



PAULVANCE

TRAINING

PAULVANCETRAINING.COM

MONTH TWO

HIIT WORKOUT

HIGH-INTENSITY INTERVAL TRAINING

WEEK 1

MONDAY

WARM UP

- [] 10 min Run
- [] 15 min AMRAP
 - 4 Burpees
 - 8 Pull Ups
 - 12 Push Press
- [] 10 min Incline walk

TUESDAY

WARM UP

- [] 5 rds
 - 400 M Row
 - 20 DB Deadlifts
 - 40 Push Ups
 - 60 Air Squats

WEDNESDAY

WARM UP

- [] 4 sets
 - 1 Min Cardio
 - 10 Wall Balls
 - 10 DB Thrusters
- [] 4 sets
 - 1 Minute Burpees
 - 10 Med Ball Slams
 - 10 Man Makers

THURSDAY

WARM UP

- [] 30 Minutes AMRAP
 - 200 Meter Sprint
 - 10 Lunges
 - 20 Hand Release Push Ups
 - 10 Air Squats
 - 20 DB Alt Snatches

FRIDAY

WARM UP

- [] 5 Minutes of Cardio
- [] 2 Minute Plank
- [] 2 Minute Plank
- [] 5 Minutes of Cardio

WEEK 2

MONDAY

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

TUESDAY

WARM UP

- [] 50 Double Under or 100 Jump Rope Revolutions
- [] 10 Burpees
- [] 8 Thrusters
- [] 6 Front Rack Squats
- [] 4 DB Cleans
- [] 2 Devils Presses

WEDNESDAY

WARM UP

- [] 10 Rds
 - 10 Calorie Fan Bike
 - 10 Push ups
 - Full Rest
 - 1 Minute Sprint
 - 1 Minute Down Pace

THURSDAY

WARM UP

- [] 24 Squats
- [] 18 Lunges
- [] 12 Sumo Squats
- [] 6 Calories Row Machine

FRIDAY

WARM UP

- [] 20 Minutes
 - .10 Incline DB walk
 - 15 Squats
 - 10 Push ups
 - Full Burpees

WEEK 3

MONDAY

WARM UP

- [] 7 Rounds
 - 2 minutes Max Calorie Row
 - 30 Seconds Thrusters
 - 1 Minute Rest

TUESDAY

WARM UP

- [] 300 Jump Rope Revolution
- [] 3,000 Meter Row
- [] 3 Mile Run

WEDNESDAY

WARM UP

- [] 8 Minutes
 - 2,4,6, ETC
 - Power Clean
 - Hand Stand Push Ups

REST

- [] 17 Min Cap
 - 40, 30, 20, 10
 - Snatches
 - Burpees

THURSDAY

WARM UP

- [] EMOM 10 Min
- [] 10 DB Floor Press
- [] 10 Push Ups
- [] Full Rest
- [] 1600m Row
- [] 10 Pull Ups
- [] 10 Dips

FRIDAY

WARM UP

- [] For time
 - 27,24,21,18,15,12,9,6,3
 - Heel Touches (Each Side)
 - Shin, Ankle, Toe
 - Side Crunches
 - Sit Ups

WEEK 4

MONDAY

WARM UP

- [] 30 Minutes AMRAP
 - 9 Box Jumps
 - 12 Deadlifts
 - 15 Push Ups

TUESDAY

WARM UP

- [] 25 Minutes AMRAP 10 Reps of each exercise
 - DB Floor Press
 - DB Push Press
 - DB Side Raise
 - DB Cleans
 - 30 Second Sprint

WEDNESDAY

WARM UP

- [] 35 Minutes AMRAP 10 Reps of each exercise
 - Run .25
 - Jump Squats
 - Split Squats
 - Walking Lunges
 - Pump Crunches
 - V-Ups

THURSDAY

WARM UP

- [] 45 Minutes AMRAP 10 Reps of each exercise
 - 1 Minute Cardio
 - DB Kickbacks
 - Dips
 - DB Curls
 - DB Hammer Curls
 - Crossover Sit Ups

FRIDAY

WARM UP

- [] 45 Minutes of Cardio

