Rodriguez Core HIIT

HIIT A.

1. Cruch
2. Mountain Climbers
3. V-ups
4. Leg lifts
5. Russian Twists

HIIT B.

1. Rowers
2. Bicycles
3. Scissors
4. Side Obliques (left side)
5. Side Oblique (right side)

HIIT C. (Plank Matrix)

1. Plank
2. Side Plank (left side)
3. Side Plank (right side)
4. Plank
5. Thread the Needle (left side)
6. Thread the Needle (right side)

HIIT D. (Upper Body)

1. Push ups
2. Superman
3. Burpees
4. Arm Swings (as hard as possible)
5. Arm Circles

HIIT E. (Lower Body)

1. Squats
2. Jump Lunges
3. Bear crawls
4. Fire Hydrates
5. One leg Hip Bridge Holds (Left leg)
6. One leg Hip Bridge Holds (Right Leg)
7. One Legged Calf Raise (Each Leg)

Weekly Progression

Week 1-3: 20 seconds on, 10 off. 2 sets

Week 4-5: 30s on, 15off. 2 sets

Week 6-7: 30s on, 15 off. 3 sets

Week 8-10: 40s on 20 off. 2 sets

Week 11-12: 40s on 15 off 2 sets

Week 13-14: 45s on 20s off. 2 sets

Week 15: 45s on 15s off. 3 sets

Week 16-17: 50s on 20s off. 3 sets

Week 18: 50s on 15 off. 3 sets

Week 19-20: 60s on 30 off. 3 sets

Week 21: 60s on 20 off. 3 sets