

30 Minute Beginner's HIIT Workout

Contents

- Disclaimer 3
- Introduction 4
- Exercise 1 – Burpees 5
 - Main Muscle Groups Worked..... 5
 - Exercise Steps..... 5
- Exercise 2 – Chin Ups..... 6
 - Main Muscle Groups Worked..... 6
 - Exercise Steps..... 6
- Exercise 3 – High Knees 8
 - Main Muscle Groups Worked..... 8
 - Exercise Steps..... 8
- Exercise 4 – Jump Squats..... 9
 - Main Muscle Groups Worked..... 9
 - Exercise Steps..... 9
- Exercise 5 – Mountain Climbers..... 10
 - Main Muscle Groups Worked..... 10
 - Exercise Steps..... 10
- Exercise 6 – Push Ups 11
 - Main Muscle Groups Worked..... 11
 - Exercise Steps..... 11
- Summary..... 11

Disclaimer

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment. You should seek medical advice before starting this or any other weight loss or fitness regimen. We make no warranty, express or implied, regarding your individual results.

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Introduction

Thank you for downloading this **30 Minute HIIT Beginner's Workout**. In this report I'll be discussing exactly what HIIT is, highlighting its many benefits and then providing you with an effective HIIT workout that takes just 30 minutes to complete and is perfect if you're just getting started on your fitness journey.

HIIT (High Intensity Interval Training) is a style of training that involves alternating between periods of high intensity exercise and moderate to low intensity exercise, usually at a ratio of 2:1. For example, if you were to perform burpees as part of a high intensity workout, you could perform them at a high intensity for 20 seconds and a low intensity for 10 seconds. HIIT workouts last for between 4 minutes and 30 minutes.

HIIT has plenty of plus points and is a great way to get started with fitness training. Some of its main benefits include:

- 1. Short Workouts:** If you lead a busy lifestyle or simply want a fast and efficient workout, HIIT is an excellent choice with each workout taking no longer than 30 minutes to complete.
- 2. High Calorie Burn:** HIIT can blast through up to 500 calories in a 30 minute session which makes it one of the best training options out there for burning body fat.
- 3. Higher Levels Of HGH:** HIIT enhances HGH (Human Growth Hormone) production within the body by as much as 450%. HGH stimulates muscle growth, burns body fat, reduces the visible signs of aging and much more.
- 4. Increased Cardiovascular Fitness:** Just a few HIIT sessions each week will fire up your cardiovascular fitness, enhance your energy levels and improve your stamina.
- 5. More Enjoyable Workouts:** HIIT is fast paced, fun and no 2 workouts ever have to be the same which makes it one of the most enjoyable workout options available to you.

With this **30 Minute HIIT Beginner's Workout** you can get started with HIIT today and start enjoying all these benefits. Each exercise in the workout uses just your own bodyweight and is very easy to pick up, so you'll be able to start working out within minutes of finishing reading this report.

The workout includes 6 exercises in total and for each exercise you get:

- 2 illustrations showing the main muscle groups that the exercise targets
- A visual illustration of how to perform the exercise
- Step by step instructions which explain how to perform the exercise

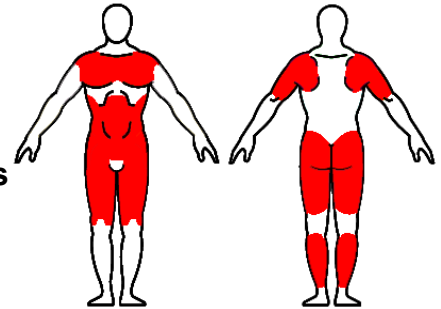
Exercise 1 – Burpees

Main Muscle Groups Worked

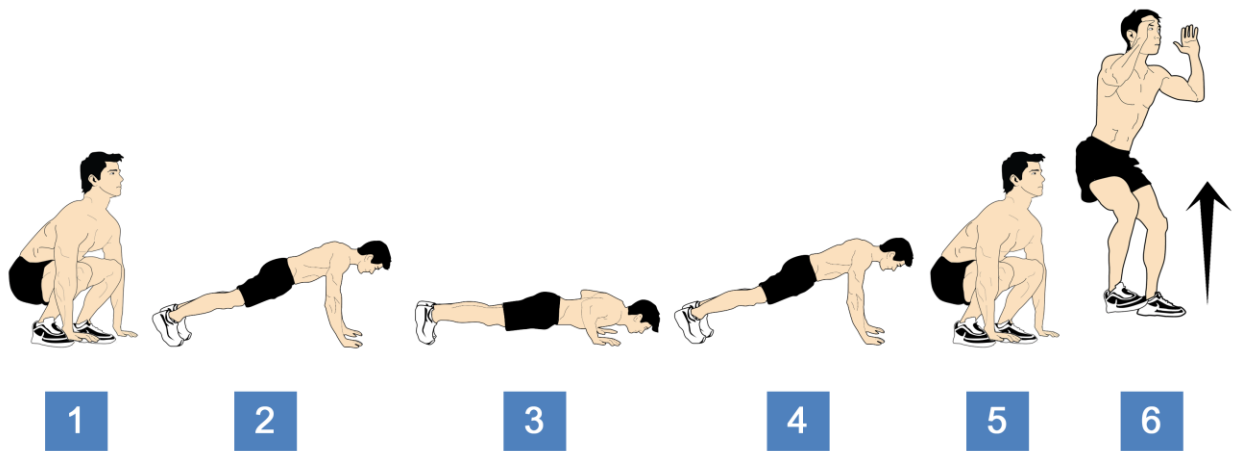
Upper Back
Lower Back
Latissimus Dorsi
✓ **Shoulders**

✓ **Chest**
Biceps
✓ **Triceps**
Forearms
✓ **Abdominals**
✓ **Obliques**

✓ **Hips**
✓ **Quadriceps**
✓ **Gluteus Maximus**
✓ **Hamstrings**
Calves



Exercise Steps



Burpees are a highly effective bodyweight exercises and can enhance your cardiovascular fitness while also strengthening many of the muscles in your body. To perform burpees, follow the instructions below:

1. Bend your knees and put your hands on the ground, making sure that they're in line with your chest and about a shoulder width apart.
2. Kick your legs out behind you, tighten your core muscles and straighten your back.
3. Bend your arms and lower your upper body down toward the ground, stopping when your nose touches the ground.
4. Straighten your arms and lift your upper body back up.
5. Kick your legs back in.
6. Straighten your legs, take your arms off the ground and jump in the air.
7. When you land, repeat steps 1-6 for as many reps as you can manage within 20 seconds and then rest for 10 seconds.
8. Repeat steps 1-7 for 5 minutes and then move onto the next exercise.

[Click Here For A Video Demonstration Of Burpees](#)

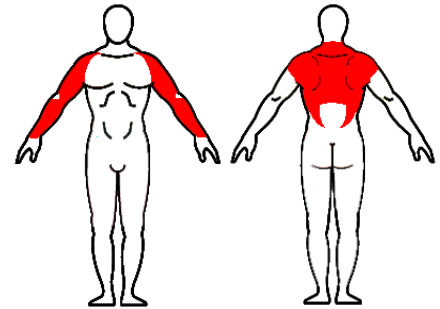
Exercise 2 – Chin Ups

Main Muscle Groups Worked

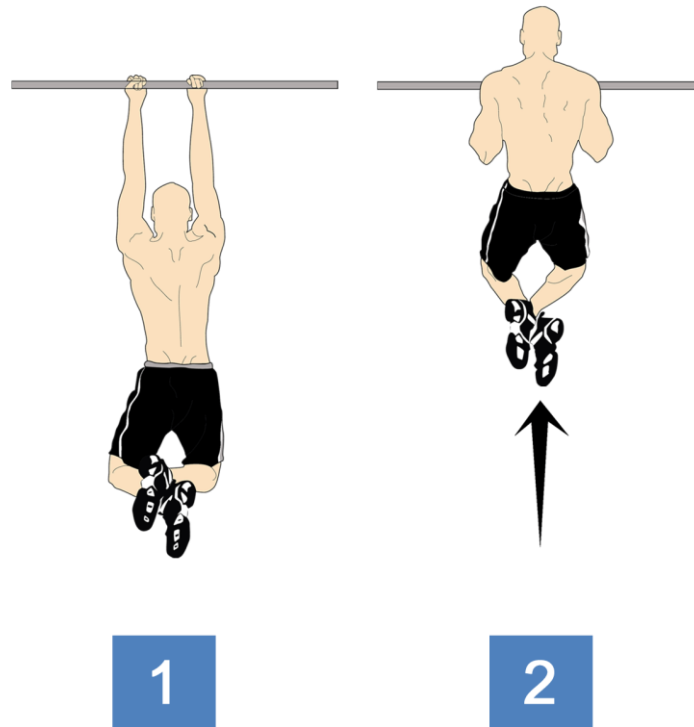
- ✓ **Upper Back**
- Lower Back
- Latissimus Dorsi
- ✓ **Shoulders**

- Chest
- ✓ **Biceps**
- Triceps
- ✓ **Forearms**
- Abdominals
- Obliques

- Hips
- Quadriceps
- Gluteus Maximus
- Hamstrings
- Calves



Exercise Steps



Chin ups are a top bodyweight exercise for your biceps that also works your upper back. They require either a chin up bar or some other sturdy frame that you can hang from. You can perform chin ups with either a wide grip (which places more emphasis on your upper back) or narrow grip (which places more emphasis on your biceps). To perform chin ups, follow the instructions below:

1. Grab the chin up bar or sturdy frame with both of your hands, making sure that your palms are facing inward. Then bend your knees, take your feet off the ground and hang while letting your arms and shoulders fully support your bodyweight.
2. Slowly bend your arms and lift your body up toward the chin up bar, stopping

- when your arms are fully flexed and your chin is above the bar.
3. Slowly straighten your arms and lower your body back down to the starting position.
 4. Repeat steps 2-3 for as many reps as you can manage within 20 seconds and then rest for 10 seconds.
 5. Repeat steps 2-4 for 5 minutes and then move onto the next exercise.

[Click Here For A Video Demonstration Of Chin Ups](#)

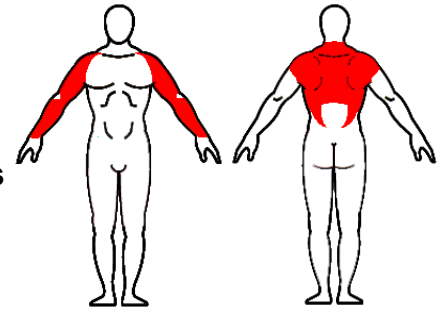
Exercise 3 – High Knees

Main Muscle Groups Worked

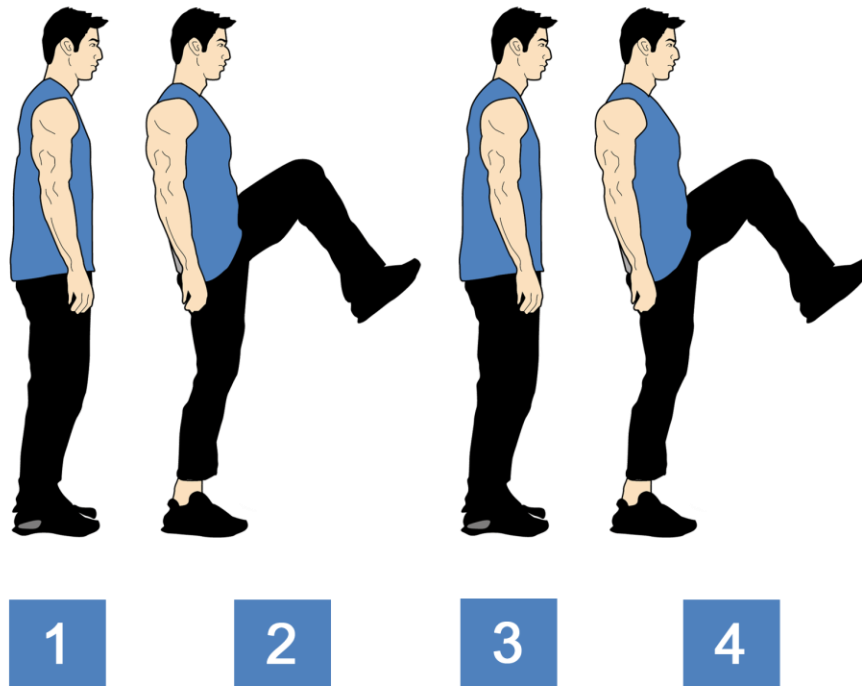
Upper Back
Lower Back
Latissimus Dorsi
Shoulders

Chest
Biceps
Triceps
Forearms
✓ **Abdominals**
✓ **Obliques**

✓ **Hips**
✓ **Quadriceps**
✓ **Gluteus Maximus**
✓ **Hamstrings**
✓ **Calves**



Exercise Steps



High knees are a simple but challenging bodyweight cardio exercise that burn through over 500 calories per hour. To perform high knees, follow the instructions below:

1. Stand up straight with your arms by your side
2. Quickly raise your right knee up toward your chest.
3. Quickly lower your right foot back down to the ground.
4. Quickly raise your left knee up toward your chest.
5. Quickly lower your left foot back down to the ground.
6. Repeat steps 2-5 for as many reps as you can manage within 20 seconds and then rest for 10 seconds.
7. Repeat steps 2-6 for 5 minutes and then move onto the next exercise.

[Click Here For A Video Demonstration Of High Knees](#)

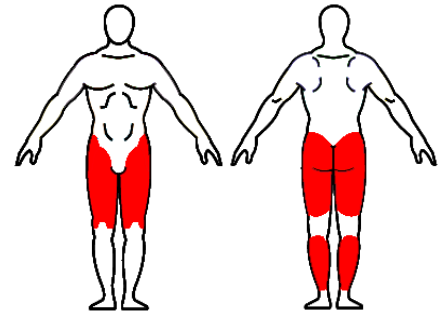
Exercise 4 – Jump Squats

Main Muscle Groups Worked

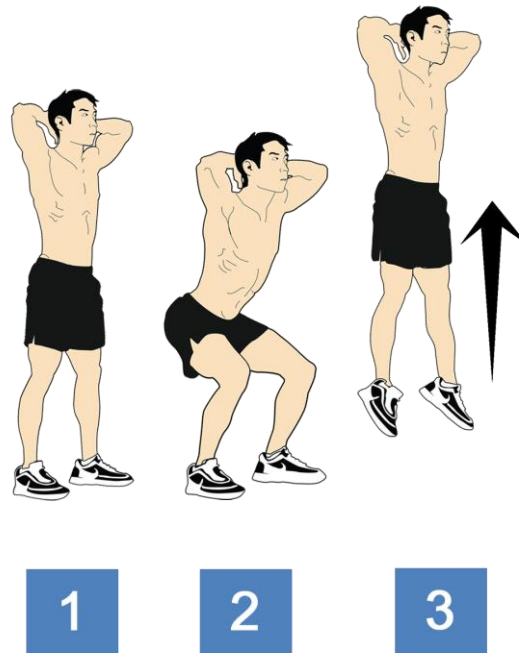
Upper Back
Lower Back
Latissimus Dorsi
Shoulders

Chest
Biceps
Triceps
Forearms
Abdominals
Obliques

✓ Hips
✓ Quadriceps
✓ Gluteus Maximus
✓ Hamstrings
✓ Calves



Exercise Steps



Jump squats are an explosive bodyweight exercise that mirror the standard bodyweight squat but add a jump to the end. To perform jump squats, follow the instructions below:

1. Stand up straight with your feet a shoulder width apart, your arms clasped behind your head and your elbows pointing out to the sides.
2. Slowly bend your legs and lower your body down, stopping when your butt is in line with your knees.
3. Slowly straighten your legs and raise your body back up to the starting position, then jump in the air as high as you can.
4. Repeat steps 2-3 for as many reps as you can manage within 20 seconds and then rest for 10 seconds.
5. Repeat steps 2-4 for 5 minutes and then move onto the next exercise.

[Click Here For A Video Demonstration Of The Jump Squat](#)

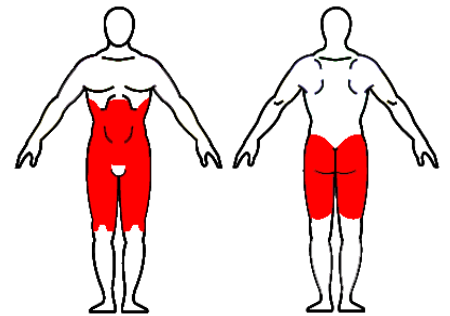
Exercise 5 – Mountain Climbers

Main Muscle Groups Worked

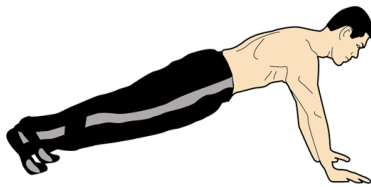
Upper Back
Lower Back
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Shoulders

Chest
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Obliques

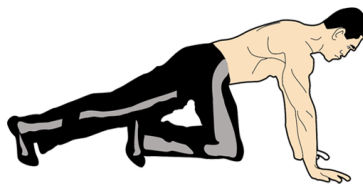
✓ Hips
✓ Quadriceps
✓ Gluteus Maximus
✓ Hamstrings
✓ Calves



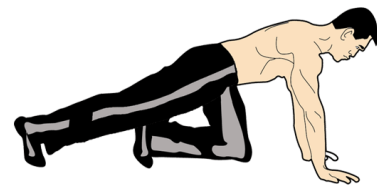
Exercise Steps



1



2



3

Mountain climbers are a top cardio bodyweight exercise that are performed in a crouching position and blasts through 480 calories per hour. To perform mountain climbers, follow the instructions below:

1. Kneel down and place your hands on the ground, making sure they are parallel to your chest and around a shoulder width apart. Straighten your legs out behind you, balance on your toes and hands, hold your core muscles tight and straighten your back.
2. Quickly bend your right leg and bring it in so that your right knee is in line with your waist.
3. Quickly straighten your right leg and at the same time, quickly bend your left leg and bring it in so that your left knee is in line with your waist.
4. Quickly straighten your left leg and at the same time, quickly bend your right leg and bring it in so that your right knee is in line with your waist.
5. Repeat steps 3-4 for as many reps as you can manage within 20 seconds and then rest for 10 seconds.
6. Repeat steps 3-5 for 5 minutes and then move onto the next exercise.

[Click Here For A Video Demonstration Of Mountain Climbers](#)

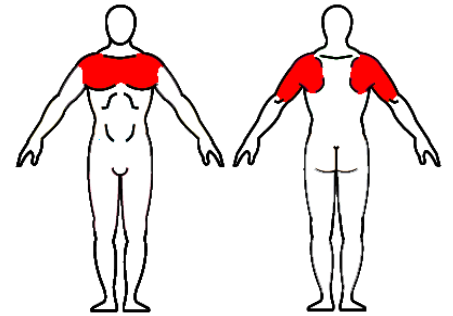
Exercise 6 – Push Ups

Main Muscle Groups Worked

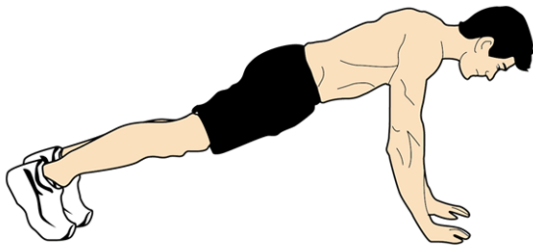
Upper Back
Lower Back
Latissimus Dorsi
✓ **Shoulders**

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Biceps
✓ **Triceps**
Forearms
Abdominals
Obliques

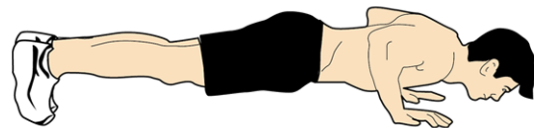
Hips
Quadriceps
Gluteus Maximus
Hamstrings
Calves



Exercise Steps



1



2

Push ups are one of the most popular and effective upper body bodyweight exercises around. To perform push ups, follow the instructions below:

1. Kneel down and place your hands on the ground, making sure they are parallel to your chest and around a shoulder width apart. Straighten your legs out behind you, balance on your toes and hands, hold your core muscles tight and straighten your back.
2. Slowly bend your arms and stop when your nose touches the ground.
3. Slowly straighten your arms and raise your body back up to the starting position.
4. Repeat steps 2-3 for as many reps as you can manage within 20 seconds and then rest for 10 seconds.
5. Repeat steps 2-4 for 5 minutes and then you have completed the workout.

[Click Here For A Video Demonstration Of The Push Up](#)

Printable Workout Chart

This printable workout chart can be used to track your progress every time you complete this **30 Minute HIIT Beginner's Workout**. Simply print it off and then write down the number of reps you perform for each exercise during your very first workout in the 'Results 1' column. Then when you complete future workouts, use the subsequent results columns to track your results and see if your performance is improving over time.

Exercise	Results 1	Results 2	Results 3	Results 4	Results 5
Burpees					
Chin Ups					
High Knees					
Jump Squats					
Mountain Climbers					
Push Ups					
Total					

Exercise	Results 6	Results 7	Results 8	Results 9	Results 10
Burpees					
Chin Ups					
High Knees					
Jump Squats					
Mountain Climbers					
Push Ups					
Total					

Exercise	Results 11	Results 12	Results 13	Results 14	Results 15
Burpees					
Chin Ups					
High Knees					
Jump Squats					
Mountain Climbers					
Push Ups					
Total					

Exercise	Results 16	Results 17	Results 18	Results 19	Results 20
Burpees					
Chin Ups					
High Knees					
Jump Squats					
Mountain Climbers					
Push Ups					
Total					

Summary

I hope you've enjoyed this **30 Minute HIIT Beginner's Workout**. By practicing it a few times each week, you'll quickly build up your cardiovascular fitness levels and start to strengthen all the muscles in your body. You'll also find that your overall body fat levels start to decline and you feel much leaner, toned and more defined. If you want more great workouts and fitness tips, make sure you check out **Free Fitness Tips** using the links below:

- [Free Fitness Tips Website](#)
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- [Free Fitness Tips On Google +](#)
- [Free Fitness Tips On Facebook](#)
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