



**PAULVANCE**

TRAINING

PAULVANCETRAINING.COM

**MONTH THREE**

# HIIT WORKOUT

**HIGH-INTENSITY INTERVAL TRAINING**

# WEEK 1

## MONDAY

### WARM UP

- [ ] 10 min Run
- [ ] 15 min AMRAP
  - 5 Burpees
  - 10 Deadlifts
  - 15 Toes to Bar
- [ ] 10 min DB Incline walk

## TUESDAY

### WARM UP

- [ ] 50 Cal Row
- [ ] 50 Slams
- [ ] 50 Two Hand Swings
- [ ] 40 Cal Row
- [ ] 50 Plate to Overhead
- [ ] 50 Barbell High Pulls
- [ ] 30 Cal Row
- [ ] 50 Wall Ball
- [ ] 50 Alt Swings
- [ ] 20 Cal Row
- [ ] 50 DB Cleans
- [ ] 50 DB Alt. Snatches
- [ ] 10 Cal Row
- [ ] 50 Weighted Sit Ups
- [ ] 50 Rollouts

## WEDNESDAY

### WARM UP

- [ ] 32 Minutes AMRAP
- [ ] 10 Cal Fan Bike
- [ ] 15 Push Ups
- [ ] 20 Squats
- [ ] 25 Pump Crunches
- [ ] 10 Cal Ski ERG

## THURSDAY

### WARM UP

- [ ] EMOM for 10 Minutes
  - Sprint
  - Jog
- [ ] EMOM for 20 Minutes
  - 12 Floor Presses
  - 15 Jump Squats

## FRIDAY

### WARM UP

- [ ] EMOM for 20 Minutes
  - 10 Bench Press
  - 10 Pull Ups
- [ ] 1 RD 50 Reps each
  - Sit Ups
  - Toe Touch
  - Leg Raise

# 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

- [ ] AMRAP 30 Minutes
- [ ] 1 Minute Fan Bike Max Calories
- [ ] 10 DB Deadlift
- [ ] 10 DB Cleans
- [ ] 10 DB Shoulder Press
- [ ] 10 DB Alt. Snatches

## WEDNESDAY

### WARM UP

- [ ] 10 Rds
  - 10 Calorie Row
  - 10 Wall Ball
  - Full Rest
  - .25 Minute Sprint
  - 10 Push Ups

## THURSDAY

### WARM UP

- [ ] 5 Sets
  - 10 Dips
  - 12 Lunges (Total)
  - 14 Kickbacks
  - 16 Sumo Squats
  - 1 Min Cardio

## FRIDAY

### WARM UP

- [ ] 20 Minutes
  - .10 Incline DB walk
  - 15 Sit Ups
  - 15 V-Ups
  - 30 Bicycles
  - 30 Heel Touch

# WEEK 3

## MONDAY

### WARM UP

#### [ ] 7 Rounds

- 1A) 2 minutes Max Calorie Row
- 1B) 1 Minute Forward each Leg Followed by a Push Press
- 1C) 1 Minute Res

## TUESDAY

### WARM UP

- [ ] 100 Jump Rope Revolution
- [ ] 1,000 Meter Row
- [ ] 1 Mile Run
- [ ] 1,000 Meter Row
- [ ] 100 Jump Rope Revolution

## WEDNESDAY

### WARM UP

#### [ ] 9 Minutes

- 3,6,9...Continue to Add 3 Reps Until 9 Minutes is Complete
- Power Clean
- Hand Stand Push Ups

#### [ ] REST

#### [ ] 7 Minutes Max Full Burpees

#### [ ] REST

#### [ ] 9 Minutes

- 3,6,9...Continue to Add 3 Reps Until 9 Minutes is Complete
- DB Deadlift
- DB Front Squats

## THURSDAY

### WARM UP

#### [ ] HIIT 40 seconds on 20 seconds down Alt. each Exercises for 27 Minutes

- 1) Clean & Press
- 2) Alt Lunges
- 3) Burpee Deadlift

## FRIDAY

### WARM UP

#### [ ] 5 rounds for time

- .25 Run
- 10 Thrusters
- 10 Med Ball Slams
- 10 Wall Balls
- 10 Shin, Ankle Toe

# WEEK 4

## MONDAY

### WARM UP

#### [ ] 30 Minutes AMRAP

- 9 Box Jumps
- 12 Step Ups
- 15 Stiff Leg DL
- 18 Crunches

## TUESDAY

### WARM UP

#### [ ] 25 Minutes AMRAP 10 Reps of each exercise

- DB Lunge & Side Raise
- DB Squat & Curl
- DB ALT Side Lunge & Front Raise
- DB Stiff Leg & Reverse Fly
- 30 Second Sprint

## WEDNESDAY

### WARM UP

#### [ ] 35 Minutes AMRAP 10 Reps of each exercise

- Sprint
- Jump Squats
- Calf Raise
- Walking Lunges
- Weight Crunches
- Heel Touch

## THURSDAY

### WARM UP

#### [ ] 10 Minute DB Incline Walk

#### [ ] 2 Minute Plank

#### [ ] 2 Minute Sit Ups

#### [ ] 2 Minute Pump Crunch

#### [ ] 2 Minute Sit Ups

#### [ ] 2 Minute Plank

#### [ ] 10 Minute DB Incline Walk

## FRIDAY

### WARM UP

#### [ ] 5K Run

