

HIIT for the Hills *using nature for fitness*

"The key to immortality is first living a life worth remembering." ~Bruce Lee

Information

- There's no doubt that fresh air, sunshine, and clean water are critical to overall fitness. Here is a short high intensity circuit to be done on a large hill, such as the kind found in local parks. If a large hill is not available, a backyard, beach, stadium bleachers, or grassy park will suffice. This is another great opportunity to train barefoot, if appropriate.
- HIIT stands for "High Intensity Interval Training".
- **Your** level of high intensity will be different than someone else's, so just focus on what **you** can do.
- Alternate HIIT days, such as Monday, Wednesday, and Saturday to avoid overtraining.
- Vary circuit lengths, such as 12 minutes one day, 36 minutes another day, and so on.

Structure

- This will employ a work to rest ratio of 1:1, in this case 30 seconds of work and 30 seconds of rest.
- This will use 4 exercises to create a circuit of 4 minutes, we'll follow that with 2 minutes of rest resulting in 6 minutes total.
- Repeat this 6-minute circuit 2 to 6 times (12 to 36 minutes total).

Program

1. Sprint uphill for 30 seconds. Rest for 30 seconds.
2. Crunches for 30 seconds. Rest for 30 seconds.
 - Lay on an incline where your head is lower than your feet, perform as many as possible.
3. Bear Crawl for 30 seconds. Rest for 30 seconds.
 - On hands and feet only, crawl forward all the way down the hill.
4. Pushups for 30 seconds. Rest for 30 seconds.
 - Use the incline of the hill to make your pushups easier or harder, perform as many as possible.
5. Rest for 2 minutes.

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