

THE ULTIMATE 6-WEEK HIGH-INTENSITY FUNCTIONAL TRAINING

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Check out [article](#) for more info

HIFT Program Summary

Program Duration	6 Weeks
Program Goal	Improve Strength, Endurance, Agility, and Body Composition
Workout Level	Intermediate
Target Gender	Male and Female
Frequency	3 days a week

Who Can Do High-Intensity Functional Training (HIFT)?

Anyone who has been working out for a while and wants to bolster fundamental strength, enhance athleticism, and improve their body composition can do High-Intensity Functional Training (HIFT).

HIFT combines the elements of aerobic and anaerobic components, helping improve cardiovascular fitness and athletic performance.

Functional exercises engage multiple muscle groups with real-life movements, helping you achieve a strong and fitter body.

6-Week High-Intensity Functional Workout Plan to Enhance Your Athleticism

Week 1: Terrific Three, Super Six, and Noble Nine

- Monday – **Terrific Three**
- Wednesday – **Super Six**
- Friday – **Noble Nine**

Monday – Terrific Three

- 5 Pull-Ups
- 10 Push-Ups
- 15 Air Squats

How to perform: Set a timer and perform each exercise for one minute (including rest time) before moving on to the other and repeat until your clocks tick at 30 minutes.

Wednesday – Super Six

It involves performing six exercises, six reps each for six rounds.

- Burpees
- Overhead Press
- Bent-Over Row
- Sit-ups
- Kettlebell Swings
- Bench Press

Friday – Noble Nine

It involves performing nine exercises, nine reps each, for three rounds.

- 9 Burpees
- 9 Pull-ups

- 9 Dips
- 9 Squats
- 9 Push-ups
- 9 Sit-ups
- 9 Bent-over Row
- 9 Bench Press
- 9 Lunges

Week 2: Fantastic Four, Energetic Eight, and Tenacious Twelve

- Monday – **Fantastic Four**
- Wednesday – **Energetic Eight**
- Friday – **Tenacious Twelve**

Monday – Fantastic Four

- 4 Deadlifts
- 4 Pull-ups
- 4 Bench Press
- 4 Lunges (4/leg)
- 4 DB Snatches
- 4 **Barbell Thrusters**
- 4 Bar Dips
- Four rounds for time.

Wednesday – Energetic Eight

8 rounds for time:

- 8 Air Squats
- 8 Push-Ups
- 8 Sit-Ups
- 8 Shoulder Taps (4/side)
- 8 Bent-Over Rows
- 8 Overhead Press
- 8 Reverse Crunches

- 8 Wall Ball Shots

Friday – Tenacious Twelve

It involves performing 12 exercises, 12 reps each.

- 12 Kettlebell Swings
- 12 Thrusters
- 12 Bent-Over Rows
- 12 Sit-ups
- 12 Squats
- 12 Pull-ups
- 12 Bar Dips
- 12 Hanging Knee Raises
- 12 DB Deadlifts
- 12 Push Press
- 12 Burpees
- 12 **Dumbbell Cluster**

Week 3: Fastest Fifty, Warrior, and The Hundred

- Monday – **The Fastest Fifty**
- Wednesday – **The Warrior**
- Friday – **The Hundred**

Monday – The Fastest Fifty

AMRAP in 20 minutes:

- 10 Thruster
- 10 Snatches
- 10 Pull-ups
- 10 Sit-ups
- 10 Bench Press
- Rest for 2 minutes, then repeat.
- Aim for four to five rounds.

Wednesday – The Warrior

- 5 Wall Handstand Push-ups
- 10 Pistol Squats (5/leg)
- 10 Clapping Pushups
- 10 Hanging Toes to Bar
- 10 Pull-ups
- 10 Bar Dips
- Perform five rounds for the time.

Friday – The Hundred

1. Air Squats – 10 reps
2. Pushups – 10 reps
3. Deadlifts – 10 reps
4. Crunches –10 reps
5. Burpee – 10 reps
6. Box Jumps – 10 reps
7. Chin-ups – 10 reps
8. Push Press – 10 reps
9. **Hanging knee to elbow** – 10 reps
10. Pendlay Rows – 10 reps.

Perform as many rounds as possible.

Week 4: The Seven, Super 30, and Core Blaster

- Monday – **The Seven**
- Wednesday – **Plyo Jumps**
- Friday – **Core Blaster**

Monday – The Seven

Seven rounds for time:

- 7 Jump Squat
- 7 Crunches
- 7 Air Squat
- 7 High Knees
- 7 Pushups

- 7 Mountain climbing
- 7 Burpees

Wednesday – Super 30

Five Rounds for time:

- 30 Squats
- 30 Pushups
- 30 Sit-ups
- 30 Kettlebell Swings
- 30 Box Jumps
- Rest for a few minutes, then repeat.
- Aim for three to five rounds.

Friday – Core Blaster

- 30-second [Mountain Climbers](#)
- 15 Hanging Knee Raises
- 30-sec Cross Body Mountain Climber
- 10 [Air Plunge](#)
- 10/side Alternate Heel Taps
- 15-second Russian Twist
- 45-second [Forearm Front Plank](#)
- Lateral plank (15-sec/side)
- Perform as many rounds as possible.

Week 5: DB Daring, The Tenfold, and Kinetic Kettlebell

- Monday – **Dumbbell Daring**
- Wednesday – **The Tenfold**
- Friday – **Kinetic Kettlebell**

Monday – Dumbbell Daring

- 10 Dumbbell Man maker
- 10 Dumbbell Push Press

- 12 Single-arm DB Snatch (6/arm)
- 30-sec Farmer's Walk
- 10 Clean and Press
- 15-sec Russian Twist
- 20 Single-arm DB Swing (10/arm)
- 10 Straight Arm Sit-ups
- 10 Dumbbell Clusters
- 15-sec Shadowboxing
- 12 Stiff-Leg Deadlift to Upright Row (6/side)
- 8-10 [Standing IYT Raises](#)
- 10 Overhead Squat
- Repeat twice.

Wednesday – The Tenfold

- 10 Deadlifts
- 10 Push-ups
- 10 Pull-ups
- 10 Bar Dips
- 10 Toe-to-Bar
- 10 Front Squats
- 10 Bench Press
- 10 Box Jumps
- 10 Bent-Over Row
- 10 Overhead Press
- Rest for a few minutes, then repeat two more times.

Friday – Kinetic Kettlebell

- 10 Swings
- 10 Goblet Squat
- 10 Deadlift
- 10 Snatch
- 10 Push Press
- 10 Sit-ups
- 10 Push-ups
- 16 Walking Lunges (8/side)

- 12 Turkish Get-Up (6/side)
- 10 Overhead Squat
- 12 Pistol Squat (6/leg)
- Rest for 2-3 minutes, then repeat two more times.

Week 6: The Septuple, Ecstatic Eight, and Non-Stop Nine

- Monday – **The Septuple**
- Tuesday – **Ecstatic Eight**
- Friday – **Non-Stop Nine**

Monday – The Septuple

Seven rounds for time:

- 7 Burpees
- 7 Pushups
- 7 Squats
- 7 Sit-ups
- 7 Squat Jump
- 7 Kettlebell Swings
- 7 Dumbbell Thrusters

Tuesday – Ecstatic Eight

- 8 Barbell Snatches
- 8 Overhead Press
- 8 Hanging Knee Raises
- 8 Bent-over Row
- 16 Lunge Front Kicks (8/side)
- 8 Barbell Clean
- 8 Bench Press
- 8 Front Squat
- Perform eight rounds for time.

Friday – Non-Stop Nine

- 9 Burpees
- 9-meter [Bear Crawl](#)
- 9 [Diver Pushup](#)
- 18 [Plank Ankle Taps](#) (9/side)
- 9 Kneeling Squat Jumps
- 18 Curtsy Lunges (9/leg)
- 18 [Knee Tap Push-Ups](#) (9/side)
- 9 Tuck Jump
- 9 [Grappler pushup](#)
- Perform nine rounds for time.

Related Programs:

[HIIT and Strength Training Schedule](#)

[The Best Kettlebell HIIT Workouts and Routines](#)

[The Best Dumbbell HIIT Workout Plan](#)

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