

6 WEEK HIIT WORKOUT PLAN PDF

Thank you for downloading our 6 Week HIIT Workout Plan PDF!

Unleash your inner fitness beast with this electrifying HIIT workout plan! Designed to torch calories, sculpt muscles, and skyrocket your fitness, this plan will keep you on your toes with its exhilarating mix of power-packed exercises. Get ready to sweat, smile, and step into your strongest, fittest self. Let's HIIT it!

Always consult a calisthenics professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

WEEK 1	
Day 1	
Split	CORE ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Pike push-ups Swiss ball pikes Reverse crunches with leg extension Side plank with hip dips Mountain climbers Russian twists with medicine ball L-sits Bicycle crunches Rest 1 min</p>
Day 2	
REST	
Day 3	
Split	LOWER BODY ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Squat jumps Jumping sumo squats Squat jumps Frog jumps High knees Walking lunges Swiss ball hamstring curls Burpees Rest 1 min</p>
Day 4	
REST	
Day 5	
Split	PUSH ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Push-ups Tricep dips on parallel bars Dive bomber push-ups Plank with leg lifts Wall-assisted handstand push-ups Close-grip bench press Tricep dips with leg raise Tricep push-ups with hands on stability ball Rest 1 min</p>
Day 6	
REST	
Day 7	
Split	PULL ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Bar hangs Resistance band face pulls Eccentric pull-ups Resistance band lat pulldowns Mixed grip pull-ups Side lunges Chin-ups Resistance band reverse flyes Rest 1 min</p>

WEEK 2	
Day 1	
CORE ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Bicycle crunches Swiss ball pikes Reverse crunches with leg extension Plank jacks Mountain climbers Knee tucks Flutter kicks Scissor kicks Rest 1 min</p>	
Day 2	
REST	
Day 3	
LOWER BODY ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Squat jumps Kettlebell goblet squats Lateral jumps Kettlebell sumo squats High knees Walking lunges Kettlebell curtsy lunge Skater lunge Rest 1 min</p>	
Day 4	
REST	
Day 5	
PUSH ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Tricep kickbacks Diamond push-ups Skull crushers Tricep dips on parallel bars Push-up with renegade row Bench dips Tricep dips with leg raise Push-up holds Rest 1 min</p>	
Day 6	
REST	
Day 7	
PULL ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Chin-ups Bar hangs Bent over rows Resistance band curls Dumbbell rows Kettlebell rows Resistance band face pulls Resistance band reverse flyes Rest 1 min</p>	

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WEEK 3	
Day 1	
Split	CORE ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Heel touches Swiss ball pikes Side plank dips Oblique crunches Mountain climbers Knee tucks Flutter kicks V-ups Rest 1 min</p>
Day 2	
REST	
Day 3	
Split	LOWER BODY ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Squat pulses Kettlebell goblet squats Lunge pulses Crab walks High knees Plank jacks Wall sits Skater lunge Rest 1 min</p>
Day 4	
REST	
Day 5	
Split	PUSH ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Push-ups with resistance bands Diamond push-ups Resistance band chest flies Dumbbell chest press Push-up with renegade row Incline dumbbell chest press Tricep pushdowns with resistance bands Push-up holds Rest 1 min</p>
Day 6	
REST	
Day 7	
Split	PULL ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Resistance band rows Bar hangs Bent over rows Resistance band curls Dumbbell rows Kettlebell rows Resistance band face pulls Resistance band reverse flies Rest 1 min</p>

WEEK 4	
Day 1	
CORE ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Reverse crunches Mountain climbers Hanging leg raises Spiderman plank Plank knee-ins Plank with shoulder taps Flutter kicks V-ups Rest 1 min</p>	
Day 2	
REST	
Day 3	
LOWER BODY ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Kettlebell front squats Kettlebell goblet squats Lunge pulses Kettlebell single-leg deadlifts Kettlebell windmills Lateral box jumps Kettlebell waiter's walk Skater lunge Rest 1 min</p>	
Day 4	
REST	
Day 5	
PUSH ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Push-ups with resistance bands Resistance band chest flies Resistance band chest flies Skull crushers with dumbbells Tricep kickbacks with dumbbells Incline dumbbell chest press Close-grip push-ups with resistance bands Tricep pushdowns with resistance bands Rest 1 min</p>	
Day 6	
REST	
Day 7	
PULL ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Bent-over barbell rows Bar hangs Chin-ups with resistance bands Resistance band rows with twist Dumbbell bicep curls Pull-ups with pause Resistance band rows Resistance band reverse flies Rest 1 min</p>	

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WEEK 5	
Day 1	
Split	CORE ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Plank with hip dips Plank with side taps Side plank with leg raise Russian twist with medicine ball Bicycle crunches with twist Scissor kicks with twist Leg raises with hip thrust V-ups with kettlebell Rest 1 min</p>
Day 2	
REST	
Day 3	
Split	LOWER BODY ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Plie squats Kettlebell duck walk Kettlebell Romanian deadlifts Glute bridges Kettlebell windmills Kettlebell reverse lunges Kettlebell waiter's walk Kettlebell sumo squats Rest 1 min</p>
Day 4	
REST	
Day 5	
Split	PUSH ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Resistance band incline chest press Resistance band chest press Resistance band chest flies with twist Skull crushers with dumbbells Close-grip push-ups with resistance bands Resistance band tricep extensions with twist Dumbbell tricep kickbacks Tricep pushdowns with resistance bands Rest 1 min</p>
Day 6	
REST	
Day 7	
Split	PULL ACTIVATION
Workout	<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Resistance band bicep curls Bar hangs Hammer curls with dumbbells Preacher curls with dumbbells Resistance band rows with twist Resistance band rows with pause Back extensions Resistance band reverse flies Rest 1 min</p>

WEEK 6	
Day 1	
CORE ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Oblique crunches Leg raises Flutter kicks Russian twist with medicine ball V-ups Plank with arm and leg raise Side plank with crunch Toe touches with medicine ball Rest 1 min</p>	
Day 2	
REST	
Day 3	
LOWER BODY ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Kettlebell swings Kettlebell deadlifts Kettlebell step-ups Kettlebell snatches Kettlebell side lunges Kettlebell lateral squats Kettlebell front rack lunges Kettlebell pistol squats Rest 1 min</p>	
Day 4	
REST	
Day 5	
PUSH ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Skull crushers with dumbbells Tricep kickbacks with dumbbells Resistance band chest flies with twist Skull crushers with dumbbells Dumbbell chest press Tricep bench dips Dumbbell tricep kickbacks Tricep pushdowns with resistance bands Rest 1 min</p>	
Day 6	
REST	
Day 7	
PULL ACTIVATION	
<p>4 sets of:</p> <p><u>45 secs work / 15 secs rest</u> Bent-over dumbbell rows with twist Australian chin up Resistance band lateral raises Front raises with dumbbells Resistance band rows with twist Resistance band seated rows Back extensions Resistance band reverse flies Rest 1 min</p>	