The 6 Week HIIT Workout Plan

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Week 1
Duration: 20 minutes

Monday
- **Jumping Jacks** – 20-sec work, 40-sec rest
- **Mountain Climbers** – 20-sec work, 40-sec rest
- **Burpees** – Do as many reps as possible in 30 seconds, rest 30 seconds
- **Pushups** – Do as many pushups as possible in 30 seconds, rest 30 seconds
- **Squat Jump** – 20-sec work, 40-sec rest
- **Dumbbell Side Bend** – 10 reps, 30-sec rest
- **Dumbbell Push Press** – 10 reps, 30-sec rest
- **Dumbbell Floor Press** – 10 reps, 30-sec rest
- **Farmer Carry Walk** – 30-sec walk, 30-sec rest

Wednesday

- **Mountain Climbing**: 20-sec work, 40-sec rest
- **Burpees**: 10 reps at 85-90% of your maximum heart rate, 40-sec rest
- **Jumping Split Lunges**: 10 reps, 40-sec rest
**Sumo Squats**: 10 reps, 40-sec rest
**Shoulder Tap**: 20-sec work, 40-sec rest
**Crunches**: 20-sec work, 40-sec rest
**High Knees**: 20-sec work, 40-sec rest
**Russian Twist**: 20-sec work, 40-sec rest
**Leg Raises**: 10 reps, 40-sec rest
**Mountain Climber**: 20-sec work, 40-sec rest

**Friday**
**Jumping Jack**: 20-sec work, 40-sec rest
**Pushups**: 10 reps, 40-sec rest
**Burpees**: 10 reps, 40-sec rest
**Squat Jump**: 10 reps, 40-sec rest
**Dumbbell Side Bend**: 10 reps, 30-sec rest
**Dumbbell Swings**: 10 reps, 40-sec rest
**Dumbbell Push Press** – 10 reps, 30-sec rest

**10-min Core Workout**

### Week 2

**Monday**
- **Jump Squat** – 30 seconds, 30-sec rest
- **Mountain Climbers** – 30 seconds, 30-sec rest
- **Lateral Run** – 30 seconds, 30-sec rest
- **Pushups** – 30 seconds, 30-sec rest
- **Burpees** – 30 seconds, 45-sec rest
- **Crunches** – 30 seconds, 30-sec rest
- **Jump Split Squat** – 30 seconds, 30-sec rest
- **Leg Raises** – 30 seconds, 30-sec rest
- **Dumbbell Swings**: 10 reps, 30-sec rest
- **Dumbbell Squat to Overhead Press**: 10 reps, 30-sec rest
- **Dumbbell Woodchop**: 10 reps, 30-sec rest

**Wednesday**

**Round 1**
- **Burpee**: 10 reps, 30-sec rest
**Pushups**: 10 reps, 30-sec rest  
**Jump Squat**: 10 reps, 30-sec rest  
**Dumbbell Rowing**: 10 reps, 30-sec rest  
**Dumbbell Floor Press**: 10 reps, 30-sec rest  

**Round 2**

**15-min Core Workout**

**Friday**

**Jump Squats**: 30 seconds, 30-sec rest  
**Crunches**: 30 seconds, 30-sec rest  
**Burpee**: 10 reps, 30-sec rest  
**Pushups**: 10 reps, 30-sec rest  
**Squat Pulses Jump**: 30 seconds, 30-sec rest  
**Shoulder Tap**: 30 seconds, 30-sec rest  
**Mountain Climbing**: 30 seconds, 30-sec rest  
**Russian Twist**: 30 seconds, 30-sec rest  
**Reverse Crunches**: 30 seconds, 30-sec rest  
**Split Jump Squat**: 30 seconds, 30-sec rest  

**Week 3**

**Monday**

**Jump Squat**: 30 seconds, 30-sec rest  
**Mountain Climbers**: 30 seconds, 30-sec rest  
**Pushups**: 10 reps, 30-sec rest  
**Burpees**: 10 reps, 30-sec rest  
**Crunches**: 10 reps, 30-sec rest  
**Jump Split Squat**: 10 reps, 30-sec rest  
**Leg Raises**: 30 seconds, 30-sec rest  
**Dumbbell Side Bend**: 10 reps, 30-sec rest  
**Dumbbell Swings**: 30 seconds, 30-sec rest  
**Dumbbell Carry Walk**: 30 seconds, 30-sec rest
Wednesday

**Burpees:** 10 reps, 30-sec rest
**Mountain Climber:** 30 seconds, 30-sec rest **Squats:** 10 reps, 30-sec rest
**Pushups:** 10 reps, 30-sec rest
**Crunches:** 30 seconds, 30-sec rest
**Jump Squat:** 10 reps, 30-sec rest
**Flutter Kicks:** 30 seconds, 30-sec rest
**Jumping Jacks:** 30 seconds, 30-sec rest
**Dumbbell Push Press:** 10 reps, 30-sec rest
**Dumbbell Step-ups:** 10 reps, 30-sec rest

Friday

**Jump Squats:** 30 seconds work, 30-sec rest
**Mountain Climbing:** 30 seconds work, 30-sec rest
**High Knees:** 30 seconds work, 30-sec rest
**Pushups:** 30 seconds work, 30-sec rest
**Lateral Lunges:** 30 seconds work, 30-sec rest
**Shoulder Tap:** 30 seconds work, 30-sec rest
**Crunches:** 30 seconds work, 30-sec rest
**Squats:** 30 seconds work, 30-sec rest
**Flutter Kicks:** 30 seconds work, 30-sec rest
**Pushup to Row:** 30 seconds work, 30-sec rest

Week 4

Monday

**Jumping Split Squat:** 30 seconds work, 30-sec rest
**Mountain Climbers:** 30 seconds work, 30-sec rest
**Burpees:** 10 reps, 30-sec rest
**Crunches:** 30 seconds work, 30-sec rest
**Sumo Squat:** 30 seconds work, 30-sec rest
**Leg Raise:** 30 seconds work, 30-sec rest

**Squat Pulses Jump:** 30 seconds work, 30-sec rest

**Dumbbell Squat to Overhead Press:** 10 reps, 30-sec rest

**Dumbbell Squat Swing:** 10 reps, 30-sec rest

**Dumbbell Farmers Carry Walk:** 10 reps, 30-sec rest
Wednesday

- **Jumping Jacks**: 30 seconds work, 30-sec rest
- **High Knees**: 30 seconds work, 30-sec rest
- **Shoulder Tap**: 30 seconds work, 30-sec rest
- **Squat Thrust**: 30 seconds work, 30-sec rest
- **Pushups**: 30 seconds work, 30-sec rest
- **Mountain Climbing**: 30 seconds work, 30-sec rest
- **Crunches**: 30 seconds work, 30-sec rest
- **Leg Raises**: 30 seconds work, 30-sec rest
- **Dumbbell Thruster**: 30 seconds work, 30-sec rest
- **Dumbbell Squat to Swing**: 30 seconds work, 30-sec rest

Friday

- **Jump Squat**: 30 seconds work, 30-sec rest
- **Mountain Climbers**: 30 seconds work, 30-sec rest
- **Burpees**: 10 reps, 30-sec rest
- **Crunches**: 30 seconds work, 30-sec rest
- **Jump Split Squat**: 30 seconds work, 30-sec rest
- **Leg Raise**: 30 seconds work, 30-sec rest
- **Dumbbell Squat to Overhead Press**: 10 reps, 30-sec rest
- **Dumbbell Squat Swing**: 10 reps, 30-sec rest
- **Dumbbell Farmers Carry Walk**: 10 reps, 30-sec rest
- **Dumbbell Step-ups**: 10 reps, 30-sec rest

**Week 5**

Monday

- **Squats**: 30 seconds work, 30-sec rest
- **Pushups**: 30 seconds work, 30-sec rest
- **Crunches**: 30 seconds work, 30-sec rest
Burpee – 10 reps, 30-sec rest
Flutter Kicks: 30 seconds work, 30-sec rest
Jumping Split Squat: 30 seconds work, 30-sec rest
V ups: 30 seconds work, 30-sec rest
Dumbbell Side Bend: 30 seconds work, 30-sec rest
Dumbbell Push Press: 10 reps, 30-sec rest
Farmer Carry Walk: 10 reps, 30-sec rest

Wednesday

Round 1

• Mountain Climbing: 30 seconds work, 30-sec rest
• Burpees: 10 reps, 30-sec rest
• Squats: 30 seconds work, 30-sec rest
• Pushups: 30 seconds work, 30-sec rest
• Jumping Jack: 30 seconds work, 30-sec rest

Round 2

• 10-min Stomach Workout

Friday

• Squats: AMRAP in 30 seconds, 30-sec rest
• Pushups: AMRAP in 30 seconds, 30-sec rest
• Jumping Jacks: 30 seconds work, 30-sec rest
• Leg Raises: 30 seconds work, 30-sec rest
• Burpees: 30 seconds work, 30-sec rest
• Mountain Climbing: 30 seconds work, 30-sec rest
• Flutter Kicks: 30 seconds work, 30-sec rest
• Dumbbell Squat to Overhead Press: 10 reps, 30-sec rest
• Dumbbell Deadlift to Upright Row: 30 seconds work, 30-sec rest
• Farmer Carry Walk: 10 reps, 30-sec rest
Week 6

Monday

Circuit 1 (15-minutes)

- **Dumbbell Side Bend**: 10 reps, 30-sec rest
- **Dumbbell Push Press**: 10 reps, 30-sec rest
- **Dumbbell Swings**: 10 reps, 30-sec rest
- **Dumbbell Floor Press**: 10 reps, 30-sec rest
- **Dumbbell Carry Walk**: 10 reps, 30-sec rest

Circuit 2 (core workout)

- 15 minute HIIT Core Workout

Wednesday

- **Jump Squat**: 30 seconds work, 30-sec rest
- **Mountain Climbers**: 30 seconds work, 30-sec rest
- **Burpees**: 10 reps, 30-sec rest
- **Crunches**: 30 seconds work, 30-sec rest
- **Jump Split Squat**: 30 seconds work, 30-sec rest
- **Flutter Kicks**: 30 seconds work, 30-sec rest
- **Dumbbell Squat to Overhead Press**: 10 reps, 30-sec rest
- **Dumbbell Squat Swing**: 10 reps, 30-sec rest
- **Dumbbell Farmers Carry Walk**: 10 reps, 30-sec rest
- **Dumbbell Step-ups**: 10 reps, 30-sec rest

Friday

- **Jumping Jacks**: 30 seconds work, 30-sec rest
- **Mountain Climbers**: 30 seconds work, 30-sec rest
- **Burpees**: 10 reps, 30-sec rest
- **Crunches**: 30 seconds work, 30-sec rest
• **Jump Split Squat**: 10 reps, 30-sec rest
• **Dead Bug Crunches**: 30 seconds work, 30-sec rest
• **Dumbbell Squat to Overhead Press**: 10 reps, 30-sec rest
• **Dumbbell Squat Swing**: 10 reps, 30-sec rest
• **Dumbbell Farmers Carry Walk**: 30 seconds work, 30-sec rest
• **Dumbbell Side Bend**: 30 seconds work, 30-sec rest