

Faisal's Full Body Tempo HIIT Workout

HIIT workouts count time, not repetitions. Perform each of the following exercises repeatedly for:

Beginners—20 seconds followed by 40 seconds of rest
Intermediate—30 seconds followed by 30 seconds of rest
Advanced—40 seconds followed by 20 seconds of rest

Aim to do the circuit three non-consecutive days a week.

PRISONER SQUATS Stand with feet shoulder-width apart, toes pointed slightly outward. Place hands behind head while pulling shoulders and elbows back. Lower into a squat position by pushing hips back and bending knees until thighs are about parallel to the ground. Pause and then push back to starting position. Repeat.

WALKOUTS From standing, bend forward at hips, keeping legs straight, and rest hands on the floor below shoulders. Walk hands out into push-up position. Walk hands back beneath shoulders, then return to standing. Repeat.

LUNGE REACHES Stand with feet hip-width apart. Step forward with right foot, bend knees and bring left knee to the floor, forming a 90-degree angle, while at the same time reaching arms above head. Step the right foot back, lower arms, and return to standing. Repeat with left foot. Continue alternating sides.

PUSH-UPS Begin in straight-arm plank position. (Beginners can drop to knees.) Bend elbows to lower chest to the floor, keeping elbows tucked close to the body. Push back up to plank. Repeat. Tip: It's better to perform a few pushups well than do lots of "half reps."

DROP SQUATS Stand with feet close together, then jump them outward to drop into a squat (press bottom toward heels). Jump feet back together to return to standing. Repeat.

PLANK HIP TOUCHES Begin in straight-arm plank position. (Beginners can drop to knees.) Touch right hip with left hand, then return to plank position. Repeat, alternating arms and sides. Tip: Concentrate on keeping hips parallel to floor so they don't rock or raise with the hip-reaching movement.

HIGH KNEES Run in place, raising knees as high as possible. Tip: Use your arms to drive and pump the action.

ARM REACH PUSH-UPS Begin in straight-arm plank position. (Beginners can drop to knees.) Bend elbows to lower chest to the floor. As you push back up to plank, raise and extend right arm in front of you. Repeat, alternating arms.

MOUNTAIN CLIMBERS Begin in straight-arm plank position with feet hip-width apart. Take right foot off the floor, crunch right knee to chest, then return to start. Repeat with left foot. Alternate legs as quickly as you can without "rocking" forward.

SQUAT JUMPS Stand with feet shoulder-width apart. Lower body into a squat. Jump off the floor as explosively as you can, driving arms outward and downward. Return to starting position and repeat. (Beginners can stand up forcefully from a chair and work up to jumping up from the chair.) Tip: Think about really pushing the ground away with your feet.

FAISAL'S PRO TIP

"Even though the workout is short, schedule it in your daily planner just like you would meetings and social events. This helps you make it a priority. Also, use a training diary to track your progress."