



LIMITLESS

iHIIT intelligent High Intensity Interval Training

HISTORY / CONSIDERATIONS / APPLICATION

PRESENTED BY

Dan McDonogh

evolution of HIIT

Improve
Running
Performance
1920's

Fartlek
1930's

External Loads
1950's

Tabata
1996

TABATA protocol

10 min warm up

20 sec on, 10 sec off x 7 or 8 sets

Up to 6 min cool down

~ 20 min in total

@ 100% + of VO2 max



benefits

Weight Loss

Body Transformation

Improved aerobic & anaerobic capacity

Improve Strength & Power

Time efficient

No equipment needed

EPOC



risks

Hard to maintain technique
Not safe for everyone
Burn-out/Over-training
Risk of injury
Recovery & Readiness

Protocol

Alternate Lower Body HIIT w/ Upper Body HIST

40 seconds on, 20 sec off w/ 1 minute rest between rounds

Explore & Explode

MOVE BETTER

6 min

- Quadruped Plank
- Dynamic Frog
- Walk the Dog to Dynamic Down Dog
- Hip Press
- Side Plank R & L
- Squat to Walk out Plank to Push Up

MOVE FASTER

3 min

- 10 Quick Hops to Drop Squat x 6
- 10 Quick Hops to S.L. x 10
- 10 S.L. Hops to Side Lateral Jumps x 6

MOVE POWERFUL & STRONGER

30 min

- Side Lateral Jumps
- D. L. Hip Press
- Squat Jumps
- Offset Push Up - alt
- Scissor Squat Jump
- Push Ups
- Split Squat Jumps - R
- Plank w/ Shoulder Touch
- Split Squat Jumps - L
- Side Plank (L&R)
- Cycle Jumps
- Bird Dog
- Switches
- Bird Dog
- Clock Jumps
- Floor Y Raise
- * Exercise of choice
- Forward & Backwards Crawls

MOVE BETTER

5 min

- Frog Stretch
- Dynamic T-Spine
- Down Dog
- ½ Kneeling Hip Flexor Stretch
- Forward Fold



programming options

**LOWER BODY POWER
UPPER BODY STRENGTH**

**LOWER BODY POWER
CORE**

**LOWER BODY POWER
LOWER BODY STRENGTH**

**LOWER BODY POWER
MOBILITY/STABILITY**

**UPPER BODY POWER (Med Balls)
LOWER BODY STRENGTH**

BW and/or EXTERNAL LOAD



principles to keep in mind

EVERY REP IS INDIVIDUAL

START SLOW, MOVE FAST

KNOW WHEN TO STOP

QUALITY OF QUANTITY

EARN YOUR PROGRESSION

EXERCISE SELECTION & SEQUENCING

movement matters!





thank you!

danjmcdonogh@gmail.com

[@thefitprodan](#)