HIIT that Upper Body!

38 min · Abs, Arms, Chest, Legs, Shoulders

Today, you’ll be working with some solid high intensity interval training (HIIT). Stick with those work/rest ratios and build up an awesome sweat nailing this one! Fill up 2 water bottles for a bit of resistance.

**Standing Arm Circles**
- 2 sets
- 20 secs
- 20 sec rest
- Warm up: Nice and easy does it! 1 set forward and one set backward!

**Shadow Boxing**
- 2 sets
- 20 secs
- 20 sec rest
- Warm up: Two light boxing rounds to get your blood pumping.

**Water Bottle Squat Clean and Presses**
- 6 sets
- 20 secs
- 20 sec rest
- HIIT: 20 seconds on, 20 seconds off, repeat! Be sure to go all the way to the floor!

**Water Bottle Floor Chest Presses**
- 6 sets
- 20 secs
- 20 sec rest
- HIIT: 20 seconds on, 20 seconds off, repeat! These will feel light at the beginning and heavy at the end!

**Burpees**
- 3 sets
- 8 reps
- 30 sec rest
- Try to stick with that 30 seconds rest. Push through!

**Plank Shoulder Taps**
- 3 sets
- 16 reps
- 30 sec rest
- Aim to hit 8 reps per side, taking about 2 seconds to perform each rep.

**Bear Crawls**
- 6 sets
- 15 secs
- 15 sec rest
- HIIT: 15 seconds on, 15 seconds off, repeat! This is only 4 minutes in total! Cover some solid ground here.

**Knee Push-ups**
- 3 sets
- 10 reps
- 30 sec rest
- If these are too tough, just focus on the lowering portion and put a pillow under ya face!

**Jumping Jacks**
- 6 sets
- 20 secs
- 10 sec rest
- Tabata Style HIIT: 20 seconds on, 10 seconds off, repeat! You’re so close!
Bench Tricep Dips

3 sets  10 reps  30 sec rest

Burn out those triceps before finishing up for day 2 :D
Standing Arm Circles

Primary muscle group(s):
Shoulders

Secondary:
Upper Back & Lower Traps

Standing with a flat back and tight core, raise your arms to the sides.
While focusing on the shoulders, slowly rotate your arms in a circular motion. Start with small circles. Gradually increase the size of the circles.
After completing one set of a pre-determined number (such as 10 repetitions), reverse the direction, going counter-clockwise.

Shadow Boxing

Primary muscle group(s):
Abs, Biceps, Shoulders, Triceps

Secondary:
Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.
Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.
Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.
Water Bottle Squat Clean and Presses

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps, Shoulders

Secondary:
Hamstrings, Lower Back

With water bottles at your sides, stand with your feet slightly wider than shoulder-width apart and feet pointing slightly outward. Look straight ahead.

Squat down until your upper legs are parallel with the floor by bending your knees, keep your back straight.

With an explosive but controlled movement, push up through your heels and press the water bottles above your head as you return to standing position.

Still standing, slowly lower the water bottles down to your chest and then down to your sides by extending your arms.

Repeat.

Water Bottle Floor Chest Presses

Primary muscle group(s):
Chest

Secondary:
Triceps

Place a pair of water bottles on the floor. Lie on your back in between the water bottles. Bend your knees and move your feet towards your butt.

Grab the water bottles and hold them above you. Allow your upper arms to remain on the floor. Begin the movement by pushing the water bottles over your chest. Pause at the top and squeeze your chest muscles.

Slowly bring the water bottles down to the starting position, allowing your arms to rest for a brief moment before beginning the next repetition.
**Burpees / Squat Thrusts**

Primary muscle group(s):
Abs, Glutes & Hip Flexors

Secondary:
Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.

**Plank Shoulder Taps / Planks**

Primary muscle group(s):
Abs

Lock yourself in the plank push-up position ensuring that your body forms a straight line from shoulders to heels.

Bring your right arm off the ground and touch your left shoulder before placing it back on the ground.

Repeat the same movement for the opposing arm.
Bear Crawls

Primary muscle group(s):
Abs, Shoulders

Secondary:
Calves, Forearms, Hamstrings, Quadriceps

Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Keep the head in a neutral position.

Move the right hand forward as you simultaneously move the left foot forward. Afterwards, move the left hand and right foot forward.

Continue in this back and forth pattern, always moving the opposite hand and foot. Remember to brace the core throughout the movement.

Modified / Knee Push-ups / Pushups

Primary muscle group(s):
Chest

Secondary:
Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.
Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.
Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.
Without locking your elbows, push yourself back to the starting position by straightening your arms.
**Jumping Jacks / Star Jumps**

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.

---

**Chair / Bench Tricep Dips**

Primary muscle group(s):
Triceps

Secondary:
Shoulders

Sit on a chair with your hands either next to your hips or slightly under the hips.

Lift up onto your hands and bring your hips forward.

Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair.

Push back up but don't lock your elbows and repeat.