Key Terms

**Hiit:** High intensity interval training- Exercise strategy alternating periods of short intense *anaerobic* exercise with less intense recovery periods.

**Anaerobic:** Exercises that are short in duration and do not require large amounts of oxygen. Ex: Sprinting, weight training.

**Heart Rate:** The amount of times your heart beats per minute (bpm).

**Up-Side Down Pyramid:** A hiit workout that begins with a number of reps, each round completed the rep count drops by one until you get to zero.

Warm Up (Take resting heart rate before beginning warm up)

1. Big Arm Circles (forward and backwards)- 10 seconds each
2. Arm Across the Body (right and left)- 10 seconds each
3. Stand Trunk Twist- 20 Seconds Total
4. Right Over Left Hang Down- 15 seconds
5. Left Over Right Hang Down- 15 seconds
6. Quad Pulls (right and left)- 15 seconds ea
7. High Knees (in place or for distance)- 15 yards or 15 seconds
8. Butt Kickers (in place or for distance)- 15 yards or 15 seconds
9. Frankenstein’s (in place or for distance)- 15 yards or 15 seconds
10. Light Run (in place or for distance)- 30 yards or 30 seconds
**Workout** (Take heart rate again after completing warm up)

This week workout is an *Upside-Down Pyramid* workout which means we are beginning with a certain number of reps for each exercise, once that is completed that round is over and you will get a recovery period then all the reps will drop down by one. This will continue until you finish your last round which is one rep of each exercise. Then you will be finished.

**Number of Rounds: 8**

Reps for each exercise begin at 8 excluding the ones stating different in their descriptions. Your first round ends with a recovery period for one minute. At the end of that minute the next round begins and the new rep count is 7, you will proceed with this process dropping one rep count each time until you finish your last round in which the rep count will be one.

**Exercises**

1. Jumping Jacks x5 (Which means whatever round you are on multiply that number by 5 for jumping jack reps. Your first round will be 40 then 35,30,25, etc.)
2. Push Ups (We want to have our hands under our shoulders, whether you are doing regular or modified push up we want our back and hips to be flat. No peaks or valleys with our bottom, flat back.)
3. Sit Up (Find something or someone to hold your feet if needed, remember knees bents, arms cross, touching should blades on the floor and coming all the way up.)
4. Squats (Starts with our feet, we want them shoulder width apart slightly turned out. Looking to unlock our hips first and push them back as if we are sitting in an imaginary chair, no quarter squats.)
5. Planks (Only your forearms and toes should be touching the ground, just like pushups trying to keep our back and hips flat. Back should look like a table top. Every round you plank for 10 seconds.)
6. Recovery Period (You get one minute for a recovery period at the end of each round, look to control your breathing, get a drink of water and mentally prepare yourself for the next round.)

*Within 30 seconds of completing the last round of your workout take your heart rate (remember we want to get our heart rate between that 120-160 when exercising).*