

1 + 1 = Lots of fit, fab fun!

This high intensity interval workout is a fast and furious pattern of high intensity cardio intervals and strength training for active recovery to push your chicks fab fitness results to the next level.

The pattern alternates cardio and strength:

1 min cardio (hard as you can go)

1 strength (recovery)

Repeat each cardio and strength 4 times for a total of 8 minutes per section. You have 10 secs to get from cardio to strength and back so KEEP YOUR CHICKS MOVING!. Please make sure to offer level 1 options too for starting chicks as this is a doozy.

5 MIN – Warm up (include dynamic stretching)

CARDIO	STRENGTH
1 MIN <ul style="list-style-type: none"> Line Sprints (outdoors use hills!) 	<ul style="list-style-type: none"> Lower Body (4 rounds of 1 min each) <ol style="list-style-type: none"> walking lunges 4 x 4 lunges incline lunges side to side lunges

Alternate between cardio and strength 4 times for a total of 8 min.

1 MIN <ul style="list-style-type: none"> One legged burpees (alternate legs each set) 	<ul style="list-style-type: none"> Upper Body <ol style="list-style-type: none"> side to side pushups commando pushups shoulder press front raise / side raise
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Alternate between cardio and strength 4 times for a total of 8 min.

1 MIN <ul style="list-style-type: none"> High Kicks (30 secs) / Low fast kicks (30 secs) 	<ul style="list-style-type: none"> Lower Body <ol style="list-style-type: none"> sumo squats squats with side kick squat with back kick dead lifts
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Alternate between cardio and strength 4 times for a total of 8 min.



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CARDIO	STRENGTH
1 MIN <ul style="list-style-type: none"> • Jumping Jacks with weights (do a variation each minute) 	<ul style="list-style-type: none"> • Upper Body <ol style="list-style-type: none"> 1. tricep dips or kick backs 2. low squat w bicep curls (use inner thigh) 3. standing chest fly with squat 4. isometric hold at shoulder height)
Alternate between cardio and strength 4 times for a total of 8 min.	
1 MIN <ul style="list-style-type: none"> • Jumping Jacks with weights (do a variation each minute) 	<ul style="list-style-type: none"> • Core <ol style="list-style-type: none"> 1. plank 2. v sit w tuck 3. v sit oblique twists 4. lower ab pulses)
Alternate between cardio and strength 4 times for a total of 8 min.	
5 MIN – cool down and total body static stretch	

NOTE: You want your chicks to be at a perceived exertion of 9 out of 10 during the cardio portions. How do they know they are there? Your chicks will be breathing heavily out of their mouths and feel like at the end of the cardio they NEED this recovery. Remind them they get to recover so they can push themselves as hard as they can go to get the benefits of the high intense intervals.



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Dirty 30 HITT Workout

Here is a workout we call Dirty 30 because it is a succession of 3 exercises 3 times over each for 30 seconds. Sounds pretty simple and it is to run but trust me your chicks will be sweating up a storm!

What you need:

1. Timer
2. Yoga Mat
3. Weights

For each exercise section below do each exercise for 30 seconds then move on to the next one repeat each exercise sequence 3 times then move on to the next section.

Warm Up

5 Minutes of Dynamic Stretching

Workout:

Section 1:

1. Prisoner Squats
2. Weighted Burpees
3. Walking planks

Section 2:

1. Low concentrated squat with bicep curls
2. Jump squats forward and back
3. Walking lunges with arms overhead – hold arms straight overhead with weights

Section 3:

1. Prisoner Squats with alternating knees up
2. Football runs
3. 3 Point Squat – start in chair squat – jump to regular squat – jump to plié squat and then back to start

Section 4:

1. Balancing Shoulder press
2. Basketball jumps – jump straight up as high as possible both hands reach like chicks are about to dunk
3. Split squats or jump lunges

Section 5:

1. Scissor Jumps - start in plié and jump in the air criss crossing legs in mid-air and land back in squat
2. Plié squats with triceps extensions overhead
3. Low squat with weighted punches

Section 6:

1. Standing Mountain Climbers – move forward and back
2. Crow push ups
3. Floor mountain climbers

Section 7:

1. Forward kicks with weights overhead
2. Reverse lunges with side shoulder raise
3. Scissor Jumping Jacks

Section 8:

1. Weighted Jumping Jacks with Punch in front
2. Close grip push ups
3. Plank Jacks

ABS: 5 minutes

Cool Down Stretch



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TABATAS ARE F-U-N!!

This workout is designed to chicks moving at a rapid pace and introduce them to the wonderful world of Tabatas training like they have never seen before!

Alternate between a Tabatas set and a strength set to keep chicks heart rate up but still providing an active recovery.

This workout will alternate between the Tabatas training section which is 4 minutes long broken down as 20 seconds high intensity and 10 seconds recovery repeated 8 times and then follow that section up with 4 minutes of strength training — each move being 1 minute in duration.

Warm Up – 5 Minutes

First round Tabatas: Weighted Burpees

First Round Strength: Lower Body movements

1. Alternating forward lunges with a chest press
2. Alternating forward lunges with a chest fly
3. Alternating reverse lunges with a chest press
4. Alternating forward lunges with a chest fly

Second Round Tabatas: Football Runs

Second Round Strength: Upper Body

1. Walking Push ups
2. Standard push ups
3. Centre Chest Press on back
4. Bridge with an alternating kick and punch

Third Round Tabatas: High Knees

Third round Strength: Lower Body

1. Standing alternating donkey kicks
2. Heel presses on bench or yoga mat
3. One legged heel presses — hold each side for 30 seconds
4. Alternating kicks from bridge position

Forth Round Tabatas: Sprints or Skaters

Forth Round Strength: Core Work

1. Oblique extensions with shoulder raise — see video in library if unsure of movement
2. Repeat other side oblique extensions with shoulder raise
3. Supermans
4. Airplane holds

Cool Down for 5 minutes



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CHICKS LOVE CIRCUITS, AND SO DO WE!!

This workout follows a circuit pattern to get chicks moving around the room and keep them guessing!

For better workout flow, have chicks volunteer to leave weights & mats when required. Everyone can use them & save time carrying them to each station.

SUPER IMPORTANT! While explaining stations, make sure your chicks are still moving by alternating with jogging, scissor jumps, jacks, squat holds, etc

WHAT YOU NEED

1. Timer
2. Signs on the walls listing each station number and what the exercise is

DYNAMIC WARM UP

5 minutes

WORKOUT

Explain Circuits no more than 5 minutes but again have them moving while you do so to keep their heart rates up!

STATIONS

Perform each station for 45 seconds and give only 15 seconds to move to the next one!

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| 1. Lay down / stand up – mat needed | 14. Burpee with 180 jump |
| 2. Chick Runs – have 3 pylons set out at points of reference to touch down on (suicide runs) | 15. Plyo jumping jack with a push up – yoga mat needed |
| 3. Sledgehammer squats – weights needed | Once all 15 stations are completed before you do the second round have chicks grab their mats for some upper body group work! |
| 4. One leg hops over a rolled up yoga mat – yoga mat needed | Perform each for one minute. |
| 5. Wall climbers | 1. Overhead shoulder press |
| 6. Figure 8 squats with a jump – weights needed | 2. Overhead pulses – like you are raising the roof |
| 7. 45 degree frog jumps – heels touch toes out at 45 degrees and jump | 3. Standing chest fly to a back row |
| 8. Jumping karate front kicks | 4. Sleeping crabs |
| 9. Wall sit – shimmy 2 steps left then 2 steps right staying low | 5. Table hold with alternating leg kicks |
| 10. 4 knees up and sprawl | |
| 11. Alternating reverse lunges with lateral raise – weights needed | |
| 12. Plank hip taps – yoga mat needed | |
| 13. One leg mountain climbers – yoga mat needed. Make sure they alternating legs for second round | |

Now repeat all 15 stations!

ABS WITH WEIGHTS

5 minutes

COOL DOWN STRETCH

5 minutes



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