

HIT Program – High Intensity Training

Builds aerobic capacity with strength – 45 minute program – for members with a good base fitness / strength.

1. Warm up

- a. 5-10mins
- b. use bike, rower, skipping rope, pilates machine

2. Conditioning Phase – work around the room

This phase should see 1 set of 12-15reps –

- with NO rest
- approx. 40-70%M1Lift
- break after one rotation
- do a 2nd rotation

- a. Leg Press – standard quad press
- b. Bench Press – standard shoulder width grip
- c. LAT Pulldown – wide grip
- d. Leg Extension – quad extension
- e. Shoulder Press – standard press up
- f. Bicep Curls – on preacher curl
- g. Chest – flys - Incline Bench
- h. Leg Raises – on Hip Flexor
- i. Roman Chair – back extensions
- j. Calf raises – on box
- k. Abs – V-sits or Planks
- l. Triceps – on box

3. Warm down

- a. 3-5minutes on bike, rower, pilates
- b. 5-10mins Stretching – all muscle groups