

HIIT The Circuit

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The Why

- 1. Benefits of HIIT training**
- 2. Benefits of Circuit training**
- 3. Benefits of Team training**
- 4. Benefits of Coach and Team**

The How

- 1. Progressions and Regressions that matter**
- 2. Work to Rest ratio**
- 3. Timed HIIT variations**
 - a. 20-10**
 - b. 30-20-10**
 - c. 10-20-30**
 - d. 12-8**
 - e. 30-30**
- 4. Play as Rest**
- 5. Logistics**
 - a. Space, equipment, timing**
 - b. Setting the Circuit**
 - c. Grouping the teams**
 - d. Maintaining the Excitement**
 - e. Creating the Event**

The Program

- 1. Out of the Box thinking Warm up**
- 2. Traditional stations vs complex stations**
- 3. Crazy over the top games**
- 4. Timing**
 - a. Stations are each 60 seconds**
 - b. Same exercises - 2-3 rounds utilizing different timing protocol**
 - c. Stations will utilize the following HIIT timing**
20-10
30-20-10 / 10-20-30

The Workout

Warm-up - Tabata Timing

Stations – One minute each -

1st round timing 30-20-10

2nd round timing 20-10

Station	Transitional Game / Drill
Unilateral Squat jumps	Snow Boarder
Power Jacks – Air Jacks	Partner Bob Sled
Gliding Quad pull in and push up	Gliding Mt Climber circle
Lunge and lift	Linked balance
Unilateral Squat jumps	Bender Ball add on
Power Jacks – Air Jacks	Back to Back Plank
Gliding Quad pull in and push up	Side to side plank to Push up
Lunge and lift	Core Burpee add on

The Special BONUS !!!!!
(Only for those who attend)

To Contact
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