

Interval Training Workout

This can be used on any machine treadmill, elliptical, or bike.

0-5 minutes warm up at a steady pace

5-7 sprint if on treadmill (7-9), increase resistance if on elliptical, increase resistance or rpm if on bike

7-8 walk or slow jog, or regular pace on elliptical or bike.

8-24 repeat minutes 5-8

24-30 cool down and stretch

This can also be done if you are just jogging outside use telephone poles to determine your sprint to jog.

Interval training is all about increase and decrease in your heart rate so make sure you have recovered a little before getting back into your higher level of your work out. You might need to have a longer recovery time but if you keep it up it will go down if you stick with it.

At Home Workout

No excuses here. All you need is your body and a few items around your home.

Start with an easy warm up to get your heart rate going.

Do Jumping Jacks, run in place, step-ups on stairs to get your body warmed up.

A few dynamic stretches legs swings and arm circles before you start.

This work out will keep your heart rate up by adding short bursts of cardio moves in the sets.

Repeat each set 2-3 times; take a 45-60 second rest in between each set and about 10-15 seconds between each move.

First Set

- **Body Weight Squats**

-Sit the butt back like you are going into a chair, make sure knee are in line with the ankles and not over the toes, exhale as you press up through the heels. 20-25 reps.

- **Plank Shoulder Taps**

Get into a plank position on toes or if you need to modify it to your knees. Make sure your core is contracted hips are in line with the spine and head is looking about a foot in front of you. Keep your hips centered as you alternate tapping your shoulder with the opposite hand. Do this for 30 seconds.

- **Floor Sprints**

-Stay in the plank position and alternate by bring your feet up so you are running on the floor. Do this for 30 seconds

Second Set

- **Wall Sits with Bicep curl**

Grab two items of equal weight. Old milk cartons filled with water or sand, if you have some dumbbells at home, heavier canned food items, pretty much anything you can hold will work. Place your back against a wall and pretend you are sitting in a chair and hold this position. Make sure knees are in line with ankles. Whatever item you choose keep your elbows by your side and curl up. Get 12 reps and then hold the wall sit for another 15 seconds.

- **Side plank with arm raise**

Get into a forearm plank and then twist to one side keeping your forearm on the ground. With your elbow stacked under your shoulder, make sure your body is in a straight line just like in normal plank. Grab a household item if you want in your free hand or empty handed is fine. Bring your arm in front of you and then lift it up until it is stacked over your body. Get 12 reps and then switch sides.

- **“Jump Rope”**

If you have a jump rope great if not just pretend you can hold hand weights or cans of soup for an added arm workout. Do this for 30 seconds.

Third Set

- **Lunge w/ Over Head press**

Grab that household item you used before. Start standing up with arms raised ninety degrees beside your head. Step right foot forward and bend your knee so it is in line with ankle. Try to get your front upper leg parallel to floor and back upper leg perpendicular to floor. As you step forward press arms straight up. As you step back bring the arms back to start. Do 8-10 with the right leg and then switch to left.

- **Tricep Dip on Chair**

Grab a chair or two if available place hands on edge of chair fingers facing you. Place your feet straight out on ground or if able to, on top of another chair. Lower body down by bending your elbows keeping them tight to your body and press back up. Do 10 Reps.

- **High Knees**

For 30 seconds lift knees hip height, strive for quick turnover and pump the arms along.

Forth Set

- **Wide Squat to lunge**

Start in a wide squat with toes turned out and press straight down keeping tailbone in-line with spine. Then shift your weight and turn into a lunge to each side with a wide squat in between. Get a total of 15 center squats so you will get 15 lunges on each side as well.

- **Push-up**

A classic exercise but always useful! Start in a high plank and lower yourself down to ground exhale as you push your weight back up. Modify to knees if needed.

- **Butt Kicks**

Similar to high knees with the quick turn over just curl legs back instead of bringing them up try to let heel touch your butt. Do this for thirty seconds.

Fifth Set

Each for 30 seconds

- **Jumping Jack**

- **Floor touches-** get two items place about 10 feet apart and shuffle toward each item back and forth.

- **Burpie-** Jump up & then down into a plank & jump feet back in & then up again.

Cool Down with some arm involved breathing and stretching the muscles used!!!