

8 WEEK HIIT PROGRAM TO SHAPE YOUR PHYSIQUE AT HOME

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Check out [article](#) for more info

Whether you want to stay energetic or increase your fat loss, you can try high-intensity interval training (HIIT).

HIIT is a workout program where exercises are performed at a quick pace for a specific time, followed by a short interval.

It is a great way to annihilate plenty of calories in a short time, enhance your aerobic fitness, and level up your athletic performance.¹

HIIT is one of the incredible [cardio workouts](#). However, you need a well-structured routine to train in an organized way and achieve decent results.

In this article, I've shared an ultimate, easy-to-follow, and effective 8 week HIIT program to help you improve your shape and fitness at home without equipment.

I'll also hand out a PDF of this routine, so that you can download and use it offline.

Who Can Follow This HIIT Workout Plan?

Anyone who wants to [increase weight loss](#) or keeps themselves fit and energetic can follow this 3 day HIIT workout plan for eight weeks.

However, HIIT requires decent endurance and speed to execute exercises. So, make sure to take a professional's help before starting this program, especially if you have any health issues.

You should also avoid high-intensity training if your goal is to [gain strength and mass](#).

8 Week HIIT Program to Shape Your Physique at Home

This program involves performing high-intensity interval training three days a week, 15 to 30 minutes per session.

It will torch significant calories in a short time, [enhance your endurance](#) and cardiovascular health, increase your metabolic rate, and help you improve your body composition.

Schedule:

- Week 1 – Faster Fifteen
- Week 2 – Tremendous Twenty
- Week 3 – Thrilling Thirty
- Week 4 – Forty-Twenty
- Week 5 – Faster Fifty
- Week 6 – Super Sixty
- Week 7 – The Hundred
- Week 8 – The Ultimate Failure

Week 1 – Faster Fifteen

- Activity Time: Perform exercise for 15 seconds at 75-90% of your maximum heart rate (MHR).

- Interval time between exercises: 15-30 seconds
- The number of rounds: Five to six rounds for the time.

Monday	Wednesday	Friday
Squat Jumps	Burpees	Jumping Jacks
Mountain Climbing	Lunge Front Kick	Pushups
High Knees	Pushups	Crunches
Pushups	Squat Thrust	Crossbody High Knees
Side Plank Hip Taps	Bicycle Crunches	Shoulder Taps

Week 2 – Tremendous Twenty

- Activity: 20 seconds of intense burst activity followed by 20-30 seconds of walk.
- Rest between rounds: 1-2 minutes
- The number of rounds: Five to six rounds for the time.

Monday	Wednesday	Friday
Pop Squats	Crossbody Mt. Climber	Jumping Jacks
Mountain Climbing	Kneeling Squat Jump	Bear Crawl
Jumping Lunges	Plank to Push-up	Alternate Heel Tap
Pushups	Flutter Kick	Lunge to Front Kick
Plank Jacks	Squats	Plank-to-knee tap

Week 3 – Thrilling Thirty

- Activity: Perform each exercise for 30 seconds at a quick pace, followed by 30-40 seconds of rest/walking.
- Rest between rounds: 1-2 minutes
- The number of rounds: Four to five rounds for the time.

Monday	Wednesday	Friday
Stationary Run	Burpee	Jumping Jacks
Shadow Punches	Crossbody Mt. Climber	Bear Crawl
Back and Forth Lunges	Tuck Jump	Standing Knee to Elbow
Pushups	Squats	Lunge to Front Kick

Plank Jacks	Alternate Heel Taps	Plank-to-knee tap
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Week 4 – Forty-Twenty

- Activity: Perform each exercise for 20 seconds at your maximum heart rate, followed by 40 seconds of walking.
- Rest between rounds: No Rest
- The number of rounds: Five to six rounds for the time.

Monday	Wednesday	Friday
Fast Feet	Burpee	Jumping Jacks
Sit Outs	Push-ups to Plank	Grappler Pushup
Inchworm	Pop Squat	Knee Tap Push-Up
Pushups	Squats	Drop Squat
Reverse Crunches	Shoulder Tap	Plank Ankle Taps

Week 5 – Faster Fifty

Activity: Perform ten reps or spend 10 seconds on each exercise until you complete all exercises, then rest for 30-45 seconds and repeat as many rounds as possible.

Monday	Wednesday	Friday
Stationary Run	Burpee	Jumping Jacks
Pushup Jack	Crossbody Mt Climber	Bear Crawl
Curtsy Lunges	Back and Forth Lunges	Pushup to Plank
Pushups	Toe Tap Hops	Tuck ups
Donkey Kicks	Shoulder Tap	Side Plank Hip Dips

Week 6 – Super Sixty

Workout in the sixth week will be based on the EMOM (Every Minute on the Minute) method of [CrossFit training](#). EMOM involves spending one minute on each exercise.

It allows you to adjust both the activity and interval time depending on your fitness level. For example, you can perform an exercise for 30 seconds and rest for 30 minutes or divide your activity and rest time depending on your need.

Aim to complete five to six rounds in 30 minutes.

Monday	Wednesday	Friday
Squat Jumps	Burpee	Jumping Jacks
Pushup Jack	Mt Climber	Plank Jacks
Curtsy Lunges	Jumping Lunge	Pop Squat
Shoulder Tap	Toe Tap Hops	Toe-Tap Crunches
Bicycle Crunch	Side Plank Hip Taps	Knee Tap Push-Up

Week 7 – The Hundred

Spend 20 seconds per exercise until you complete all exercises, then rest for 60-90 seconds and repeat as many rounds as possible.

Monday	Wednesday	Friday
Squat Jumps	Burpee	Jumping Jacks
Pushup Jack	Mt Climber	Knee Tap Pushup
Kneeling Squat Jump	Jumping Lunge	Curtsy Lunge
Shoulder Tap	Heel Tap Jump	Alternate Heel Tap
Bicycle Crunch	Side Plank Hip Taps	Knee Tap Push-Up

Week 8 – The Ultimate Failure

- Rest between exercises: As short as possible.
- The number of rounds: **Perform as many rounds as possible on each day till failure.**

Monday	Wednesday	Friday
10 Squat Jumps	5 Burpees	15-sec Jumping Jacks
10 Pushup Jacks	15-sec Mt Climber	30-sec Plank Jacks
10 Pop Squats	15-sec High Knees	10 Drop Squats
20 Shoulder Tap (10/side)	10 Toe Tap Hops (5/side)	10 Toe-Tap Crunches
10 Bicycle Crunches (5/side)	20 Side Plank Hip Taps (10/side)	20 Shoulder Taps (10/side)

Frequently Asked Questions (FAQs)

Can This Program Help You Lose Weight?

Yes, HIIT is an inexpensive and effective way to increase weight loss. It helps burn maximum calories, increase VO2 max, enhance cardiovascular fitness, and you can cut excess pounds if you combine this workout program with a [low-calorie diet plan](#).

Is HIIT 3 Times a Week Enough?

Yes, doing high-intensity interval training three times a week is enough if you train for 30-minutes per session.

I also suggest adding two sessions of 30-minute low-impact cardio to your [weekly workout routine](#) make it five sessions per week.

Training 90 minutes of HIIT and 60 minutes of LISS can be more effective than doing three sessions of interval training only.

Are There Any Disadvantages of HIIT?

Yes, HIIT isn't suitable for beginners and for those who want to build muscle or increase strength. It can also make you feel burned out. That's why I always recommend taking professional advice before starting a new or challenging workout regime.

Related Exercises:

- [70 Best Bodyweight Cardio Exercises of All Time](#)
- [12 Week HIIT Program to Burn Fat with Free PDF](#)

- [The Best Weekly HIIT Workout Plan For Newbie & Pro](#)
- [The Ultimate HIIT Exercises List](#)

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)

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