



Cardio + HIIT Circuits

Overview:

- Each Cardio/HIIT workout will mirror your weight training, see below
- Do this cardio + HIIT workout POST weights for maximum effect!

Shoulder/Chest Day-

-30 minutes cardio at 75-80% MHR first then HIIT circuit below:

- 30 kettle swings (basic)
- 20 Up/Down Planks (on elbows, then up to hands alternating) OR 15 Turkish get-ups (on each side)
- 3 sets (45 sec rest between sets)

Leg Day -

-30 minutes at 75-80% MHR first then HIIT circuit below:

- 20 jump lunges w/o ankle weights
- 20 squat thrusts
- 3 sets (45 sec rest between sets)

Back Day -

-30 minutes at 75-80% MHR first then HIIT circuit below:

- 15-20 underhand pull-ups (can be assisted)
- 20 renegade rows (these are in the plank position)
- 3 sets (45-60 sec rest between sets)

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