

THE 3 DAY HIIT HOME WORKOUT ROUTINE (NO EQUIPMENT)

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The high-intensity interval training (HIIT) is an inexpensive and effective way to burn significant calories, promote weight loss, and improve cardiovascular fitness in less time than traditional cardio.

It requires you to perform exercises at quick pace followed by a short interval. For example, doing jumping jacks for 15 seconds at your maximum heart rate followed by 15-20 seconds of rest.

You can do HIIT for 10 minutes to half an hour, depending on your goal and fitness level.

Here's my 3-day interval training program that I do at home.

Note: You can change exercise, increase or decrease activity, and interval time depending on your fitness level.

Newbie: 1 round, Intermediate: 2 rounds, Advanced: 3 rounds

Day 1

Exercises	Time	Rest/Interval
Ankle Hops	15-sec	15 seconds
Jump Squat	6-8 reps	40 seconds
Burpees	6-8 reps	40 seconds
Mountain Climber	15-sec	30 seconds
Jumping Lunges	10 lunges/side	30 seconds
Flutter Kicks	15-sec	30 seconds
Pushup	10 reps	30 seconds
Heel Taps	10 reps/side	30 seconds
Shoulder Taps	10 taps/side	30 seconds

Crunches	10 reps	30 seconds
Bear Crawl	15-sec	30 seconds
Reverse Crunches	10 reps	30 seconds

Day 2

Exercises	Time	Rest
Jog in place	15-sec	15 seconds
Jumping Jacks	15-sec	30 seconds
High Knees	15-sec	30 seconds
Burpees	6-8 reps	30 seconds
Inchworm	15-sec	30 seconds
Squat	15 reps	30 seconds
Pushups	15 reps	30 seconds
Russian Twist	15-sec	30 seconds
Reverse Crunches	10 reps	30 seconds
Plank Ankle Taps	5 taps/side	30 seconds
Single-leg Glute Kickback	10 reps/side	30 seconds
Side Plank Hip Dips	10 dips/side	–

Day 3

Exercises	Time	Rest
Stationary Running	15 seconds	30 seconds
Bear Crawl	15 seconds	30 seconds
Burpees	6-8 reps	30 seconds
Lateral Lunges	8-10 reps	30 seconds
Lunge Front Kick	6 reps/side	30 seconds
Pushups	15 reps	30 seconds
Tabletop Crunches	10 reps	15 seconds
Bicycle Crunches	10 reps	20 seconds
Dead Bug Crunches	10 reps	20 seconds
Leg Raises	30-sec	30 seconds
Kneeling Squat Jump	10 reps	30 seconds
Curtsy Lunge	6 reps/side	–

Instructions and Tips to Follow This Program Effectively

1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So, it's best to perform some [stretching exercises](#) after intense training.

4. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

5. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

6. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

7. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

Recommended Supplements:

Apple Cider Vinegar Gummies - 1000mg	Body Fortress Whey Protein Powder
Burn-XT Thermogenic Fat Burner	Levels Grass Fed 100% Whey Protein, No Hormones
ZonePerfect Protein Bars	Orgain Organic Vegan Protein Powder
Keto Actives Pills	Cappuccino MCT

You can add more exercises from the list below:

1. [70 Best Bodyweight Cardio Exercises of All Time](#)
2. [13 Best Bodyweight Push Exercises](#)
3. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
4. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
5. [Knee push-ups for beginners \(with Video\)](#)
6. [8 Best Bodyweight Hamstring Exercises at Home](#)
7. [The 20 Best Bodyweight Exercises for Arms](#)
8. [Full Bodyweight Workouts For Beginners](#)
9. [Bodyweight Exercises For Back At Home](#)

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