



10 SHORT AND SIMPLE HIIT WORKOUTS YOU CAN DO FROM HOME

Unless you've been living under a rock, you'll know that HIIT (High-intensity interval training) is basically designed to get you in and out of the gym as fast as possible. HIIT gets your heart rate close to its max and then lets you rest briefly before you do it all again.

THE BENEFITS OF HIIT

By alternating between low/moderate intensity exercises and high-intensity ones, you are able to accomplish a lot more in a briefer time period. Ideally, you'll be able to increase your anaerobic capacity, which actually increases your aerobic capacity as well.

This is why sprinting for short periods of time is generally more beneficial than jogging for a long period of time. Jogging will increase your aerobic capacity, but it does nothing for your anaerobic

endurance. The distinction may seem small, but in total health, both capacities are equally important.

Some sources also report that HIIT may be better for fat loss, as well as possibly benefiting your metabolism.

HIIT workouts are also great not only for the gym, but you can do bodyweight HIIT workouts anywhere you choose. So if it's snowing outside and you can't make your gym session, or if you have an office party and don't have time to get to the gym but can squeeze in a quick workout at home, then here are some workouts for you to try.

When it comes to home workouts, make them as simple as possible and for whole body workouts, you can use things like sofas and chairs if you like but really all you'll need is a bit of floor space to get these done. There will be various options here depending on your strength levels.

HERE ARE 10 HIIT SIMPLE WORKOUTS FOR YOU TO TRY

1. THE LEG BURNER

4 Rounds for time

- Bodyweight Squats x 20
- Jump Squats x 10
- Reverse lunges x 20
- Lunge jumps x 10

3. DYNAMIC

16-minute EMOM (every minute on the minute)

- **Complete on minute 1:**
5 burpees, 5 squat jumps
- **Complete on minute 2:**
10 Push ups, 10 mountain climbers each side

2. 5 ROUNDS OF MAYHEM

Complete 5 rounds of:

- Burpees with tuck jump x 10
- Hands behind head Squats x 10
- Push ups (on knees if needed) x 10
- Tuck ups x 10
- Side Plank rotations x 10

4. MOVEMENT

20-minute AMRAP (as many rounds as possible within 20 minutes)

- 10 Reverse lunges each leg
- 10 meter bear crawl
- 10 inchworms
- 15 Squat jumps

5. TO HELL AND BACK

In a pyramid format complete

10,9,8,7,6,5,4,3,2,1

- Burpees
- Inchworms
- Push ups
- Tuck ups

6. THE GRINDER

Complete for time

- 100 Burpees
- 100 Walking lunges
- 100 Push ups

7. THE STABILIZER

5 Rounds

- 10 Table Press
- 10 side plank rotations each side
- 15 Burpees

8. BURPEE HELL

Complete as many burpees as possible in 15 minutes

9. GET SOME 50'S

5 rounds

- 10 Cossack Squats
- 10 Prisoner Squats
- 10 Walking lunges
- 10 Tuck ups
- 10 Push ups

10. FILTHY FIFTY

Complete as fast as you can

- 50 Burpees
- 50 squat jumps
- 50 push ups
- 50 tuck ups
- 50 walking lunges

Give these HIIT workouts a go and let us know if you have any questions.

www.invictussports.org | Never Stop Evolving