



[CP FITPro - Fitness Programs, Holistic Nutrition](#)

This 10-day program can help jumpstart your efforts by revving up both your workouts and your metabolism. It's based on the highly effective format called high-intensity interval training (HIIT), which alternates between high-intensity strength training and cardiovascular workouts and is the quickest method to scorch fat.

Following are descriptions of the strength-training and cardio components, the workouts, and a 10-day training schedule. Feel free to cycle through the program for another 10 days if you're feeling extra motivated. Be sure to include a day of complete rest or active recovery on day 11 if you decide to cycle through it again. And don't forget to stretch before and after each workout.

Before engaging in any exercise program, be sure you are cleared to exercise by your physician. Each workout is about 30-40 minutes and the idea is to train intensely for the entire session. So, pick some music that gets you fired up, put on your headphones, put your cell phone on airplane mode and get going.

Need Nutritional guidance to maximize your efforts?

For a full Well FIT Plan go to [this site](#) and select the Well FIT plan in services.



[CP FITPro - Fitness Programs, Holistic Nutrition](#)

Strength-training Workouts

Alternate the two total-body workouts (TBW) over the course of the 10 days. For these workouts, you will need a mat and pair of dumbbells. Choose a weight that allows you to complete 10-12 repetitions of each exercise. If you can complete more than 12 repetitions easily, select a heavier pair of dumbbells. If possible, have two sets of dumbbells on hand: a heavier pair and a lighter pair. This allows you to drop from a heavier set to a lighter set while going through the workouts.

Each workout features three circuits, each consisting of three exercises—two resistance exercises and one plyometric exercise. Perform the three exercises consecutively with minimal rest time. Take a break when your form begins to fail or you feel fatigued, but try to push your body outside of its comfort zone. At the end of each round, rest for 60 seconds before moving onto the next round or next circuit.

Cardiovascular Workouts

The two cardiovascular workouts are designed for the treadmill, but can be completed outside as well (you'll need to find a good hill to run up for the incline treadmill workout). You can also adapt these workouts to the elliptical or bike as well. The point is to alternate between periods of high-intensity and low-intensity, regardless of the mode of exercise. Adjust your speed according to your fitness level, but again, try to push yourself and then rest if you need to. If completing these workouts on a treadmill, try not to hold onto the rails.



[CP FITPro - Fitness Programs, Holistic Nutrition](#)

Active Recovery

Day 6 is an active recovery day. Chose something light but engaging for exercise, such as a leisurely walk or gentle yoga. And don't forget to include an active recovery or complete rest day on day 11 if you decide to cycle through again.

Need Nutritional guidance to maximize your efforts?

For a full Well FIT Plan go to [this site](#) and select the Well FIT plan in services.

THE WORKOUTS

Strength-training Workouts

Total-body Workout (TBW) 1

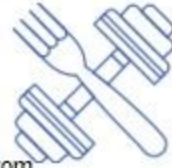
Circuit 1: 4 rounds

- Lunge + Shoulder Press: 12 repetitions each leg
- Reverse Lunge + Front Raise: 12 repetitions each leg

CP FITPRO

Live Well

www.cffitpro.com



[CP FITPro - Fitness Programs, Holistic Nutrition](#)

- Jumping Lunges: 12 repetitions each leg (take out the jump if necessary)
- Rest 60 seconds.





[CP FITPro - Fitness Programs, Holistic Nutrition](#)

Circuit 2: 3 rounds

- Dumbbell Row + Reverse Fly: 12 repetitions
- Push-up + Row: 20 repetitions (go to knees when form declines)
- Mountain climbers: 12 repetitions with weight
- Rest 60 seconds.



Circuit 3: 3 rounds

- Squat + Lateral Raise: 12 repetitions
- Squat + Upright Row: 20 repetitions
- Pop Squats: 20 repetitions (Start with feet together. Jump out into a squat and then jump back to feet together. As a default, take out the jump and perform a squat.)
- Rest 60 seconds.

[CP FITPro - Fitness Programs, Holistic Nutrition](#)



Total Body Workout (TBW) 2

Circuit 1: 4 rounds

CP FITPRO

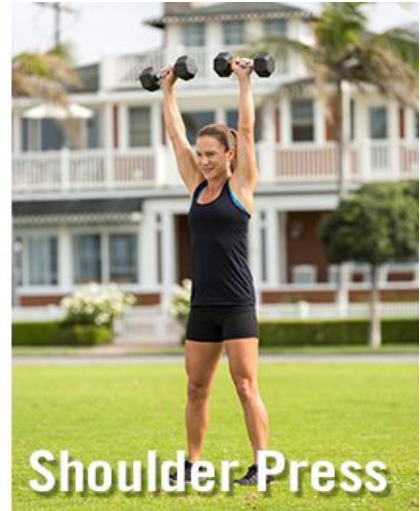
Live Well

www.cffitpro.com



[CP FITPro - Fitness Programs, Holistic Nutrition](#)

- Squat + Curl + Shoulder Press: 12 repetitions
- Squat + Shoulder Press: 12 repetitions
- Squat Jump: 20 repetitions (take out the jump if necessary)
- Rest 60-120 seconds.



Circuit 2: 3 rounds

- Row + Reverse Fly: 12 repetitions
- Close Grip Push-ups: 20 repetitions (go to knees when form declines)
- Burpees: 12 repetitions with weights
- Rest 60-120 seconds.

[CP FITPro - Fitness Programs, Holistic Nutrition](#)



Circuit 3: 3 rounds

- Crunch + Chest Fly: 12 repetitions
- Wide Grip Push-Ups: 20 repetitions
- Inch worms: 20 repetitions (default exercise is a plank for 45-60 seconds)
- Rest 60 seconds.

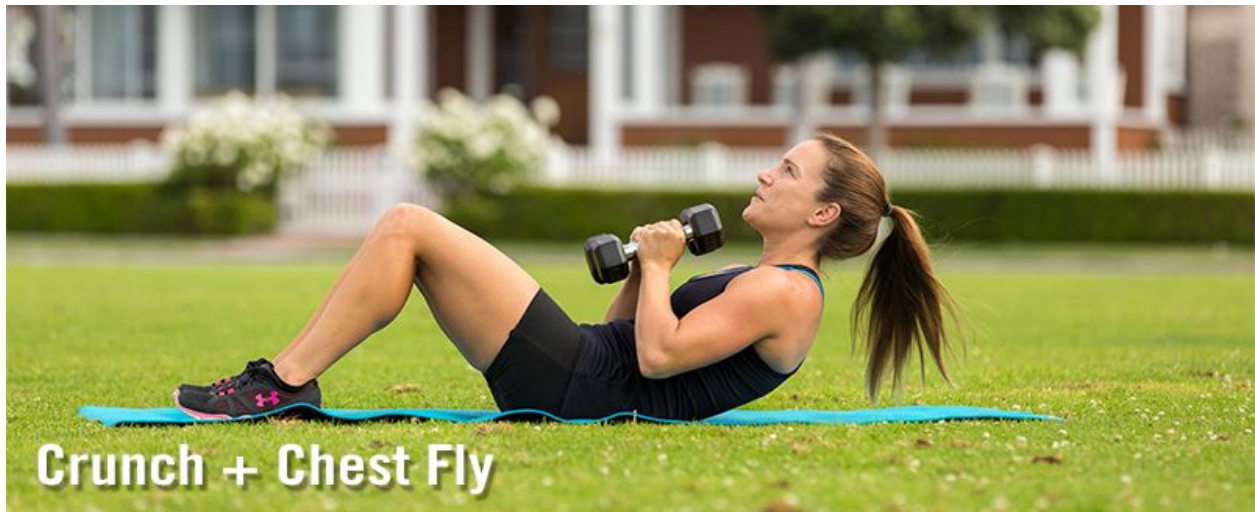
CP FITPRO

Live Well

www.cffitpro.com



[CP FITPro - Fitness Programs, Holistic Nutrition](#)



Cardiovascular Workouts

Incline Intervals

- 0-5 Minutes: 6.5 mph, 0% incline



[CP FITPro - Fitness Programs, Holistic Nutrition](#)

- 5-6 Minutes: 8.0 mph, 2% incline
- 6-7 Minutes: 3.5 mph, 2% incline
- 7-8 Minutes: 7.9 mph, 4% incline
- 8-9 Minutes: 3.5 mph, 4% incline
- 9-10 Minutes: 7.8 mph, 6% incline
- 10-11 Minutes: 3.5 mph, 6% incline
- 11-12 Minutes: 7.7 mph, 8% incline
- 12-13 Minutes: 3.5 mph, 8% incline
- 13-14 Minutes: 7.6 mph, 10% incline
- 14-15 Minutes: 3.5 mph, 10% incline
- 15-16 Minutes: 7.5 mph, 12% incline
- 16-17 Minutes: 3.5 mph, 12% incline
- 17-18 Minutes: 7.4 mph, 14% incline
- 18-19 Minutes: 3.5 mph, 14% incline
- 19-20 Minutes: 7.3 mph, Max % incline
- 20-21 Minutes: 3.5 mph, Max % incline
- 21-26 Minutes: 7.0 mph, 4% incline
- 26-30 Minutes: 4.0 mph, 0% incline

Flat Intervals

- 0-5 Minutes: 6.5 mph, 0% incline
- 5-10 Minutes: 7.0 mph, 0% incline
- 6:00-6:30 Minutes: 9.0 mph, 0%
- 6:30-7:00 Minutes: Squats on side of treadmill
- 7:00-7:30 Minutes: Rest 30 seconds
- Repeat cycle 11 more times to take you to 24:30
- 24:30-30 Minutes: 3.5 mph, 0% incline



[CP FITPro - Fitness Programs, Holistic Nutrition](#)

Schedule

- Day 1: TBW 1
- Day 2: Incline Intervals
- Day 3: TBW 2
- Day 4: Flat Intervals
- Day 5: TBW 1
- Day 6: Active Recovery
- Day 7: TBW 2
- Day 8: Incline Intervals
- Day 9: TBW 1
- Day 10: Flat Intervals

Need Nutritional guidance to maximize your efforts?

For a full Well FIT Plan go to [this site](#) and select the Well FIT plan in services.

Live well,
Celina
www.cpfipro.com