



Session 200: Work/Rest Balance Morning HIIT Workout

PRESENTED BY

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Summary of Energy Pathways

ENERGY SYSTEM	RATE OF ATP PRODUCTION	SYSTEM CAPACITY	DURATION	LIMITATIONS
ATP/PC (PHOSPHAGEN)	IMMEDIATE: AEROBIC	VERY LIMITED	0-6 SECONDS	LIMITED BY ATP-PC DEPLETION AND ACCUMULATION OF METABOLIC WASTE
GLYCOLYSIS (FAST GLYCOLYTIC)	RAPID: ANAEROBIC & ANEROBIC	LIMITED	30 SECONDS - 3 MINUTES	LACTIC ACID PRODUCTION
OXIDATIVE	SLOW: AEROBIC	UNLIMITED	> 3 MINUTES	SLOW RATE OF O2 UTILIZATION



Exercise	Time
Jumping Jacks	30 Seconds
Single Leg Balance Right	30 Seconds
Squats	30 Seconds
Single Leg Balance Left	30 Seconds
Step Back Lunges with Reach	30 Seconds
Single Leg Balance Right with Eyes Closed	30 Seconds
Runners Stretch with Rotation	30 Seconds
Single Leg Balance Left with Eyes Closed	30 Seconds
Glute Bridges	30 Seconds
Single Leg Balance Right with Hip Hinge	30 Seconds
Lateral Lunges	30 Seconds
Single Leg Balance Left with Hip Hinge	30 Seconds
Plank with Shoulder Taps	30 Seconds



Skips forward

Skips backward

Side Shuffle

Karaoke

High Knees

Butt Kicks

Inchworm

Walking Lunges with Reach

Frankenstein Walks

Minute 1	10 x Partner Band Squat to Row
Minute 2	5 x Partner Transverse Plane Lunges (each side)
Minute 3	10 x Push-Ups
Minute 4	10 x Broad Jumps

REPEAT



5 MINUTES (KEEP TRACK!)

Reps	Exercise
10	Squat Jump (Squat)
20	Plank with Shoulder Taps
10	Skater Leaps (Step to Curtsy Lunge)



Exercise	Time
Kettlebell Swings	20 seconds
Rest	10 seconds
Burpees	20 seconds
Rest	10 seconds
Kettlebell Swings	20 seconds
Rest	10 seconds
Burpees	20 seconds
Rest	10 seconds
Kettlebell Swings	20 seconds
Rest	10 seconds
Burpees	20 seconds
Rest	10 seconds
Kettlebell Swings	20 seconds
Rest	10 seconds
Burpees	20 seconds
Rest	10 seconds

