



WELCOME TO THE EFFORTLESS HIIT PROGRAM!

I'm excited to share this 4 month program, with 80 unique, low impact, high intensity, full body, 20 minute HIIT workouts. I've included a bonus workout on day 6 if you need something extra; or if you'd like to do a HIIT on days 6 & 7, simply pick your favorite workout from each month to repeat.

Thank you for working out with me, & I hope you enjoy the program!

Natalie van Unen

Effortless
HEALTH

LOW IMPACT 20 MINUTE / FULL BODY HIIT 4 WEEK PROGRAM #1

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	HIIT 129 ALL STANDING	HIIT 149 CARDIO ONLY	HIIT 150	HIIT 151
DAY 2	HIIT 91	HIIT 118	HIIT 133 ALL STANDING	HIIT 144 INNER THIGH
DAY 3	HIIT 127 ALL STANDING	HIIT 135 ALL STANDING	HIIT 122 ALL STANDING	HIIT 93 ALL STANDING
DAY 4	HIIT 74	HIIT 84	HIIT 116 ALL STANDING	HIIT 124
DAY 5	HIIT 121	HIIT 139 ALL STANDING	HIIT 95 CARDIO ONLY	HIIT 130 ALL STANDING
DAY 6	BONUS 10 MIN GLUTE CHALLENGE #1	BONUS 20 MIN LOW INTENSITY/ NO REPEAT #1	BONUS 10 MIN CORE #1	BONUS 10 MIN GLUTE CHALLENGE #5
DAY 7	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE

PROGRESS TRACKER MONTH #1

SUGGESTED CHECK IN AT THE END OF EACH WEEK
YES / NO / SAME

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
I MET MY EXERCISE GOALS THIS WEEK				
I FEEL FITTER & STRONGER				
I FEEL MORE TONED				
I HAD FUN WORKING OUT				
I HAVE MORE ENERGY				
I'M PROUD OF MYSELF & HAPPY WITH MY PROGRESS				
REMINDER THAT I LOVE MYSELF				

LOW IMPACT 20 MINUTE / FULL BODY HIIT 4 WEEK PROGRAM #2

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	HIIT 152	HIIT 153	HIIT 154	HIIT 155
DAY 2	HIIT 119	HIIT 123	HIIT 134	HIIT 131
DAY 3	HIIT 136 ALL STANDING	HIIT 132 ALL STANDING	HIIT 82 ALL STANDING	HIIT 115 ALL STANDING
DAY 4	HIIT 140	HIIT 89	HIIT 110	HIIT 117
DAY 5	HIIT 112 CARDIO ONLY	HIIT 125 ALL STANDING	HIIT 147 CARDIO ONLY	HIIT 107 CARDIO ONLY
DAY 6	BONUS 10 MIN GLUTE CHALLENGE #2	BONUS 10 MIN INNER THIGH	BONUS 20 MIN LOW INTENSITY/ NO REPEAT #2	BONUS 10 MIN 10 MIN GLUTE CHALLENGE #3
DAY 7	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE

PROGRESS TRACKER MONTH #2

SUGGESTED CHECK IN AT THE END OF EACH WEEK
YES / NO / SAME

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
I MET MY EXERCISE GOALS THIS WEEK				
I FEEL FITTER & STRONGER				
I FEEL MORE TONED				
I HAD FUN WORKING OUT				
I HAVE MORE ENERGY				
I'M PROUD OF MYSELF & HAPPY WITH MY PROGRESS				
REMINDER THAT I AM SO WORTHY				

LOW IMPACT 20 MINUTE / FULL BODY HIIT 4 WEEK PROGRAM #3

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	HIIT 156	HIIT 157	HIIT 158	HIIT 159
DAY 2	HIIT 90	HIIT 94	HIIT 138	HIIT 120
DAY 3	HIIT 108 ALL STANDING	HIIT 101 ALL STANDING	HIIT 92 ALL STANDING	HIIT 80 ALL STANDING
DAY 4	HIIT 85	HIIT 77	HIIT 104	HIIT 124
DAY 5	HIIT 98 CARDIO ONLY	HIIT 141 ALL STANDING	HIIT 128 CARDIO ONLY	HIIT 142 ALL STANDING
DAY 6	BONUS 10 MIN GLUTE CHALLENGE #1	BONUS 10 MIN CORE #2	BONUS 20 MIN LOW INTENSITY/ NO REPEAT #1	BONUS 10 MIN 10 MIN GLUTE CHALLENGE #5
DAY 7	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE

PROGRESS TRACKER MONTH #3

SUGGESTED CHECK IN AT THE END OF EACH WEEK
YES / NO / SAME

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
I MET MY EXERCISE GOALS THIS WEEK				
I FEEL FITTER & STRONGER				
I FEEL MORE TONED				
I HAD FUN WORKING OUT				
I HAVE MORE ENERGY				
I'M PROUD OF MYSELF & HAPPY WITH MY PROGRESS				
REMINDER THAT I'M AWESOME				

LOW IMPACT 20 MINUTE / FULL BODY HIIT 4 WEEK PROGRAM #4

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	HIIT 160	HIIT 161	HIIT 162	HIIT 163
DAY 2	HIIT 96	HIIT 146 TRICEPS	HIIT 81	HIIT 113
DAY 3	HIIT 145 ALL STANDING	HIIT 111 ALL STANDING	HIIT 75 ALL STANDING	HIIT 137 ALL STANDING
DAY 4	HIIT 106	HIIT 126	HIIT 100	HIIT 97
DAY 5	HIIT 143 CARDIO ONLY	HIIT 103 ALL STANDING	HIIT 148	HIIT 102 CARDIO ONLY
DAY 6	BONUS 10 MIN INNER THIGH	BONUS 20 MIN LOW INTENSITY/ NO REPEAT #2	BONUS 10 MIN CORE #1	BONUS 10 MIN GLUTE CHALLENGE #1
DAY 7	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE	ACTIVE REST OR YOUR FAVORITE

PROGRESS TRACKER MONTH #4

SUGGESTED CHECK IN AT THE END OF EACH WEEK
YES / NO / SAME

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
I MET MY EXERCISE GOALS THIS WEEK				
I FEEL FITTER & STRONGER				
I FEEL MORE TONED				
I HAD FUN WORKING OUT				
I HAVE MORE ENERGY				
I'M PROUD OF MYSELF & HAPPY WITH MY PROGRESS				
REMINDER THAT I LOVE MY LIFE				

EFFORTLESS HIIT GUIDELINES

01

Always listen to your body. If you feel injured or fatigued, give your body a rest until you feel strong enough to workout again.

02

Aim to exercise a minimum of 3 times per week, but ideally 5 times. Choose any 3 HIITs from that week, or do all 5. If doing more than 5 HIITs, just repeat your favorites or try the Bonus workout.

03

What if you don't have time to workout? See if you can just do one x 4 minute round. Yes! 4 minutes is better than nothing at all & still adds value. You will feel better too!

04

Aim for one active rest day. What does this mean? Don't just sit on the couch all day; make sure you still move your body with light activity such as walking, dancing, or gardening.

JOIN THE EFFORTLESS COMMUNITY



Instagram
Effortless.Health



YouTube
EffortlessHealth1

Website
www.Effortless.Health

CONGRATULATIONS!

You did it! You should be proud of committing to a 4-week exercise program!

Join the Effortless Community to learn how to live your best health - with the least amount of effort.

The 5 pillars of Effortless Health:

Nourish - what to eat & why

Nurture - coping with stress & self love

Sleep - why it's so important

Move - regular exercise & daily movement

Avoid - what harms your body

DISCLAIMER

If you have any health concerns, please consult your physician before beginning any exercise program, including the Effortless Health HIIT workouts & Effortless HIIT program.

Natalie van Unen is not a licensed medical care provider & has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, & agree to release and discharge Natalie van Unen from any and all claims or causes of action, known or unknown, arising out of the Effortless Health HIIT workouts & exercise program.

No information on the Effortless Health website or social media channels are intended to be a substitute for professional medical advice, diagnosis or treatment, & you are encouraged to consult with your doctor with regard to any information obtained from these Effortless Health platforms.