


Weightlifting & Strength Training Exercises for HIIT Routine

Exercise Principles:


- Use **10-20 lb dumbbells** (or adjustable weights)
- **40 seconds work, 20 seconds rest per exercise** (or 8-12 reps per exercise)
- **3-4 exercises per circuit**, repeat **2-3 rounds**
- Rest **30-60 seconds** between rounds

Upper Body & Compound Movements


1. **Dumbbell Squat + Overhead Press**

- Hold dumbbells at shoulders
- Squat down, drive up, press weights overhead
-  Targets: glutes, quads, shoulders, core


2. **Bent-Over Rows**

- Hinge at hips, flat back
- Pull dumbbells toward ribs, squeeze shoulder blades
-  Targets: upper back, arms, posture support

3. **Renegade Rows (with Push-Up optional)**


- Start in plank, row one dumbbell at a time
- Optional: add a push-up after each row
-  Targets: back, arms, core stability

4. **Chest Press (on floor or bench)**


- Lie down, dumbbells in hand
- Press weights up over chest
-  Targets: chest, shoulders, triceps

Lower Body & Glutes


1. Goblet Squats

- Hold dumbbell at chest
- Squat deeply, keep chest lifted
-  Targets: quads, glutes, core


2. Deadlifts (Romanian or Standard)

- Hold dumbbells in front of thighs
- Hinge at hips, lower weights to shins, keep back flat
-  Targets: hamstrings, glutes, lower back

3. Reverse Lunges (with or without bicep curl)


- Step back into lunge, optionally curl dumbbells at top
-  Targets: glutes, quads, hamstrings, balance

4. Lateral Lunges


- Step wide to the side, lower into side squat
- Push back to center
-  Targets: inner thighs, glutes, balance

Core + Total Body


1. Dumbbell Russian Twists

- Sit, lean back slightly, twist dumbbell side to side
-  Targets: obliques, core


2. Dumbbell Thrusters (Squat + Press Explosively)

- Similar to squat + press but with faster tempo
-  Targets: total body power

3. Dumbbell Clean to Squat

- Start weights at side
- Power up to shoulder, squat
-  Targets: legs, glutes, arms, shoulders

4. Weighted Glute Bridges

- Lie on back, weight on hips
- Lift hips, squeeze glutes
-  Targets: glutes, hamstrings, core

Optional Cardio Boosters (Bodyweight)

If you want to spike heart rate between weighted moves:

- **Jump squats (no weights or light dumbbells)**
- **Mountain climbers**
- **High knees**
- **Burpees (low impact option: step back instead of jump)**

Example 12-Minute HIIT (Choose 4-5 exercises per day):

Perform 40 seconds work / 20 seconds rest. Repeat 2-3 rounds.

Exercise	Reps/ Time
Dumbbell Squat + Press	40 sec
Bent-Over Rows	40 sec
Reverse Lunges (alternating)	40 sec
Dumbbell Russian Twists	40 sec
Renegade Rows	40 sec

 **Rest 1 minute between rounds**