

## High Intensity Interval Training (HIIT) Models

### What is Club 24?

It's an innovative and efficient way to functionally train the entire body in small spaces, using minimal to no equipment, working with either partners or individually in a group setting. There are 3 formats that can be utilized depending on the needs of your group and the amount of equipment you have.

#### 1. 30/30 second Hi/Lo intensity intervals with partners:

In this workout format, Partner 1 starts with Exercise 1, while Partner 2 starts with Exercise 2. Partners swap exercises every 30 seconds until they complete the first 4-minute block of exercises. They repeat this format throughout each 4-minute block. Participants each complete 4 sets during the 4-minute block of exercises.

30/30 Hi/Lo Partners Cardio/Flexibility				
Time	Exercise	Exercise Name	Exercise Purpose	Intensity
0 – 4 min	Exercise 1/2	Side Touch/Basic Step	Dynamic Warm up	Moderate
5 – 8 min	Exercise 3/4	Prisoner Drops/Alpha Balance	Dynamic Warm up	Moderate
9 – 12 min	Exercise 5/6	R Knee Drives/Side Glide	Muscular Endurance	Vigorous
13 – 16 min	Exercise 7/8	L Knee Drives/Ext Hip Rotation	Muscular Strength	Vigorous
17 – 20 min	Exercise 9/10	Mountain Climbers/Alt Rev Lunge	Cardio Endurance	Hard
21 – 24 min	Exercise 11/12	Burpees/Warrior 1	Cardio Endurance	Hard
	Stretching	Full body head to toe	Cool Down	Light

#### 2. Tabata-style 20/10 second intervals:

In this workout format, everybody performs the same exercises at the same time. For the Dynamic Warm up, the 10 second interval is a March just to keep the heart rate elevated. For the remainder of the exercises, the 10 second interval is a straight recovery. Participants each complete 8 sets during the 4-minute block of exercises.

20/10 Intervals Cardio				
Time	Exercise	Exercise Name	Exercise Purpose	Intensity
0 – 4 min	Exercise 1	Side Touch/March	Dynamic Warm up	Moderate
5 – 8 min	Exercise 2	Prisoner Drops/March	Dynamic Warm up	Moderate
9 – 12 min	Exercise 3	R Knee Drives	Muscular Endurance	Vigorous
13 – 16 min	Exercise 4	L Knee Drives	Muscular Strength	Vigorous
17 – 20 min	Exercise 5	Mountain Climbers	Cardio Endurance	Hard
21 – 24 min	Exercise 6	Burpees	Cardio Endurance	Hard
	Stretching	Full body head to toe	Cool Down	Light

#### 3. 4 Corners/Stations

This is a variation of the Club 24 model that is primarily used when you have more participants than equipment. You can utilize either the 30/30 model or the 20/10 model. Participants perform the 8 minutes of dynamic warm up as a large group and then split up to each of the different stations starting for the remaining 16 minutes (4 minutes per station and rotate).

4 Stations 20-10 Strength, Endurance				
Time	Exercise	Exercise Name	Exercise Purpose	Intensity
0 – 4 min	Exercise 1	Side Touch	Dynamic Warm up	Moderate
5 – 8 min	Exercise 2	Alt Rev Lunge	Dynamic Warm up	Moderate
9 – 12 min	Station 1 Tubing	Unilateral Row	Muscular Endurance	Vigorous
13 – 16 min	Station 2 BOSU	Walking Plank	Muscular Strength	Hard
17 – 20 min	Station 3 Step	Burpees	Cardio Endurance	Vigorous
21 – 24 min	Station 4 Mat	Push Plank	Cardio Endurance	Hard
	Stretching	Full body head to toe	Cool Down	Light

## Sample Workouts

### 30/30 HI/Lo Partners Muscular Endurance/Core Endurance

Basic Step w/hand scissors/XCountry Skier Prisoner Drops/Alt Rev Lunge R Knee Repeater-Side/McGill Crunch	L Knee Repeater-Side/Russian Twist Football/Side Plank Ham Curls/Heel Dig
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### 30/30 HI/Lo Partners Muscular Endurance/Core Stability

Shadow Rope Jump/Knee taps Squat to Ohead Press/Wacky Jacks Squat to Press L/Side bridge R	Squat to Press R/Side Bridge L Modified Push Up/Pendulum Lunges Rotating Planks/Single Leg Squat
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### 20-10 Partners Muscular Endurance

Basic Step w/hand scissors Alt Reverse Lunge Unilateral Row R	Unilateral Row L Swimmers Chariots
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### 20-10 Individual Agility

Step Touch Alternating Reverse Lunge Circle Run Clockwise	Circle Run Counterclockwise BB Shot Plank to Squat
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### 4 station/corner 20-10 Individual Muscular Endurance, Muscular Strength

XCountry/March Alternating Reverse Lunge/Side Glide 1. Tripod Switches	2. Bear Walk 3. Push Plank 4. Dancing Crab
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### 4 station/corner 30-30 Partners Muscular Endurance, Muscular Strength

Side Touch/In-Out March X Country/Side Glide 1. Ladders 2 feet in and out/Lateral Bound and hold	2. Swimmers/Plank with tubing 3. Heisman on steps/Slo-Mo Squat 4. Speed Punch/Static Squat with Mats
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### YouTube Resources:

Workoutmuse.com  
Athleanx.com  
Nick Tumminello  
JC Santana

Circular Strength Training  
Naudi Aguilar  
Bret Contreras  
Sports web PT

HEALTH RELATED FITNESS COMPONENTS		BRAIN RELATED FITNESS COMPONENTS
Muscular Endurance		Agility
Muscular Flexibility		Balance
Muscular Strength		Coordination
Cardiovascular Endurance		Power
Body Composition		Reaction Time
		Speed
<b>Health Related components pertain to the prevention of cardiovascular diseases and all associated problems.</b>		<b>Brain Related components are relevant for improvement in the level of performance in competitive environments.</b>

# How hard are YOU working?

A Perceived Exertion Scale is used to measure the intensity of your exercise. The numbers below relate to phrases used to rate how easy or difficult you find an activity. When exercising, you should always monitor your intensity to make sure you are not working too hard. One way to do this is by using a Perceived Exertion Scale. For most workouts, you should stay at Level 3-Vigorous.

Exercise should be enjoyable, stimulating, and invigorating so that you look forward to your regular activity. Exercising too hard causes people to drop out of exercising.

1 = LIGHT	2 = MODERATE	3 = VIGOROUS	4 = HARD	5 = DIFFICULT
<b>Physical Activity</b> “A walk in the park”	<b>Exercise</b> “Feeling warmer”	<b>Exercise</b> “Huffing & puffing”	<b>Training</b> “Can’t blow out a candle”	<b>Training</b> “Gasping for air”
<b>Barely</b> notice a change in heart beating and breathing, feel just a bit warmer, very comfortable and can move at this pace all day long, can sing or talk easily while doing the activity	<b>Noticeable</b> increase in heartbeat and breathing a bit harder, definitely warmer, maybe sweating a little, but feel good and can carry on a conversation comfortably while doing the activity	Heart beat is <b>faster</b> , feeling hot, sweating more, general fatigue but able to maintain this level, can still talk but with breaks in between words / phrases, slightly breathless	Heart beat is <b>noticeably faster</b> , breathing deeper and louder, feeling tired, difficult to maintain a conversation, can only maintain this pace for a short period of time, grunt in response to questions	Breathing is <b>deep and rapid</b> , muscles are quivering, can maintain this pace for a very short period of time, unable to talk

# HIIT

## High Intensity Interval Training Club 24 Workouts

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