

WEEKLY HIIT AND STRENGTH TRAINING SCHEDULE (ALTERNATE DAYS)

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Check out [article](#) for more info

Schedule

- **Monday** – HIIT Workout
- **Tuesday** – Weight Training (Chest and Arms)
- **Wednesday** – HIIT Cardio
- **Thursday** – Weight Training (Back, Hamstrings, and Glutes)
- **Friday** – HIIT Cardio
- **Saturday** – Weight Training (Quads, Shoulder, and Calves)
- **Sunday** – OFF

Suggested rounds for HIIT workout:

- Beginners: 2
- Intermediate: 3
- Advanced: 4

Monday – HIIT Workout

Exercise	Activity	Interval
Jumping Jacks	20-sec	40-sec
Mountain climbers	20-sec	40-sec
Squat Jump	20-sec	40-sec
Shoulder Taps	20-sec	40-sec
High Knees	20-sec	40-sec
Crunches	20-sec	40-sec
Burpees	10 reps	40-sec
Flutter Kicks	20-sec	40-sec
Alternate Heel Taps	20-sec	40-sec
Crossbody Mt. Climber	20-sec	40-sec

Tuesday – Weight Training (Chest and Arms)

Exercise	Reps	Sets	Rest
Flat Bench Press	10-12	4	2-3 min
Incline Dumbbell Bench Press	10-12	3	2-min
Pec Deck Fly/DB Dly	10-12	3	1-2 min
Dumbbell French Press	10-12	3	1-2 min
Rope Pushdown/DB Kickback	10-12	3	1-2 min
Alternate Dumbbell Curl	10-12	3	1-2 min

Wednesday – HIIT Workout

Exercise	Activity	Interval
Squat Thrust	20-sec	20-sec
Mountain Climbers	15-sec	15-sec
Knee Tap Push-Up		
Forearm to High Plank	10 reps	30-sec
Squat Jump	10 reps	30-sec
Shoulder Taps	10/side	30-sec
Situps	15 reps	30-sec
Push-Ups	20 reps	30-sec
Alternate Heel Taps	10/side	2-min

Thursday – Weight Training (Back, Hamstrings, and Glutes)

Exercise	Reps	Sets	Rest
Front Lat Pulldown	10-12	3	1-2 min
Seated Cable Rowing	10-12	3	1-2 min
Bent-over Barbell Row	10-12	3	2-3 min
Dumbbell RDL	8-10	3	1-2 min
Machine Leg Curl	10-12	3	1-2 min

Barbell Hip Thrust	10-12	3	1-2 min
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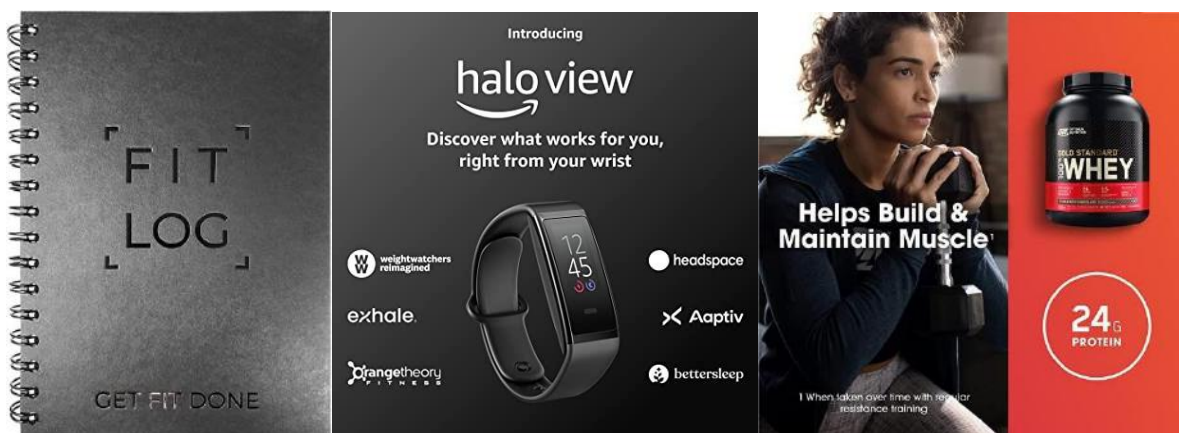
Friday – HIIT Workout

Exercise	Activity	Interval
Jog in Place	20-sec	15-sec
Burpees	10 reps	30-sec
Pulse Up	10 reps	30-sec
Superman Fly	10 reps	30-sec
Plank Jacks	10 reps	30-sec
Flutter Kicks	20-sec	30-sec
Grappler Pushups	10 reps	30-sec
Inchworm	20-sec	2-min

Saturday – Weight Training (Quad and Shoulder)

Exercise	Reps	Sets	Rest
Dumbbell Front Squat	10-12	3	1-2 min
Dumbbell Lunges	8-10	3	1-2 min
Machine Leg Press	10-12	3	2-3 min
Arnold Press	10-12	3	1-2 min
Lateral Raises	10-12	3	1-2 min
Rear Delt DB Raises	10-12	3	1-2 min

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 interval 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	Mass Extreme Pro Active Growth + Massive Testo Activator

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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