

TEMPLATE 7: HIGH-INTENSITY INTERVAL TRAINING (HIIT) PLAN

by **WOD
GURU**

- CLIENT CATEGORY: HIGH-INTENSITY WORKOUTS
- KEY WORKOUT TYPES: HIIT, CIRCUIT, PLYOMETRICS
- TEMPLATE STRUCTURE:
 - DAY 1: LOWER BODY HIIT (20–30 MINUTES)
 - EXERCISES: JUMP SQUATS (30 SEC), LATERAL LUNGES (30 SEC), BURPEES (30 SEC), REST (20 SEC)
 - DAY 2: UPPER BODY CIRCUIT (20–30 MINUTES)
 - EXERCISES: PUSH-UPS (30 SEC), KETTLEBELL SWINGS (30 SEC), RENEGADE ROWS (30 SEC)
 - DAY 3: FULL BODY PLYOMETRICS (20–30 MINUTES)
 - EXERCISES: BOX JUMPS (30 SEC), MOUNTAIN CLIMBERS (30 SEC), JUMPING JACKS (30 SEC)
- WARM-UP/COOL-DOWN: DYNAMIC STRETCHING; FOAM ROLLING AND STRETCHING FOR COOL-DOWN.

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