

# The Advanced 12 Week HIIT Cardio Program to Shed Fat

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## About Program

Program Duration	12 Week
Sessions/Week	3-4 Days a week
Duration/session	20-40 minutes
Workout Goal	Get Fast, Aesthetic, and Toned
Target Gender	Male and Female
Suitable Age Group	16-35 Years
Exercise Type	Bodyweight and Weighted
Exercise Intensity	75-90% of <a href="#">Maximum Heart Rate</a>
Equipment Needed	Dumbbells, Barbells, and Kettlebells

This 12-week high-intensity interval cardio routine involves some of the best but challenging bodyweight and free-weight exercises that will increase your endurance, build lean mass, and help you achieve your best shape.

It involves performing three times weekly for the first six weeks and four times a week for the last six weeks with each session will lasts between 20 to 40 minutes.

This program is designed for all genders. Whether you're male or female, you can try this workout to take your fitness to the next level.

**Please Note:** If you have any underlying health conditions or injuries or are new to exercise, it is a good idea to consult with a fitness professional before starting this HIIT program. They can help you determine if HIIT is appropriate for you and provide guidance on how to modify the exercises to meet your needs and fitness level.

# Advanced 12 Week HIIT Cardio Program to Get Lean and Fast

## Week 1 to 3

### Monday

Exercise	Activity	Interval
Jumping Jacks	15-sec x 3 sets	15-sec
Mountain Climber	15-sec x 3 sets	15-sec
Squat Jumps	10 reps x 3 sets	30-sec
Push-ups	10 reps x 3 sets	15-sec
Kettlebell Swings	10 reps x 3 sets	30-sec
Barbell Clean	10 reps x 3 sets	30-sec

## Wednesday

Exercise	Activity	Interval
Crossbody Mt. Climber	15-sec x 3 sets	15-sec
High Knee Taps	15-sec x 3 sets	15-sec
Crunches	10 reps x 3 sets	15-sec
Burpees	10 reps x 3 sets	45-sec
Shoulder Tap	10 per side x 3 sets	30-sec
Jumping Lunges	5 per leg x 3 sets	30-sec

## Friday

Exercise	Activity	Interval
Sprint In Place	15-sec x 3 sets	30-sec
Bicycle Crunch	15-sec x 3 sets	15-sec
Clap Push-ups	5 reps x 3 sets	30-sec
Toe Tap Hops	5 per leg x 3 sets	30-sec
DB Squat Swings	5 reps x 3 sets	30-sec
Mountain Climber	15-sec x 3 sets	15-sec

# Week 4 to 6

## Monday

Exercise	Activity	Interval
Jumping Jacks	20-sec x 3 sets	20-sec
Mountain Climber	20-sec x 3 sets	20-sec
Pop Squats	12 reps x 3 sets	30-sec
Knee Tap Push-up	5 per side x 3 sets	15-sec
Arm's Changing KB Swings	10 reps x 3 sets	30-sec
Dumbbell Push Press	10 reps x 3 sets	30-sec
Alternating Jack Knife sit-ups	5 per side x 3 sets	30-sec

## Wednesday

Exercise	Activity	Interval
Cross-body Mt. Climber	20-sec x 3 sets	20-sec
High Knee Taps	20-sec x 3 sets	20-sec
<b>Bodyweight Power Maker</b>	10 reps x 3 sets	45-sec
<b>Dumbbell Surrenders</b>	10 per side x 3 sets	45-sec
<b>Lunge to High Knee Lift</b>	5 per leg x 3 sets	30-sec
Alternating Heel Taps	10 per side x 3 sets	30-sec
<b>Squat to Heel Tap</b>	5 per leg x 3 sets	30-sec

## Friday

Exercise	Activity	Interval
Sprint In Place	20-sec x 3 sets	30-sec
Sit Outs	20-sec x 3 sets	15-sec
Kneeling Squat Jump	6 per leg x 3 sets	30-sec
Side Plank Hip Dip	6 reps x 3 sets	30-sec
Barbell Snatch	5 per hand x 3 sets	15-sec
DB Squat Swings	10 per side x 3 sets	30-sec
<b>Grappler Pushup</b>	5 per side x 3 sets	

# Week 7 to 9

## Monday

Exercise	Activity	Interval
Squat Jump	20-sec x 4 sets	20-sec
Mountain Climber	20-sec x 4 sets	20-sec
Jumping Lunges	12 reps x 4 sets	30-sec
Knee Tap Push-up	5 per side x 4 sets	15-sec
Arm's Changing KB Swings	10 reps x 4 sets	30-sec

Barbell Power Clean	10 reps x 4 sets	30-sec
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## Tuesday

Exercise	Activity	Interval
Crossbody Mt. Climber	20-sec x 4 sets	20-sec
Dumbbell Surrenders	20-sec x 4 sets	20-sec
Alternating Jack Knife sit-ups	5 per side x 4 sets	45-sec
Bodyweight Power Maker	5 per leg x 4 sets	30-sec
High to Forearm Plank	10 reps x 4 sets	30-sec
Squat to Heel Tap	5 per leg x 4 sets	30-sec

## Thursday

Exercise	Activity	Interval
Burpees	10 reps x 4 sets	45-sec
Sit Outs	20-sec x 4 sets	15-sec
Side Plank Hip Dip	6 reps x 4 sets	30-sec
Barbell Snatch	5 per hand x 4 sets	15-sec
DB Squat Swings	10 per side x 4 sets	30-sec
Grappler Pushup	5 per side x 4 sets	30-sec

## Saturday

Exercise	Activity	Interval
Sprint In Place	15-sec x 4 sets	30-sec
Shoulder Taps	15-sec x 4 sets	15-sec
Clap Push-ups	5 reps x 4 sets	30-sec
Skater Jump	5 per side x 4 sets	30-sec
Toe Tap Hops	5 per leg x 4 sets	30-sec
Crossbody Mt. Climber	15-sec x 4 sets	15-sec

# Week 10 to 12

## Monday

Exercise	Activity	Interval
Mountain Climber	20-sec x 5 sets	20-sec
Pop Squats	12 reps x 5 sets	30-sec
Knee Tap Push-up	5 per side x 5 sets	15-sec
Arm's Changing KB Swings	10 reps x 5 sets	30-sec
Dumbbell Push Press	10 reps x 5 sets	30-sec
Bicycle Crunch	5 per side x 5 sets	30-sec

## Tuesday

Exercise	Activity	Interval
Crossbody Mt. Climber	20-sec x 4 sets	20-sec
High Knee Taps	20-sec x 4 sets	20-sec
Dumbbell Man Maker	10 reps x 4 sets	45-sec
Dumbbell Surrenders	10 per side x 4 sets	45-sec
Back and Forth Lunges	5 per leg x 4 sets	30-sec
Squat to Heel Tap	5 per leg x 4 sets	30-sec

## Thursday

Exercise	Activity	Interval
Burpees	8 reps x 5 sets	45-sec
Sit Outs	20-sec x 5 sets	15-sec
Jumping Lunges	8 per leg x 5 sets	30-sec
Barbell Clean and Press	5 reps x 5 sets	30-sec
Kneeling Squat Jumps	10 reps x 5 sets	30-sec

Grappler Pushup	5 per side x 3 sets	30-sec
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## Saturday

Exercise	Activity	Interval
Barbell Thruster	10 reps x 5 sets	15-sec
Mountain Climber	20-sec x 5 sets	20-sec
Plank Drag	10 per side x 5 sets	30-sec
DB Squat Swings	5 reps x 5 sets	30-sec
Shadow Punches	30-sec x 5 sets	30-sec
Sprint on Spot	15-sec x 5 sets	30-sec

# Additional Instructions for Using This Program Efficiently

1. **Understand Your Fitness Level:** It is crucial to assess your fitness level and any underlying health conditions before starting this HIIT program. I suggest consulting with a professional if you are not sure whether it's for you or not.
2. **Know Your Fitness Goal:** HIIT's primary goal is to enhance aerobic and anaerobic capacity and promote athletic fitness. However, if you aim to put on mass and build strength, this program isn't for you.
3. **Train When You Feel the Most Active:** HIIT requires you to be physically and mentally present so that you can give your best during training and achieve decent results over time.
4. **Constantly Challenge Your Intensity:** I recommend increasing the intensity and duration over time as you become more comfortable and capable.
5. **Listen to Your Body:** Pushing yourself every week is important. However, it is also crucial to listen to your body and adjust the intensity and duration of your workouts accordingly. This can help

you avoid overuse injuries and ensure that you can safely and effectively progress in your training.

6. **If You're Exercising After a While:** If you have not been physically active in a while, it may be best to start with lower-intensity workouts and gradually build up to more intense activities.
7. **If You're a Beginner:** This program is for advanced athletes who have been training for a long time. If you're a beginner, you can start your high-intensity interval training with [this program](#).
8. **Pre-Workout Meal and Mood:** The foundation of a good workout session begins with a couple of hours of training. For example, what you eat before the workout and how active you feel matter a lot.
9. **Keep Yourself Hydrated:** It is essential to keep yourself hydrated during the workout to prevent injuries and uneasiness. Studies have shown that keeping yourself hydrated boosts performance as well.

## Helpful Resources:

1. [30 Day HIIT Squat Challenge to Enhance Your Athleticism](#)
2. [HIIT and Strength Training Schedule \(Download PDF\)](#)
3. [30 Day Gym HIIT Workout Plan with Free PDF](#)
4. [The Best Dumbbell HIIT Workout Plan with PDF](#)
5. [The Ultimate HIIT Exercises List with PDF](#)
6. [20 Best Barbell Complex Workout](#)
7. [30 Best \*\*Functional Dumbbell\*\* Exercises to Scale Your Fitness](#)

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