

HIIT from Home Workout

High Intensity Interval Training is a great way to get a lot of work done in a short period time. HIIT allows for endless combinations of exercises with periods of high intensity exercises followed by short periods of rest.

Check out a sample full-body HIIT workout that combines cardio and strength training. Exercise descriptions are at the [end of the article](#).

Equipment needed: Light dumbbells (10lbs)

Warm up

- 3 minutes of light rowing on the rower
- 1 minute of body weight air squats
- 10 jumping jacks

Exercise 1

- Rowing: 30 second vigorous rowing
- Pushups 30 seconds
- Beginner: 2-3 rounds, 1 minute 30 second rest
- Advanced: 5-6 rounds, 1 minute rest

Exercise 2

- Squat thrusters:20-30
- Mountain climbers: 30 seconds of controlled motion
 - Beginner: 2-3 rounds, 1 minute 30 second rest
 - Advanced: 5-6 rounds, 1 minute rest

Exercise 3

- Jumping jacks: 30
- Sprints: 10-20 second sprint
 - Beginner: 2-3 rounds, 1 minute 30 second rest
 - Advanced: 5-6 rounds, 1 minute rest

If you have an injury or a certain movement is painful, make an appointment to review an alternate exercise. Want to learn more? Email fitness@mckinneytexas.org to schedule an appointment!

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[Article Reference: Muscle Training](#)

[Article Reference: Rowers](#)



Exercise descriptions

Push-up Form

- Start off a push up just as you would a plank with your shoulders over your wrists, chest out, shoulders blades retracted, torso parallel to the ground, and legs straight.
- Bend the elbows and drop your chest to the floor while resisting to create tension in the chest during your decent.
- Go as low as you can without touching your chest to the floor and hold for 2 seconds.
- Drive through your palms and press through your chest to return yourself to the starting position.

Squat Thruster

- Start with the dumbbells in the same position that you would start a standing shoulder press in (field goal position). Elbows in line with shoulders, and wrists over elbows.
- Set your feet to where you would for a comfortable squat (about shoulder width apart).
- Squat down pushing your hips back until your thighs are parallel to the ground. If you cannot see your toes when squatting, push your hips back further (knees should be in line with your ankles)
- Pull your hips forward using your glutes, hamstrings, and quadriceps and contract them as you press the dumbbells over your head using your shoulders. Hold for 2 seconds and then return them to the starting position.

Mountain Climbers

- Start in a plank position starting with your torso parallel to the ground, shoulders over wrists, chest out so upper back does not round, core muscle engaged, and legs straight.
- One at a time (alternating knees) in a controlled manner pull one knee to your chest contracting your abs for 2 seconds then return your leg back to the starting position.

Jumping Jacks

- Start with your hands by your sides and feet together.
- Jump and spread your legs laterally while laterally raising your arms using your shoulders.
- As soon as your feet land, your arms should be in line with your shoulders.
- Pull your arms back to your sides while pulling your legs together. This exercise should be done deliberately with control.

Sprints

- Sprints are a great form of cardio that prevents muscle wasting because it encourages Type 2 muscle fiber recruitment, development, and maintenance. Type 2 muscle fibers are the muscle fibers involved with strength and speed. Steady state cardio promotes Type 1, endurance, muscle fibers so if having a leaner physique is your goal steady state is for you. You can increase your intensity of sprints by running faster or for longer periods of time.

The Rowing Stroke

The drive is the work portion of the stroke; the recovery is the rest portion that prepares you for the next drive. The body movements of the recovery are essentially the reverse of the drive. Blend these movements into a smooth continuum to create the rowing stroke.

- The Catch
 - Arms are straight; head is neutral; shoulders are level and not hunched.
 - Upper body is leaning forward from the hips with the shoulders in front of the hips.
 - Shins are vertical, or as close to vertical as is comfortable for you. Shins should not move beyond perpendicular.
 - Heels may lift as needed.

- The Drive
 - Start the drive by pressing with your legs, and then swing the back through the vertical position before finally adding the arm pull.
 - Hands move in a straight line to and from the flywheel.
 - Shoulders remain low and relaxed.

- The Finish
 - Upper body is leaning back slightly, using good support from the core muscles.
 - Legs are extended and handle is held lightly below your ribs.
 - Shoulders should be low with wrists and grip relaxed. Wrists should be flat.

- The Recovery
 - Extend your arms until they straighten before leaning from the hips towards the flywheel.
 - Once your hands have cleared your knees, allow your knees to bend and gradually slide the seat forward on the monorail.
 - For your next stroke, return to the catch position with shoulders relaxed and shins vertical.