

# Faisal's Upper Body 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.

**PLANK** Begin in push-up position, supporting body weight on hands and balls of feet. (This is a “straight-arm plank.” Beginners can do an “elbow plank,” supporting weight on forearms and elbows.) Hold position for the duration. Tip: Really squeeze your glutes.

**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 push-ups well than do lots of “half reps.”

**SHOULDER TAPS** Begin in straight-arm plank position. Tap left shoulder with right hand, then return to plank position. Repeat, alternating sides. Tip: Engage your core to stop hips from dipping down.

**SUPERMANS** Begin facedown on the floor with arms and legs fully extended. Raise chest and hips off floor, keeping arms and legs straight. Return to starting position, repeat. Tip: Keep eyes on the floor to keep a neutral spine, and don't crane your neck.

**PLANK TOE TOUCHES** Begin in straight-arm plank position. Push body into a pike position by rising up on toes. At the top of the pike, reach left hand to right foot. Return to start and repeat, this time reaching right hand to left foot. Continue alternating sides.

**CRAB REACHES** Begin seated on the floor with weight evenly distributed between feet and hands. Push hips up toward the ceiling and reach left arm up and over head. Return to start and repeat the movement with right arm. Continue alternating sides.

**SHOULDER SQUEEZES** Begin in Superman position. Raise chest up and pull arms back toward hips, squeezing shoulder blades together. Return to start and repeat, keeping feet on the floor the entire time.

**PIKE SHOULDER PRESSES** Begin in a pike position with feet hip-width apart, hips up in the air and head between shoulders. Bend elbows and lower top of head to the floor, then straighten elbows as though you are performing a push-up. Return to start and repeat. Tip: Keep hips up as high as possible and look at your toes.

**PLANK SAWS** Begin in elbow plank position with feet together. Rock body forward, taking shoulders past elbows, then rock back to the original plank position. Repeat. Tip: Flex ankles as you rock back to allow a further reach.

**BURPEES** Stand with feet hip-width apart. Bend down and place hands on the floor in front of feet, then jump feet back into plank position. Now jump feet back to hands, then jump up off the floor and raise arms up in the air. Land back in standing position and repeat.

## FAISAL'S PRO TIP

“Repetition is a great way to build strength, and it is an awesome mental test. If you have time, go back to the beginning and repeat this 10-move workout once more.”