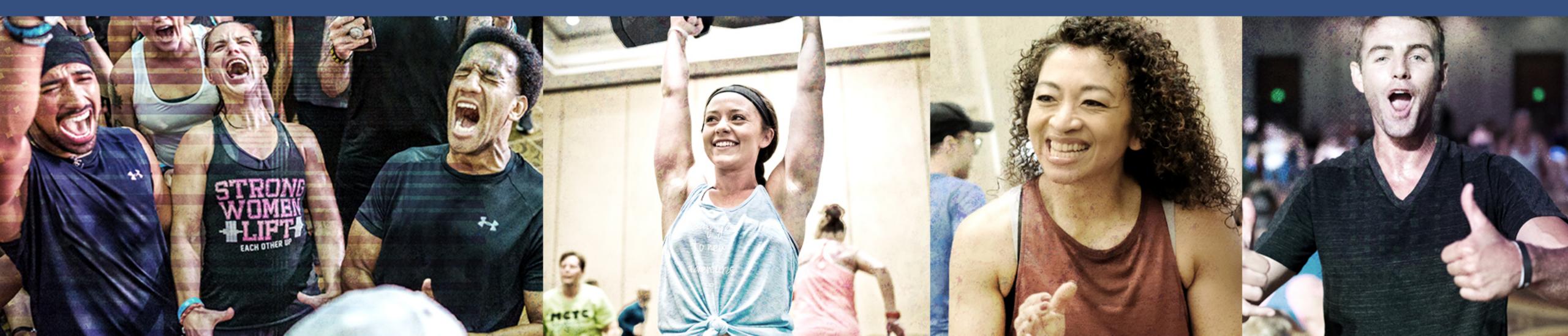




Session 200: Work/Rest Balance Morning HIIT Workout

PRESENTED BY

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ENERGY SYSTEMS

Summary of Energy Pathways

ENERGY SYSTEM

ATP/PC (PHOSPHAGEN)

(FAST GLYCOLYTIC)

GLYCOLYSIS

OXIDATIVE

RATE OF ATP PRODUCTION

IMMEDIATE: AEROBIC

RAPID: ANAEROBIC & ANEROBIC

> SLOW: AEROBIC

SYSTEM CAPACITY

VERY LIMITED

LIMITED

UNLIMITED

DURATION

0-6 SECONDS

30 SECONDS -3 MINUTES

> 3 MINUTES

LIMITATIONS

LIMITED BY ATP-PC
DEPLEATION AND
ACCUMULATION
OF METABOLIC
WASTE

LACTIC ACID PRODUTION

SLOW RATE OF O2 UTILIZATION



3

STATIONARY WARM-UP

Exercise	Time
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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



DYNAMIC WARM-UP

Skips forward

Skips backward

Side Shuffle

Karaoke

High Knees

Butt Kicks

Inchworm

Walking Lunges with Reach

Frankenstein Walks



PARTNER EMOM

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
4	

