked: Shoulder and Back
- b. Difficulty Level: Intermediate
- c. Focus: Mobility and Flexibility

70. Plank T Push-up

- a. Muscles worked: Chest, Shoulder, and Back
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Mobility

Part B: Weighted Exercises for HIIT to Build Muscle & Burn Fat Simultaneously

This list includes dumbbells, kettlebells, barbells, and medicine ball exercises that can be a part of high-intensity interval training (HIIT).

Note: It won't include the typical muscle-building exercises, such as barbell curls, triceps extensions, lateral raises, or reverse flies.

1. Kettlebell Swings

- a. Muscles worked: Shoulders & Posterior Chain
- b. Difficulty Level: Beginner
- c. Focus: Strength & Endurance

2. Kettlebell Clean & Press

- a. Muscles worked: Shoulders, Triceps, & Legs
- b. Difficulty Level: Intermediate
- c. Focus: Speed, Strength & Endurance

3. Kettlebell Thruster

- a. Muscles worked: Quads and Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Power & Endurance

4. Kettlebell Seesaw Press

- a. Muscles worked: Shoulders
- b. Difficulty Level: Beginner
- c. Focus: Strength & Endurance

5. Kettlebell Around the World

- a. Muscles worked: Full Body
- b. Difficulty Level: Beginner
- c. Focus: Strength & Stamina

6. Kettlebell Slasher

- a. Muscles worked: Shoulder and Abs
- b. Difficulty Level: Intermediate
- c. Focus: Strength & Stamina

7. Gorilla Row

- a. Muscles worked: Back
- b. Difficulty Level: Beginner
- c. Focus: Strength

8. Kettlebell Squat

- a. Muscles worked: Quads & Glutes
- b. Difficulty Level: Beginner
- c. Focus: Strength & Endurance

9. KB Lunge with Rotation

- a. Muscles worked: Legs and Abs
- b. Difficulty Level: Intermediate
- c. Focus: Strength & Stamina

10. Kettlebell Halo

- a. Muscles worked: Shoulders
- b. Difficulty Level: Beginner
- c. Focus: Stamina

11. Kettlebell Russian Twist

- a. Muscles worked: Obliques
- b. Difficulty Level: Intermediate
- c. Focus: Core Endurance

12. KB Overhead Squat

- a. Muscles worked: Shoulders, Abs, Quads, and Glutes
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Balance, and Endurance

13. Kettlebell Slingshot

- a. Muscles worked: Full Body
- b. Difficulty Level: Beginner
- c. Focus: Endurance

14. Kettlebell Snatch

- a. Muscles worked: Shoulders, Back, and Arms
- b. Difficulty Level: Intermediate
- c. Focus: Speed and Endurance

15. Kettlebell Sit and Press

- a. Muscles worked: Shoulders, Abs, and Arms
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Balance, and Endurance

16.Dumbbell Jumping Jacks

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

17. Dumbbell Burpees

- a. Muscles worked: Full Body
- b. Difficulty Level: Advanced
- c. Focus: Strength and Endurance

18. Dumbbell Squats

- a. Muscles worked: Lower Body
- b. Difficulty Level: Beginner
- c. Focus: Strength and Endurance

19.Dumbbell Squat Jump

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

20. Dumbbell Crunches

- a. Muscles worked: Core
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

21.Dumbbell Surrenders

- a. Muscles worked: Full Body

- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, and Muscle Gain

22. Dumbbell Push Press

- a. Muscles worked: Legs and shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Power

23. Dumbbell Power Maker

- a. Muscles worked: Full Body
- b. Difficulty Level: Advanced
- c. Focus: Strength, Speed, and Agility

24. Dumbbell High Knees

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

25. Dumbbell Thruster

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Stamina

26. Single-arm Dumbbell Swings

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Explosiveness

27. Dumbbell Step-up

- a. Muscles worked: Lower Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

28. Dumbbell Reverse Crunches

- a. Muscles worked: Core
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

29. Dumbbell Push Jerk

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

30. Dumbbell Side Bend

- a. Muscles worked: Obliques
- b. Difficulty Level: Beginner
- c. Focus: Strength

31. Dumbbell Squat to Overhead Press

- a. Muscles worked: Legs and Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, and Muscle Gain

32. Deadlift to High Pull

- a. Muscles worked: Legs, Shoulders, and Traps
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, and Mobility

33. Dumbbell Renegade Row

- a. Muscles worked: Chest, Shoulders, and Back
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, Mobility, and Muscle Gain

34. Dumbbell Clusters

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, Mobility, and Muscle Gain

35. Plank Dumbbell Drag

- a. Muscles worked: Abs and Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Balance & Endurance

36. Squat to Swing

- a. Muscles worked: Full Body
- b. Difficulty Level: Advanced

- c. Focus: Speed and Endurance

37. Dumbbell Shadow Boxing

- a. Muscles worked: Arms, Shoulders, Abs, and Legs
- b. Difficulty Level: Intermediate
- c. Focus: Speed and Endurance

38. Dumbbell Pop Squats

- a. Muscles worked: Quads, Glutes, and Arms
- b. Difficulty Level: Intermediate
- c. Focus: Speed and Endurance

39. Single Leg Deadlift to Row

- a. Muscles worked: Full Body
- b. Difficulty Level: Advanced
- c. Focus: Strength and Mobility

40. Dumbbell Clean and Press

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, and Stamina

41. Sumo Squats

- a. Muscles worked: Quads, Glutes, and Adductors

- b. Difficulty Level: Intermediate
- c. Focus: Strength and Stamina

42. Curtsy Lunge

- a. Muscles worked: Quads, Glutes, and Abs
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Mobility

43. Dumbbell Squat Clean

- a. Muscles worked: Quads, Glutes, Shoulders, and Abs
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Speed, and Endurance

44. Dumbbell Squat Jump

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Speed and Endurance

45. Dumbbell Low to High Oblique Chop

- a. Muscles worked: Shoulder & Obliques
- b. Difficulty Level: Intermediate
- c. Focus: Endurance

46. Devil Press

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

47. Reverse Lunges

- a. Muscles worked: Quads, Glutes, and Hamstrings
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

48. Barbell Thruster

- a. Muscles worked: Legs and Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

49. Front Squat

- a. Muscles worked: Quads
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

50. Back Squat

- a. Muscles worked: Quads and Glutes
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

51. Push Press

- a. Muscles worked: Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

52. Push Jerk

- a. Muscles worked: Legs and Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Power and Endurance

53. Power Clean

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Power and Endurance

54. Hang Clean

- a. Muscles worked: Shoulders, Back, Legs, and Abs
- b. Difficulty Level: Intermediate
- c. Focus: Speed and Endurance

55. Barbell Walking Lunges

- a. Muscles worked: Thighs & Shoulders
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

56. Barbell Clean and Press

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Speed, and Endurance

57. Barbell Rows

- a. Muscles worked: Back
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

58. Off Blocks Barbell Deadlifts

- a. Muscles worked: Back, Arms, and Legs
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Endurance

59. Barbell Oblique Twist

- a. Muscles worked: Obliques
- b. Difficulty Level: Intermediate
- c. Focus: Core Endurance

60. Barbell Rollout

- a. Muscles worked: Abdominals and Arms
- b. Difficulty Level: Intermediate
- c. Focus: Core Endurance

61. Ball Slam

- a. Muscles worked: Shoulders
- b. Difficulty Level: Beginner
- c. Focus: Speed and Endurance

62. Rotational Slam

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Speed and Endurance

63. Ball Wall Throw

- a. Muscles worked: Full Body
- b. Difficulty Level: Beginner
- c. Focus: Power and Endurance

64. Squat Throw

- a. Muscles worked: Legs and Shoulders
- b. Difficulty Level: Beginner
- c. Focus: Speed and Endurance

65. Lunge Throw

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Speed, Balance, and Endurance

66. Sit-Up Throw

- a. Muscles worked: Abs and shoulders
- b. Difficulty Level: Intermediate

- c. Focus: Speed, Balance, and Endurance

67. [Med Ball Overhead Toss](#)

- a. Muscles worked: Shoulders
- b. Difficulty Level: Beginner
- c. Focus: Endurance

Part C: Best Gym Machine Exercises List for HIIT

It includes all equipment-based exercises that you can do at the gym (normal and functional).

1. Treadmill Sprint

- a. Muscles worked: Full body
- b. Difficulty Level: Beginner to Intermediate
- c. Focus: Strength and Endurance

2. [Rowing Machine](#)

- a. Muscles worked: Back, Arms, and Shoulders
- b. Difficulty Level: Beginner to Intermediate
- c. Focus: Strength, Speed, and Endurance

3. Bar Dips

- a. Muscles worked: Chest, Arms, and Shoulders
- b. Difficulty Level: Beginner to Intermediate
- c. Focus: Strength and Endurance

4. Stationary Bicycling

- a. Muscles worked: Quads, Hamstrings, and Calves
- b. Difficulty Level: Beginner
- c. Focus: Endurance

5. Assault Bike Sprint

- a. Muscles worked: Full Body
- b. Difficulty Level: Beginner
- c. Focus: Endurance

6. [Battle Rope Power Slams](#)

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Goal: Endurance

7. Alternating Battle Rope Waves

- a. Muscles worked: Full Body (mostly arms)
- b. Difficulty Level: Intermediate
- c. Goal: Endurance

8. [Battle Rope Squat Waves](#)

- a. Muscles worked: Legs, Arms, and Shoulders
- b. Difficulty Level: Intermediate
- c. Goal: Endurance

9. [Battle Ropes Plank Waves](#)

- a. Muscles worked: Full Body
- b. Difficulty Level: Advanced
- c. Goal: Balance and Endurance

10. [Battle Rope Burpees](#)

- a. Muscles worked: Full Body
- b. Difficulty Level: Advanced
- c. Goal: Balance and Endurance

11. In-and-Out Battle Rope Waves

- a. Muscles worked: Arms and Abs
- b. Difficulty Level: Advanced
- c. Goal: Strength and Endurance

12. Hanging Knee Raises

- a. Muscles worked: Abs and Arms

- b. Difficulty Level: Intermediate
- c. Focus: Strength

13. [Sled Training Interval Workout](#)

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, and Mobility

14. **Jumping Rope**

- a. Muscles worked: Full-body
- b. Difficulty Level: Beginner to Intermediate
- c. Focus: Strength, Mobility, and Endurance

15.Ab Wheel Rollout

- a. Muscles worked: Core and Lower back
- b. Difficulty Level: Intermediate
- c. Focus: Strength and Mobility

16.Punching Bag Workout

- a. Muscles worked: Total Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, Speed

17.Rowing Machine

- a. Muscles worked: Total Body
- b. Difficulty Level: Intermediate
- c. Focus: Strength, Power, Speed

18.Elliptical Trainer

- a. Muscles worked: Full Body
- b. Difficulty Level: Intermediate
- c. Focus: Cardio and Aerobic

19.Box Jump

- a. Muscles worked: Core
- b. Difficulty Level: Advanced

c. Focus: Strength and Endurance

20. Ski Erg

a. Muscles worked: Arms, Back, and Legs

b. Difficulty Level: Beginner to Intermediate

c. Focus: Endurance

21. Shuttle Run

a. Muscles worked: Full Body

b. Difficulty Level: Intermediate

c. Focus: Endurance

22. Tire Flip

a. Muscles worked: Full Body

b. Difficulty Level: Intermediate

c. Focus: Strength and Endurance

23. Prowler Push

a. Muscles worked: Full Body

b. Difficulty Level: Intermediate

c. Focus: Strength and Endurance

24. Pull-ups

a. Muscles worked: Back and Biceps

b. Difficulty Level: Intermediate

c. Focus: Strength and Endurance

Designing a HIIT Program

You can use any exercises (that you can perform at maximum pace) from the list above to create a high-intensity interval training program.

Creating a routine depends on your goal. For example, if your primary purpose is to burn significant calories and build

endurance, you should include fast and intense bodyweight exercises.

However, if you want to build muscle while torching fat, you should focus on high-intensity exercises using weights, such as dumbbells, kettlebells, and barbells.

Below, I'll share 30 HIIT workout routines that you can try to enhance your fitness level.

No-Equipment HIIT Routines

Let's start with no-equipment HIIT workouts. I'll share 10 examples that you can do on separate days of your training.

You're free to make any changes to these workouts.

Beginner: 2-3 rounds, Intermediate: 3-5 rounds, Advanced: 5-8 rounds

WORKOUT #1

- **Squats:** 15-20 reps, 30 seconds rest
- **Push-ups:** 15-20 reps, 30 seconds rest
- **Crunches:** 15-20 reps, 30 seconds rest
- **Burpees:** 6-7 reps, 30 seconds rest
- **Shoulder Taps** – 10 taps per side, 30 seconds rest

WORKOUT #2

- **Jumping Jacks:** 15–20 reps, 30 seconds rest
- **Mountain Climbers:** 10–12 reps per side, 30 seconds rest
- **Vertical Jumps:** 6–7 reps, 30 seconds rest
- **Plank Jacks:** 10–15 reps, 30 seconds rest
- **Close Grip Push-ups:** 15–20 reps, 30 seconds rest

WORKOUT #3

- **Jump Squats:** 10–15 reps, 30 seconds rest
- **Clap Push-up:** 6–8 reps, 30 seconds rest
- **Russian Twist:** 10 reps per side, 30 seconds rest
- **Burpees:** 6–7 reps, 30 seconds rest
- **Alternating Heel Taps:** 15 taps per side, 30 seconds rest

WORKOUT #4

- **Ankle Hops:** 30–40 times, 30 seconds rest
- **Man Maker:** 6–8 reps, 30 seconds rest
- **Crunches:** 10–15 reps, 30 seconds rest
- **Burpees:** 6–7 reps, 30 seconds rest
- **Side Plank Hip Dips:** 10–12 reps per side, 30 seconds rest

WORKOUT #5

- **Jump Squats:** 15-20 reps, 30 seconds rest
- **High Knees:** 15-20 reps, 30 seconds rest
- **Crunches:** 15-20 reps, 30 seconds rest
- **Kneeling Squat Jump:** 6-8 reps, 30 seconds rest
- **Shoulder Taps** – 10 taps per side, 30 seconds rest

WORKOUT #6

- **Push Up Jacks:** 10-12 reps, 30 seconds rest
- **Reverse Lunge with Knee-up:** 6-8 reps per side, 30 seconds rest
- **V-Up Crunches:** 8-10 reps, 30 seconds rest
- **Lateral Drill:** 30 seconds work, 30 seconds rest
- **Bear Crawl:** 30 seconds work, 30 seconds rest

WORKOUT #7

- **Squat Pulse Jump:** 5 pulses, 1 squat (as many times as possible in 30 seconds), 30 seconds rest
- **Fast Feet:** 30 seconds work, 30 seconds rest
- **Bicycle Crunches:** 15-20 reps, 30 seconds rest
- **Tuck Jump:** 6-10 reps, 30 seconds rest
- **Shadow Boxing:** 0 seconds work, 30 seconds rest

WORKOUT #8

- **Pop Squats:** 15–20 reps, 30 seconds rest
- **Push-up to Alternating Straight Arm Raise:** 6–8 reps, 30 seconds rest
- **Spider Crunches:** 8–10 reps per side, 30 seconds rest
- **Curtsy Lunge:** 6–8 reps per side, 30 seconds rest
- **Commando Plank:** 10 reps, 30 seconds rest

WORKOUT #9

- **Jump Squats:** 15–20 reps, 30 seconds rest
- **Hindu Push-ups:** 15–20 reps, 30 seconds rest
- **Crossbody Mountain Climber:** 10–15 reps per side, 30 seconds rest
- **Knee Tap Push Up:** 6–7 reps per side, 30 seconds rest
- **Seated Knee Tucks:** 15–20 reps, 30 seconds rest

WORKOUT #10

- **Jump Squats:** 15–20 reps, 30 seconds rest
- **Spiderman Pushups:** 6–10 reps, 30 seconds rest
- **Reverse Crunches:** 15–20 reps, 30 seconds rest
- **Burpees:** 6–7 reps, 30 seconds rest
- **Ankle Tap Push Up:** 6–8 reps per side, 30 seconds rest

Free Weight High-intensity Interval Training Programs

In this section, I'll share weighted HIIT workouts using dumbbells, barbells, kettlebells, and a medicine ball.

Since it involves lifting weights, I recommend starting your workout with 5 minutes of low-impact cardio to warm your body.

You can perform jumping jacks, ankle hops, Hindu push-ups, arm swings, leg swings, etc., to warm your body.

Beginner: 2-3 rounds, Intermediate: 3-5 rounds, Advanced: 5-8 rounds

WORKOUT #1 KETTLEBELL

- Single-arm Swings: 15-20 reps per arm, 30-second rest
- Goblet Squats: 15-20 reps, 30-second rest
- Kettlebell Seesaw Press: 10 reps per arm, 30-second rest
- Around the World: 10 reps per side, 30-second rest
- Gorilla Row: 15-20 reps, 30-second rest

WORKOUT #2 KETTLEBELL

- Kettlebell Thruster: 10-12 reps, 30-second rest

- Goblet Squats: 15–20 reps, 30-second rest
- Russian Twist: 10 reps, 30-second rest
- Single-arm Gorilla Row: 10 reps per side, 30-second rest
- Kettlebell Slasher: 10 reps per side, 30-second rest

WORKOUT #3 KETTLEBELL

- Lunge with Rotation: 8–10 reps per side, 30-second rest
- Kettlebell Halo: 10–12 reps per side, 30-second rest
- Kettlebell Slingshot: 8–10 reps per side, 30-second rest
- Kettlebell Snatch: 8–10 reps per side, 30-second rest
- Kettlebell Sit and Press: 8–10 reps, 30-second rest

WORKOUT #4 DUMBBELL

- Dumbbell Squats: 12–15 reps, 30-second rest
- Push Press: 10–12 reps, 30-second rest
- Single-arm Dumbbell Swings: 8–10 reps per side, 30-second rest
- Dumbbell Renegade Row: 8–10 reps per side, 30-second rest
- Plank Dumbbell Drag: 8–10 reps per side, 30-second rest

WORKOUT #5 DUMBBELL

- Dumbbell Jumping Jacks: 10–12 jumps, 30-second rest
- Squat to Swing: 6–8 reps, 30-second rest

- Dumbbell Rows: 10-12 reps, 30-second rest
- Dumbbell Clean and Press: 8-10 reps, 30-second rest
- Shadow Boxing: 30 seconds work, 30-second rest

WORKOUT #6 DUMBBELL

- Dumbbell Burpees: 5-6 reps, 30-second rest
- Dumbbell Crunches: 6-8 reps, 30-second rest
- Dumbbell Surrenders: 6-8 reps, 30-second rest
- Deadlift to High Pull: 6-8 reps, 30-second rest
- Shadow Boxing: 30 seconds work, 30-second rest

WORKOUT #7 DUMBBELL

- Dumbbell Power Maker: 5-6 reps, 30-second rest
- Dumbbell Crunches: 6-8 reps, 30-second rest
- Dumbbell Surrenders: 6-8 reps, 30-second rest
- Dumbbell Rows (Single-Leg Deadlift stance): 6-8 reps per side, 30-second rest
- Devil Press: 6-8 reps, 30-second rest

WORKOUT #8 BARBELL

- Barbell Thruster: 5-6 reps, 30-second rest
- Hang Clean: 6-8 reps, 30-second rest
- Barbell Rows: 8-10 reps, 30-second rest

- Barbell Deadlifts (Off Blocks): 6-8 reps per side, 30-second rest
- Barbell Snatch: 6-8 reps, 30-second rest

WORKOUT #9 BARBELL

- Push Press: 5-6 reps, 30-second rest
- Barbell Back Squats: 10-12 reps, 30-second rest
- Clean and Press: 6-8 reps, 30-second rest
- Barbell Oblique Twist: 6-8 reps per side, 30-second rest
- Barbell Rollout: 6-8 reps, 30-second rest

WORKOUT #10: MEDICINE BALL

- Ball Slam: 6-8 reps per side, 30-second rest
- Rotational Slam: 6-8 reps per side, 30-second rest
- Squat Throw: 8-10 reps, 30-second rest
- Sit-Up Throw: 6-8 reps, 30-second rest
- Med Ball Overhead Toss: 10-12 reps, 30-second rest

Gym HIIT Workouts

WORKOUT 1: 20-MINUTE TREADMILL HIIT

- Warm-Up (3 Minutes): 1-minute Walk (4-5 km/h), 1-minute Brisk Walk (5.5-6.5 km/h), and 1-minute Easy Jog (7-8 km/h)

- Main Workout: 30-second run or sprint (at 80–90 % of your MHR), 90-second steady walk x 8 rounds

WORKOUT 2: 20-MINUTE ROWING MACHINE HIIT

- Warm-Up (3 Minutes): 1-minute Slow Row, 1-minute Medium-intensity row, and 1-minute faster (but not at full effort) row
- Main Workout: 45–60 seconds faster row (at 80–90 % of your MHR), 60–75 seconds easy row x 8 rounds

WORKOUT 3: 20-MINUTE ROWING MACHINE HIIT

- Warm-Up (3 Minutes): 1-minute Easy Pedal (Low Resistance), 1-minute Moderate Pace (Light Resistance), and 1-minute Slightly faster pace (Moderate Resistance)
- Main Workout: 45 seconds faster pedaling (at 80–90 % of your MHR), 75 seconds easy x 8 rounds

WORKOUT 4: 20-MINUTE PUNCHING BAG HIIT

- Warm-Up (3 Minutes): 1-minute Light Shadow Boxing, 1-minute Easy Punches (Jab & Cross), and 1-minute Moderate Punch Combinations with Footwork
- Main Workout: 45-second Fast Punch Combinations (85–95% effort), 75-second Light Punches x 8 rounds

WORKOUT 5: 20-MINUTE SKI ERG HIIT

- Warm-Up (3 Minutes): 1-minute Easy Skiing (Light Effort), 1-minute Moderate Pace, and 1-minute Brisk Pace (Around 70% Effort)
- Main Workout: 60-second High-intensity ski (80-95% effort), 60-second slow ski or rest x 8 rounds

WORKOUT 6: 20-MINUTE ASSAULT BIKE HIIT

- Warm-Up (3 Minutes): 1-minute Easy Pedal (Low Resistance), 1-minute Moderate Pace, and 1-minute Brisk Pace (Around 70% Effort)
- Main Workout: 45-second pedaling at full effort (80-95% effort), 75-second easy pedaling or rest x 8 rounds

WORKOUT 7: 20-MINUTE HIIT WITH BATTLE ROPE & TIRE

- Warm-Up (3 Minutes): 1-minute Jump Rope or March in Place, 1-minute Light Battle Rope Waves, and 1-minute Bodyweight Squats & Arm Circles
- Main Workout: 30-second Battle Rope mix waves (80-95% effort), 30-second Tire Flips, 60-second walk for recovery x 8 rounds

WORKOUT 8: 20-MINUTE SLED TRAINING INTERVAL WORKOUT

- Warm-Up (3 Minutes): 1-minute March in Place, 1-minute Leg Swings, Walking Lunges & Arm Circles, and 1-minute Light Sled Push & Backward Drag
- Main Workout: 45-second Sled Push, 75-second walk for recovery & 45-second Sled Pull, 75-second walk x 4 rounds

WORKOUT 9: 20-MINUTE JUMPING ROPE HIIT

- Warm-Up (3 Minutes): 2.5 minutes Leg Swings, Walking Lunges & Arm Circles, and 30-second Jumping Jacks
- Main Workout: 30-second Jump Rope (80-95% effort), 60-second rest x 10 rounds

WORKOUT 10: 20-MINUTE HIIT WITH MULTIPLE EQUIPMENT

- Warm-Up (2 Minutes): 90-second Leg Swings, Walking Lunges & Arm Circles, and 30-second Jumping Jacks
- Alternating Battle Rope Waves: 30 seconds all-out effort, 30-second rest x 4 rounds
- Jumping Rope: 30 seconds all-out effort, 30-second rest x 4 rounds
- Tire Flips: 20-second work, 40-second rest x 4 rounds
- Med Ball Squat Throw: 10-15 reps, 30-second rest x 4
- 2 minutes to rest a little more between workouts.

Frequently Asked Questions (FAQs)

How Often Should You Do HIIT in a Week?

Two to three times a week, depending on your fitness level, goal, and amount of time you work out. For example, if your goal is to lose weight, you can do HIIT for 30 minutes a day, three times a week. (Source: [Physiological reports](#))

How Long Should a Session of HIIT Be?

Anywhere from 10 to 30 minutes (excluding warm-ups). Do not do longer than 30 minutes to avoid burnout.

Should I Eat Before High-Intensity Interval Training?

Having a light meal or snack (containing carbohydrates and protein) 1-3 hours before training will improve your performance. If you exercise early in the morning, I also recommend a small snack (protein bar or banana) for better performance.

Is HIIT Good for Weight Loss?

Yes. HIIT can help increase calorie burn, improve cardiovascular fitness, and support fat loss when combined with a balanced diet and regular exercise. (Source: [BMJ Open Sport & Exercise Medicine](#))

Controlling your hunger, eating [low-calorie foods](#), and following a [calorie-deficit meal plan](#) is more important for weight loss than any HIIT workout.

Who Should Avoid HIIT?

HIIT is not for everyone, especially for those who are new to exercise, recovering from injury, or having certain medical conditions. (Source: [ResearchGate.com](#))

Even if you regularly exercise but haven't performed high-intensity training before, I suggest consulting a professional trainer before starting it