A Powerful 6 Week HIIT Workout Plan for Beginners

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Program Summary

Routine Type	Full Body HIIT
Program Duration	6 Weeks
Sessions/week	Three (Alternate Days)
Duration/session	15-20 minutes
Program Goal	Promote Weight Loss and Improve Shape
Exercise Type	Bodyweight
Target Gender	Male and Female
Target Age Group	16-35 Years
Experience Require	Beginner
Program to Follow Next	Advanced 8-Week HIIT Cardio Plan

This program involves performing three times weekly, with each session lasting for 20 to 30 minutes.

Health Disclaimer: If you have a breathing issue, are pregnant, breastfeeding, or are on medication, I recommend avoiding high-intensity interval training.

6 Week HIIT Workout Plan for Beginners to Level Up Fitness

Week 1

Monday

- **Jumping Jacks**: 15-sec work, 15-sec rest
- **Mountain Climbing**: 15-sec work, 15-sec rest
- **Burpees** (No Jump): 10 reps, rest 30-sec rest
- **Alternating Heel Taps**: 10 taps per side, 15-sec rest
- **Squat Jumps**: 10 reps, 30-sec rest
- **Flutter Kicks:** 15-sec work, 15-sec rest
- Perform three to four rounds.

Wednesday

- **Mountain Climbing**: 15-sec work, 15-sec rest
- **Burpees** (No Push-ups): 10 reps, 30-sec rest
- **Standard or Knee Push-up**: 10 reps, 30-sec rest
- **Jumping Split Lunges:** 10 reps, 40-sec rest
- **Shoulder Taps:** 10 taps per side, 30-sec rest
- **High Knees**: 20-sec work, 40-sec rest
- Perform three to four rounds for time.

Friday

- **Jumping Jack:** 15-sec work, 15-sec rest
- **Sprint in Place**: 15-sec work, 30-sec rest
- **Burpees** (No Push-up and Jump): 10 reps, 30-sec rest

- **Squat Jump**: 10 reps, 30-sec rest
- **Mountain Climbing:** 15-sec work, 15-sec rest
- **Side Plank Hip Dips**: 10 taps per side, 30-sec rest
- Aim for three to four rounds for time.

Week 2

Monday

- **Mountain Climbers**: 30 seconds, 30-sec rest
- **Lateral Run**: 30 seconds, 30-sec rest
- **Jumping Lunges**: 5 reps per leg, 30-sec rest
- **Spider Crawl**: 15 seconds, 15-sec rest
- **Burpees** (No Jump): 30 seconds, 45-sec rest
- **Scissor Kicks**: 30 seconds, 30-sec rest
- Perform three to four rounds for time.

Wednesday

- **Sprint in Place**: 15-sec work, 30-sec rest
- **Alternate Heel Tap Crunches**: 10 taps per side, 30-sec rest
- **Burpee (No Jump and Push-up):** 10 reps, 30-sec rest
- **Standard/Knee Pushup:** 10 reps, 30-sec rest
- **Squat Jumps:** 10 reps, 30-sec rest
- **Crossbody Mountain Climber:** 15-sec work, 30-sec rest
- Perform three to four rounds for time.

Friday

- **Burpee (No Jump):** 10 reps, 30-sec rest
- **Shoulder Taps**: 30 seconds, 30-sec rest
- **Mountain Climbing:** 30 seconds, 30-sec rest

- **Side Plank Hip Dips**: 10 taps per side, 30-sec rest
- **Jumping Split Lunges**: 5 reps per leg, 30-sec rest
- **Reverse Crunches**: 30 seconds, 30-sec rest
- Perform three to four rounds for time.

Week 3

Monday

- **Sprint in Place:** 15-second work, 15-sec rest
- **Jump Squat:** 10 reps, 30-sec rest
- **Mountain Climbing:** 15-second work, 30-sec rest
- **Burpees:** 10 reps, 30-sec rest
- **Crunches:** 10 reps, 30-sec rest
- **High Knees:** 5 reps per side, 30-sec rest
- Complete 4-5 rounds for time.

Wednesday

- **Jumping Jacks:** 30 seconds, 30-sec rest
- **Burpees:** 10 reps, 30-sec rest
- **Crossbody Mountain Climbing:** 30 seconds, 30-sec rest
- **Squats:** 10 reps, 30-sec rest
- **Flutter Kicks:** 15 seconds work, 30-sec rest
- **Pushups:** 10 reps, 30-sec rest
- Complete 4-5 rounds for time.

Friday

- **Jump Squats:** 30 seconds work, 30-sec rest
- **Mountain Climbing**: 30 seconds work, 30-sec rest
- **High Knees**: 30 seconds work, 30-sec rest

- **Shoulder Tap**: 30 seconds work, 30-sec rest
- **Crunches**: 30 seconds work, 30-sec rest
- **Plank Ankle Taps**: 10 taps per side, 30-sec rest
- Aim for four to five rounds for time.

Week 4

Monday

- **Jumping Jacks:** 30 seconds work, 30-sec rest
- **Mountain Climbers:** 20 seconds work, 30-sec rest
- **Burpees:** 10 reps, 30-sec rest
- **Alternating Heel Taps:** 10 taps per side, 30-sec rest
- **Sprint in Place:** 20 seconds, 30-sec rest
- **Spider Crawl:** 20 seconds work, 30-sec rest
- **Side Plank Hip Taps:** 10 reps per side, 30-sec rest
- Perform four to five rounds for time.

Wednesday

- **High Knees**: 20 seconds work, 30-sec rest
- **Shoulder Tap**: 15 taps per side, 30-sec rest
- **Mountain Climbing**: 20 seconds work, 30-sec rest
- **Pushups**: 12-15 reps, 30-sec rest
- **Bicycle Crunches**: 20 seconds work, 30-sec rest
- **Crossbody High Knees:** 10 reps per side, 30-sec rest
- **Scissors Kicks:** 20 seconds work, 30-sec rest
- Complete four to five rounds for time.

Friday

- **Squat Jump:** 10 reps, 30-sec rest

- **Crossbody Mountain Climbing:** 20 seconds work, 30-sec rest
- **Burpees:** 10 reps, 30-sec rest
- **Crunches:** 30 seconds work, 30-sec rest
- **Kneeling Squat Jumps**: 10 reps, 30-sec rest
- **Alternating Heel Taps**: 10 taps per side, 15-second rest
- **Shadow Boxing Punches:** 30 seconds work, 30-second rest
- Complete four to five rounds for time.

Week 5

Monday

- **Squat Jumps:** 15 reps, 30-sec rest
- **Pushups:** 10 reps, 30-sec rest
- **Crunches:** 10 reps, 30-sec rest
- **Reverse Lunges to Front Kick:** 5 reps per side, 15-sec rest
- **Fast Feet:** 20 seconds work, 30-sec rest
- **Crossbody Mountain Climbing:** 20 seconds work, 30-sec rest
- **Toe Tap Hops**: 20 seconds work, 30-sec rest
- Perform four to six rounds for time.

Wednesday

- **Mountain Climbing:** 30 seconds work, 30-sec rest
- **Burpees**: 10 reps, 30-sec rest
- **Squats**: 30 seconds work, 30-sec rest
- **Pushups**: 30 seconds work, 30-sec rest
- **Jumping Jack**: 30 seconds work, 30-sec rest
- **Flutter Kicks:** 30 seconds work, 30-sec rest
- **Shoulder Taps**: 15 reps per side, 30-sec rest
- Complete four to six rounds.

Friday

- **Squats:** AMRAP in 30 seconds, 30-sec rest
- **Pushups:** AMRAP in 30 seconds, 30-sec rest
- **Kneeling Squat Jumps**: 10 reps, 30-sec rest
- **Burpees:** 30 seconds work, 30-sec rest
- **Mountain Climbing**: 30 seconds work, 30-sec rest
- **Flutter Kicks:** 30 seconds work, 30-sec rest
- **Shadow Boxing Punches:** 30 seconds work, 30-second rest
- Complete four to six rounds.

Week 6

Monday

- Jumping Jacks: 20-second work, 30-second rest
- **Toe Tap Hops**: 20 seconds work, 30-sec rest
- **Reverse Lunges to Front Kick:** 5 reps per side, 15-sec rest
- **Crossbody Mt. Climber**: 30-second work, 30-second
- **Side Plank Hip Dip:** 10 reps per side, 30-sec
- **Kneeling Squat Jump:** 10 reps, 30-sec rest
- **Shoulder Taps**: 15 reps per side, 30-sec rest
- Complete five to six rounds.

Wednesday

- **Jump Squat:** 30 seconds work, 30-sec rest
- **Mountain Climbers:** 30 seconds work, 30-sec rest
- **Burpees:** 10 reps, 30-sec rest
- **Crunches:** 30 seconds work, 30-sec rest
- **Fast Feet:** 20 seconds work, 30-sec rest

- **Flutter Kicks:** 30 seconds work, 30-sec rest
- Repeat five to six times at high intensity.

Friday

- **Jumping Jacks:** 30 seconds work, 30-sec rest
- **Mountain Climbers:** 30 seconds work, 30-sec rest
- **Burpees:** 10 reps, 30-sec rest
- **Crunches:** 30 seconds work, 30-sec rest
- **Jump Split Squat:** 10 reps, 30-sec rest
- **Shadow Boxing Punches:** 30 seconds work, 30-second rest
- Repeat five to six times as fast as possible.

Related Programs:

- 30 Day HIIT Squat Challenge to Enhance Your Athleticism
- HIIT and Strength Training Schedule (Download PDF)
- 30 Day Gym HIIT Workout Plan with Free PDF
- The Best Dumbbell HIIT Workout Plan with PDF
- The Ultimate HIIT Exercises List with PDF

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