

6 Simple HIIT Workouts for Home or Office—15 Minutes or Less

Add any of these HIIT workouts to your daily routine. Don't add them all at once though. One or two is sufficient either as a stand alone exercise or to incorporate into your existing workout to increase what you get out of it without much additional time.

HIIT Options:

1. Speed walking for 2 minutes then slow down for 1 minute. Repeat for 15 minutes.
2. At home, run up and down stairs 3 times, then rest for 1 minute. (if you don't have many steps, go up and down until you feel a little breathless, then rest. An option is to just use one step (step up up and down down) for 1 minute or work up to that. Repeat over 15 minutes switching lead legs each time. Another option, if you are using a treadmill, raise the incline to a challenging level for 30 seconds than bring it down to flat for 30 seconds. Keep alternating that for the workout.
3. March or run in place for two minutes, then rest for one minute. Repeat over 15 minutes.
4. Jump rope for one or two minutes, then rest for one minute. Repeat over 15 minutes.
5. Do front, side, and back lunges for 2 minutes alternating legs, then rest for one minute. Repeat over 15 minutes.
6. On your exercise bike, pedal at a slow pace to warm up for 5 minutes, then increase the resistance and pedal with 100% effort for 10 seconds, then slow the pace again until your heart rate slows. Then repeat. Work up to 20 seconds of high-intensity bursts.



I MAY NOT BE THERE YET,
BUT I AM CLOSER
THAN I WAS YESTERDAY



If you are new to working out, have any injuries or prior conditions that may hinder your ability to perform the activities safely, please seek approval from your physician and always listen to your body!

If you need other options, do not hesitate to reach out to me.

Debby Schiffer Targeting Wellness, LLC
Email: debby_schiffer@targetingwellness.com

Workout To YOUR Level and Always Practice Good Form

- *Start off slow especially if you are just getting started.*
- *Always warm up by doing your first round or two at a lower intensity.*
- *When adding HIIT workouts, take the time to practice good form for each exercise.*
- *Think about knee position and protecting your back.*
- *Make sure to incorporate stretch to your workouts to make sure you have full mobility when attacking the moves.*

Keep these things in mind if you are new to HIIT workouts.

Honor your body and fitness level.

- *Do not go from couch potato to full-blown HIIT workouts, without a ramp-up period for your body to acclimate to full-blown exercise.*
- *Add these into your routine slowly keeping in mind exercises such as jumping rope or running stairs or speed walking or running can be very intense and will elevate your heart rate quickly. Pace yourself.*
- *Do not exercise when tired. Because HIIT focuses on intensity, speed, and a high number of repetitions in a short period of time, it's important to pay attention to how you feel and to always use proper form. Also being tired is a set-up for possible injury.*
- *Having supportive athletic shoes is also important. There is a lot of jumping and running with HIIT workouts. Don't skimp on cross-trainers or running shoes. Again, only do to the level of YOUR fitness. You always have the option to march in place and work up to a jog or run. If something hurts your knees or back, discontinue that move.*
- *Remember to add in periods of rest and recovery to bring your heart rate back into normal range. It's very important. And, don't plan on continuing HIIT workouts for more than 30 minutes max. Do not do this every day...try for 2 -3 times a week.*