

# One to One — 30:30

## Workout Outline



This High Intensity Interval Workout (HIIT) consists of a 30-second exercise followed by a 30-second rest. Repeat this pattern 10 times. The exercises can be almost anything — mountain climbers, pushups, burpees — and you can repeat any of them as you like. Try to find a combination that works your whole body: arms, legs, chest, back, and core. [Search Google for more HIIT exercises.](#)

Go as hard as you can in the exercise segments. (Feel free to disregard the music's tempo!) If you are new to HIIT, back off a bit until your body becomes accustomed to this level of aerobic training. Whatever your level, stretching before and after is extremely important, and be sure to press “pause” whenever you need to.

In the spaces provided, write down the exercises you will perform. A warning tone will tell you when it's time to begin the next exercise, and I'll tell you which set number you're about to start.

SET	EXERCISE	DURATION
1		30 seconds
	REST	30 seconds
2		30 seconds
	REST	30 seconds
3		30 seconds
	REST	30 seconds
4		30 seconds
	REST	30 seconds
5		30 seconds
	REST	30 seconds
6		30 seconds
	REST	30 seconds
7		30 seconds
	REST	30 seconds
8		30 seconds
	REST	30 seconds
9		30 seconds
	REST	30 seconds
10		30 seconds
	REST	30 seconds