



PAULVANCE

TRAINING

PAULVANCETRAINING.COM

ONE MONTH

HIIT WORKOUT

HIGH-INTENSITY INTERVAL TRAINING

WEEK 1

MONDAY

WARM UP

- [] **10 min Run**
- [] **15 min AMRAP**
 - 3, 6, 9...
 - Cal Fan bike
 - Pull ups
 - Sumo Deadlift High Pull
- [] **10 min Incline walk**

TUESDAY

WARM UP

- [] 1-mile row
- [] 5 rds
 - 20 DB Row
 - 40 Push Ups
 - 60 Squats
- [] 1-mile row

WEDNESDAY

WARM UP

- [] **4 sets**
 - 1 Min Alt. Rope
 - 15 Med Ball Slams
 - 15 DB Thrusters
 - .25 run (quarter mile)
- [] **4 sets**
 - 12 KB Swings
 - 9 Devils Press
 - 6 Burpees
 - .25 row (400 Meters)

THURSDAY

WARM UP

- [] **30 Minutes AMRAP**
 - 6 cal fan bike
 - 9 dips
 - 12 push ups
 - 15 sit ups
 - 18 air squats

FRIDAY

WARM UP

- [] **5 min stairs**
 - 50 rope crunches
 - 50 bicycle (each side)
 - 50 leg lifts
- [] **4 min**
 - 40 pump crunch
 - 40 ab mat sit ups
 - 40 side oblique
- [] **3 min**
 - 30 sit ups (hands locked behind the head)
 - 30 v-up
 - 30 toe touches
- [] **2 min**
 - 20 windshields
 - 20 broken windshields
 - 20 plank progression
- [] **1 min**
 - 10 GHD
 - 10 weighted sit ups
 - 10 weighted crunches

SATURDAY

WARM UP

- [] **45min - 60 of cardio**
 - 1/3 of the time for 3 different cardio options
 - Ex) 15 min run, 15 min row, 15 min stair master

WEEK 2

MONDAY

WARM UP

- [] **AMRAP - 40 minutes**
 - 400-meter sprint (.25)
 - 20 KB Swings
 - 30 Ab Mat Sit Ups
 - 40 Thrusters
 - 50 V-ups
 - 60 KB alt push press
- [] **Cool down 5 min bike**

TUESDAY

WARM UP

- [] **800m Row**
- [] **40 Push Ups**
- [] **40 Lunges**
- [] **600m Row**
- [] **40 Dips**
- [] **40 Step Ups**
- [] **400m Row**
- [] **40 Cleans (dumbbells)**
- [] **40 Jump Squats (dumbbells you use for push press)**
- [] **200m row**
- [] **40 Burpees Deadlifts**
- [] **40 Dumbbell Clean and Jerk**

WEDNESDAY

WARM UP

- [] **10 Rds**
 - 10 Wall Ball
 - 10 Calorie Row
- [] **20 Minutes AMRAP**
 - 10 Cal Fan Bike
 - 10 KB Deadlift
 - 10 Step Ups
 - 10 DB Clean & Press

THURSDAY

WARM UP

- [] **1 Minute of Each Exercise 1 Minute Rest 4 Sets**
 - Jump Rope
 - Wall Ball
 - Mt. Climbers
 - Toe Touches
- [] **1 Minute of Each Exercise 1 Minute Rest 4 Sets**
 - Dips
 - Jumping Jacks
 - Med Ball Slams
 - V-Ups

FRIDAY

WARM UP

- [] **3 Minutes of Cardio**
 - 30 Figure 8s
 - 30 Alt. Swings
 - 30 Calf Raise
 - 15 Navy Seal Push Ups
 - 15 Sumo Squats
 - 15 Sand Scoops

SATURDAY

WARM UP

- [] **AMRAP - 30 Minutes**
 - 12 Deadbugs (each side)
 - 12 Swings
 - 12 Lunges (each)
 - 12 Squats
 - 12 Cal Row

WEEK 3

MONDAY

WARM UP

- [] 7 Minutes of Burpees!!
- [] Full Rest
- [] 3 Minutes of Cardio
- [] 4 Sets
 - 4 Devils Press
 - 6 Strict Presses
 - 8 Thrusters
 - 10 Push Press

TUESDAY

WARM UP

- [] 1 Min Mt. Climb
- [] 1 Min Floor Jacks
- [] 1 Min Burpee
- [] 1 Min Flutter Kicks
- [] 1 Min Hollow Rocks
- [] 100 KB DL
- [] 200 Squats
- [] 300 Push-ups
- [] 200 Squats
- [] 100 KB DL
- [] 1 min Mt. Climb
- [] 1 min Floor Jacks
- [] 1 min Burpee
- [] 1 min Flutter Kicks
- [] 1 min Hollow Rocks

WEDNESDAY

WARM UP

- [] On the minute every minute for 15 minutes
 - 15 Squats
 - 15 Push Ups
- [] On the minute every minute for 15 minutes
 - 12 Lunges (6 each)
 - 12 Crunches

THURSDAY

WARM UP

- [] Row 400 m
 - 30 Squats
 - 30 Lunges (each leg)
- [] Row 400 m
 - 30 Dips
 - 30 Push Ups
- [] Row 400 m
 - 30 Split Squats (each leg)
 - 30 Sumo Squats
- [] Row 400 m
 - 30 Hand Release Push Ups
 - 30 Jump Squats

FRIDAY

WARM UP

- [] For time
 - 27, 24, 21, 18, 15, 12, 9, 6, 3
 - Calories Row
 - Dips
 - Push Ups
 - Sit Ups

SATURDAY

WARM UP

- [] Bike 20 min
- [] 5 sets
 - TRX (Stability Ball)
 - 1 min pike
 - 1 min knees to elbow
- [] Bike 20 min

WEEK 4

MONDAY

WARM UP

- [] 5-6 sets
 - 1 min Jumping Jacks
 - 10 Slams
 - 10 Lunges Each Leg
 - 10 KB Swings
 - 10 Squats

TUESDAY

WARM UP

- [] 20 Minutes AMRAP 10 Reps of each exercise
 - Jump Squats
 - Calf Raise
 - F&B Lunges
 - DB Cleans
 - DB Thrusters

WEDNESDAY

WARM UP

- [] 35 Minutes AMRAP 10 Reps of each exercise
 - Run .25
 - Push Ups
 - Dips
 - Walking Lunges
 - Pump Crunches
 - Leg Raise

THURSDAY

WARM UP

- [] For Time
 - Run 800 Meters (Half Mile)
 - 50 Pull Ups
 - 50 Hand Release Push Ups
 - 50 Pull Ups
 - 50 Hand Release Push Ups
 - Run 800 Meters (Half Mile)

FRIDAY

WARM UP

- [] 45 Minutes of Cardio

SATURDAY

WARM UP

- [] For Time
 - Run 400 Meters (.25)
 - 25 Lunges (Each Leg)
 - Run 400 Meters (.25)
 - 25 Squats
 - 25 Jump Squats
 - Run 400 Meters (.25)
 - 50 Sumo Squats
 - Run 400 Meters (.25)
 - 50 V-Ups