

HIIT AND WEIGHT TRAINING SAME DAY (WEEKLY PLAN)

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Schedule

- **Monday** – Upper Body Strength Training and HIIT
- **Tuesday** – OFF
- **Wednesday** – Lower Body Strength Training and HIIT
- **Thursday** – OFF
- **Friday** – Upper Body Weight Training and HIIT
- **Saturday** – OFF
- **Sunday** – OFF

Monday

30-minute Strength Workout

Exercise	Reps	Sets	Rest
Front Lat Pulldown	10-12	3	2-3 min
Seated Cable Rowing	10-12	3	2-3 min
Flat Bench Press	10-12	3	2-3 min
Arnold Press	10-12	3	2-3 min

15-minute HIIT Cardio (20-30 seconds of high-intense activity followed by 30-40 seconds of rest):

1. Jumping Jack
2. Squat Jump
3. Mountain Climber
4. Flutter Kicks
5. Jumping Lunges

6. Pushups
7. Crunches
8. [Squat Pulses Jump](#)
9. Shoulder Tap
10. Alternate Heel Taps
11. High Knees
12. [Bear Crawl](#)
13. [Plank Ankle Taps](#)
14. Curtsy Lunge/Kneeling Squat Jump
15. [Knee Tap Push-Up](#)

Wednesday

30-minute Strength Workout

Exercise	Reps	Sets	Rest
Dumbbell Pop Squat	10-12	3	1-2 min
Barbell Sumo Deadlift	10-12	3	2-3 min
Machine Leg Curl	10-12	3	2-3 min
Barbell Hip Thrust	10-12	3	2-3 min

20-minute Bodyweight HIIT

(Perform each exercise for one minute, including activity and rest time):

- Jumping Jack
- [Frog Squat Jump](#)
- Shoulder Tap
- Crunches
- [In and Out Squat Jump](#)
- [Side Lunge Jump](#)
- Pushups
- [In and Out Torso Curl](#)
- Lunge Front Kick
- [Sit Outs](#)
- **Repeat Twice**



Friday

Upper Body Weight Training and HIIT

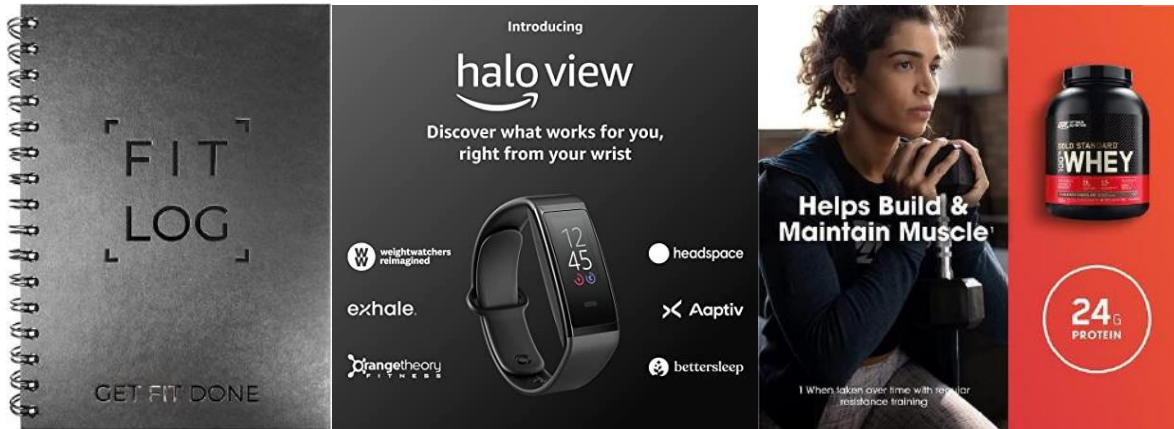
Exercise	Reps	Sets	Rest
Narrow Grip Bench Press	10-12	3	2-3 min
Dumbbell Lateral Raise	10-12	3	1-2 min
One-arm Dumbbell Row	10-12	3	1-2 min
Barbell Curl	10-12	3	1-2 min

15-minute HIIT Abs Workout

(Perform each exercise for one minute that includes activity and rest time):

16. Mountain Climber
17. Crunches
18. Reverse Crunches
19. [Plank Jack Mountain Climber](#)
20. Alternate Heel Tap
21. Heel Touch Crunches
22. Leg Raises
23. [Cross Knee Mountain Climber](#)
24. Russian Twist
25. High Knees
26. Shoulder Tap
27. Burpee
28. Bear Crawl
29. Inchworm
30. Flutter Kicks

Instructions for Following the Workout Program



1. Intensity for HIIT exercises

During high-intensity interval training, perform exercises at 75-90 percent of your maximum heart rate. To calculate the maximum heart rate (MHR), subtract your age from 220. For example, if you're 30, your MHR would be $(220-30) 190$.

2. How much weight should you lift during strength training?

Lift 50 to 60 percent of your one-rep max(1RM). Do not push yourself too hard to get the reps done. Train for fitness, not for competition. In other words, you can lift as heavy as possible as long as you like maintain proper form during exercises.

3. Interval Time Between Sets:

The interval time during HIIT would be less than 45 seconds and 2-3 minutes while performing weight training.

4. Train When You Feel Active

You can train at any time of the day but make sure you feel physically and mentally active to give your best effort during the training.

5. Keep Yourself Hydrated

Staying hydrated is crucial for an effective workout session. Studies show that exercising in a hydrated state helps prevent uneasiness and injuries and boosts performance.⁴

6. Progress Your Level

You should gradually increase the activity duration and reduce internal time as you progress during the program. It will help you achieve better results and take your fitness to the next level.

7. 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.

8. 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).

9. 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.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder

ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	-
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If the above workout plan helped you, kindly support my work buying through these affiliate

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Ultimate HIIT Exercises List](#)

Related program:

- [The 8 Week Shred Workout Plan](#)
- [The Best Weight Loss Diet Program](#)
- [6 Month Workout Plan to Get Ripped and Build Muscle](#)

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