

The 6 Week HIIT Workout Plan

HIIT Workout Plan Description

Routine Type	Full Body HIIT
Program Duration	6 Weeks
Frequency Per Week	3 Days a Week
Training Goal	Enhancing Overall Fitness
Suitable For	Men and Women (16-40)
Difficulty	Beginner to Intermediate
Duration of a Session	20-30 minutes
Number of Rounds	Perform 2-3 rounds

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