



High Intensity Interval Training Guide

A FITNESS GUIDE TO HIIT WORKOUTS
FOR BARIATRIC PATIENTS

Introduction

Thank you for downloading our HIIT Workout Guide. HIIT stands for high intensity interval training. It consists of doing a movement, typically a plyometric or compound movement, for a short period of time immediately followed by a rest period. HIIT workouts have many benefits including a quick calorie burn, increased metabolic rate, and better heart health.

In this guide you will find 5 days of HIIT workouts. These workouts last 20 minutes or less. Each workout consists of 4 to 5 moves that you will do for a specified period of time followed by a rest period.

If any of the exercises are too difficult to perform, take out the jumping and just do the general movement. Similarly, feel free to substitute certain moves for others in the guide, just aim to keep the workout time between 15 to 20 minutes. The purpose of this guide is to get you moving!

If at any time you feel lightheaded while performing the moves, immediately stop the workout and rest, ensuring you take deep breaths and drink water.

Although this guide contains 5 days of workouts, we advise that you only do 2 to 3 HIIT workouts a week.

Note: If you have a history of a heart condition, please consult with your doctor before beginning this guide.

DAY

1

Total Time: 20 minutes
Interval: 30 seconds on, 30 seconds off
Repeat 4 times for a total of 20 minutes

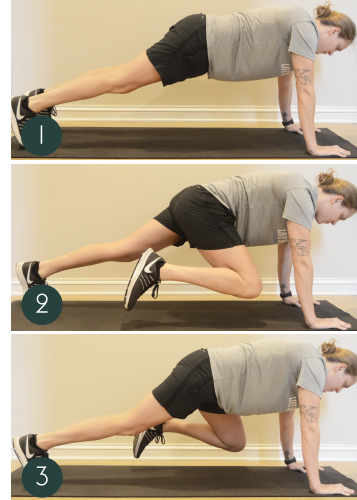
Equipment: Slam Ball Medicine Ball

Exercise 1: Jumping Jacks



Start in a standing position with your arms by your sides. As you jump, spread your legs and raise your hands above your head. Jump back to starting position.

Exercise 2: Mountain Climbers



Start in a plank position. Drive your right knee toward your right elbow then repeat on the opposite side. Modification: Go slow and eliminate the bounce.

Exercise 3: Overhead Ball Slams



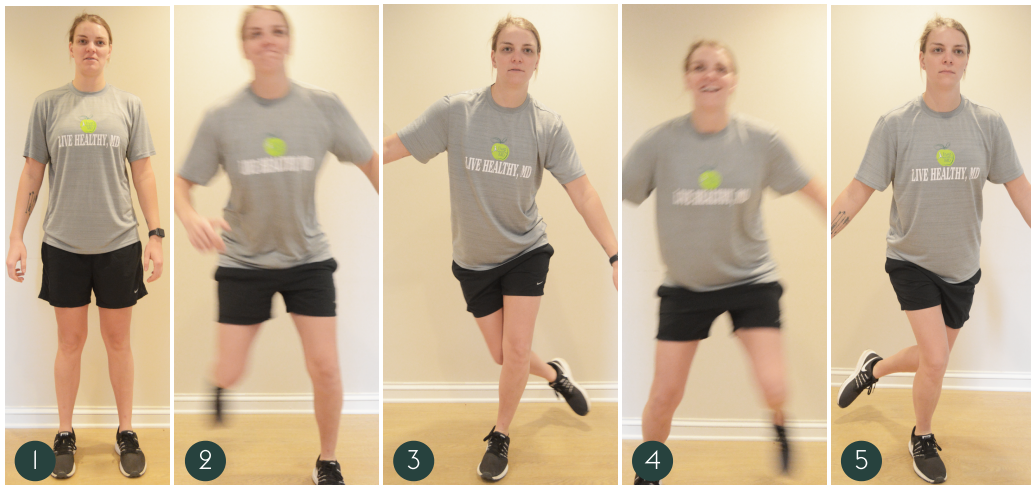
Hold the medicine ball above your head and with force, slam the ball on the ground. Squat to pick up the ball.

Exercise 4: Overhead Toss



Start in a squat, press upward with the ball tossing it above your head. Catch the ball and land in a squat.

Exercise 5: Lateral Bounds



Start in a standing position, jump off your outward facing leg landing in a curtsy position. Then immediately push off the other leg in the opposite direction. Try to jump as far as possible.

DAY 2

Total Time: 20 minutes
Interval: 20 seconds on, 40 seconds off
Repeat 4 times for a total of 20 minutes

Equipment: Small Step

Exercise 1: Pulsing Jump Squat



Squat down, pulse 2 times, then explode up in a jump. Modification: Take out the pulse.

Exercise 2: Toe Taps on Step



Use a step up or stairs. Alternate tapping your toes on the step. Modification: Go slow and eliminate the bounce.

Exercise 3: Squat to Calf Raise



Squat down and as you stand up, push up on your tippy toes.

Exercise 4: Lateral Shuttle Runs



In a squat position, shuffle to one side 4 steps, tap your outside toe with your opposite hand. Shuffle to the other side. Stay as low as possible.

Exercise 5: Forward Jump and Run Back



Start in a squat position and jump forward as far as you can. Shuffle backwards until you get to the place where you started. Try to stay low.

DAY 3

Total Time: 16 minutes
Interval: 20 seconds on, 40 seconds off
Repeat 4 times for a total of 16 minutes
Complete each exercise 4 times before moving on to the next exercise

Equipment: Treadmill

Exercise 1: Deadmill Sprints



With the treadmill turned off, push against the track and run as fast as you can. Rest for 40 seconds then repeat.

Exercise 2: Alternating Jump Lunges



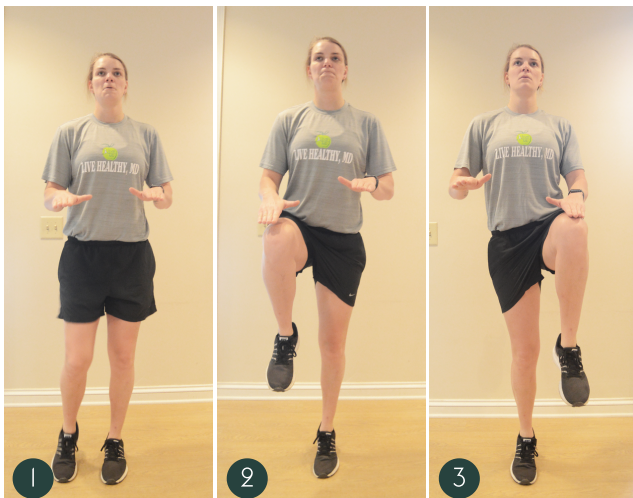
Start in a standing position. Jump into a lunge, alternating legs between jumps. Modification: Step into lunges.

Exercise 3: 90 Degree Squat Jump



Squat and as you come up, jump 90 degrees, landing in a squat. Go right for 2 sets and left for 2 sets. Modification: Do regular squats without the jump.

Exercise 4: High Knees



Drive your knees up towards your chest, alternating legs and moving fast so you are jumping off each side. Modification: Go slower and tap your foot instead of jumping between legs.

DAY 4

Total Time: 20 minutes
Interval: 30 seconds on, 30 seconds off
Repeat 5 times for a total of 20 minutes

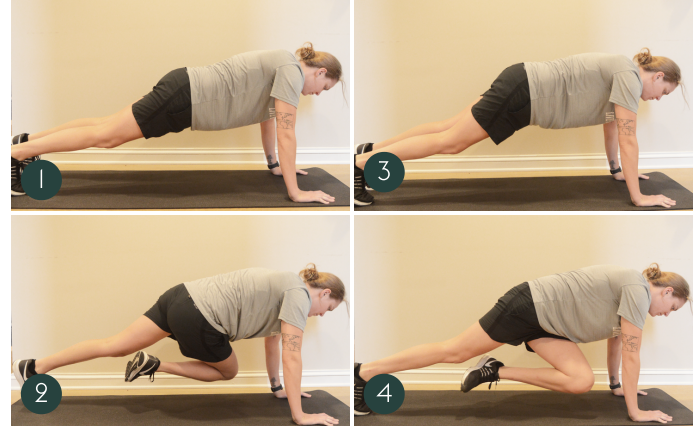
Equipment: Plyometric Box or Chair / Bench

Exercise 1: Floor to Ceiling Jumps



Start by squatting and touching the floor. As you jump up, raise your hands above your head. Land in a squat with your hands touching the floor again.

Exercise 2: Drunken Mountain Climbers



Start in a plank position. Bring your right knee to your left elbow. Repeat on the opposite side driving your left knee towards your right elbow.

Exercise 3: Box Step Ups



Step up on an elevated surface with both feet. Lead with one foot for 15 seconds then lead with the other foot for 15 seconds to target muscles in both legs.

Exercise 4: Fast Feet



Standing tall, start by moving the right foot out, the left foot out, the right foot in, the left foot in. Out, Out, In, In. Go as fast as you can.

DAY 5

Total time: 15 minutes
Interval: 20 seconds on, 40 seconds off
Repeat 3 times for a total of 15 minutes

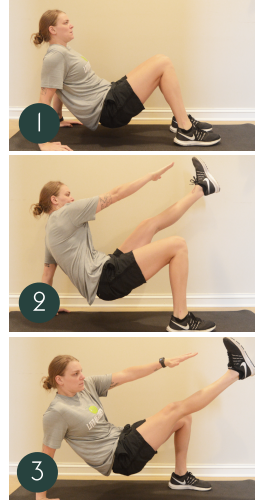
Equipment: None

Exercise 1: Straight Leg Calf Jumps



Jump straight up minimizing movement in your upper body and focusing on only using your legs. Land with a slight bend in the knees.

Exercise 2: Toe Touch Sit Ups



In a low crab position, reach up with your right arm to touch your left foot. Repeat on the opposite side. Modification: Lower your body to rest your butt on the ground.

Exercise 3: Jumping Jack



Start in a standing position with your arms by your sides. As you jump, spread your legs and raise your hands above your head. Jump back to starting position.

Exercise 4: Jump Squat



Squat down then explode up in a jump. Jump as high as you can when you come up. Modification: Take out the jump.

Exercise 5: Leaning Wall Sprints



Leaning against a wall or hard surface, drive your legs to your chest, similar to an exaggerated running-in-place move. Go as fast as you can.



Thank You!

Thanks again for downloading our HIIT Workout Guide. We hope you enjoy this guide and it helps you accelerate your fitness goals.

We would love to see your success, so tag us on Facebook or Instagram @BariatricCenters to show us your results or let us know what you think!



Don't forget to follow us on all of our social media channels to stay up to date!