

Three to One — 45:15 (HIIT Parade #4)

Workout Outline



This High Intensity Interval Workout (HIIT) consists of five full-out, 45-second exercises, each followed by a 15-second rest. **Repeat this pattern three times.**

The exercises can be almost anything: mountain climbers, pushups, burpees, etc. Try to find a combination that works your whole body: arms, legs, chest, back, and core. [A guide to this workout is here](#), and you can [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, and press “pause” whenever you need to.

In the spaces provided, write down the exercises you will perform. You’ll do each set of five exercises three times. A warning tone will tell you when it’s time to begin the next exercise, and I’ll tell you which exercise and set number you’re about to start. Have fun!

EXERCISE		DURATION
1		45 seconds
	REST	15 seconds
2		45 seconds
	REST	15 seconds
3		45 seconds
	REST	15 seconds
4		45 seconds
	REST	15 seconds
5		45 seconds
	COOLDOWN FINAL COOLDOWN	15 seconds 3 minutes