

The Holy HIIT Workout by Aesthetic-Physiques.com

Day 1

Exercise	Sets	Reps	Week 1	Week 2	Sets	Reps	Week 3	Week 4
Warmup: Air Squats, Hip Extensions, Jumping Jacks, Spider Crawl	1	10			1	10		
Box Jump	4	20			4	15		
superset with								
Air Squat	4	20			4	15		
superset with								
Burpee	4	20			4	15		
Walking Lunge	4	20			4	15		
superset with								
Side Lunge	4	20			4	15		
Crunches	4	20			4	15		
15 min Walking On Treadmill With No Incline	1	1			1	1		

Day 2

Exercise	Sets	Reps	Week 1	Week 2	Sets	Reps	Week 3	Week 4
Warmup: Pushups, Arm Swings, Lunge With Overhead Extension, Jumping Jacks	1	10			1	10		
Pushup	4	20			4	15		
superset with								
Mountain Climber	4	20			4	15		
Dumbbell Fly	4	20			4	15		
superset with								
Dumbbell Incline Bench	4	20			4	15		
Ab Wheel or planks	4	20 (planks 30 sec hold)			4	15 (planks 30 sec hold)		
HIIT Sprint for 20 sec, walk for 40 sec. Repeat every minute for 10 mins.	1	1			1	1		

Day 3

Exercise	Sets	Reps	Week 1	Week 2	Sets	Reps	Week 3	Week 4
Warmup: Back-to-Wall Shoulder Flexion, Jumping Jacks, Inchworm, Jumping Jacks	1	10			1	10		
Lat Pulldown	4	20			4	15		
superset with								
Dumbbell Row	4	20			4	15		
superset with								
Face Pull	4	20			4	15		
Bicycle Crunch	4	20			4	15		
superset with								
Back Extensions	4	20			4	15		
15 min Walking On Treadmill With Highest Incline	1	1			1	1		

Day 4

Exercise	Sets	Reps	Week 1	Week 2	Sets	Reps	Week 3	Week 4
Warmup: Back-to-Wall Shoulder Flexion, Arm Circles, Jumping Jacks, Walking Lunge with Overhead Reach	1	10			1	10		
Dumbbell Shoulder Press	4	20			4	15		
superset with								
Dumbbell Upright Row	4	20			4	15		
Lat Raise	4	20			4	15		
superset with								
Reverse Fly	4	20			4	15		
Side Plank	4	30 sec			4	30 sec		
HIIT Sprint for 20 sec, walk for 40 sec. Repeat every minute for 10 mins.	1	1			1	1		

Day 5

Exercise	Sets	Reps	Week 1	Week 2	Sets	Reps	Week 3	Week 4
Warmup: Hand Walk, Jumping Jacks, Arm Swings, Crab Walk	1	10			1	10		
Bench Dips	4	20			4	15		
superset with								
Alternating Dumbbell Curls	4	20			4	15		
Bodyweight Skullcrushers (using the bench)	4	20			4	15		
superset with								
Preacher Curls	4	20			4	15		
Russian Twist	4	20			4	15		
15 min Walking On Treadmill With 3% Incline	1	1			1	1		