This week’s goal: Do each exercise in sequence in this HIIT home workout on any 3 non-consecutive days. Add a daily 20-30 minute brisk walk for cardio, and frequent stretch breaks throughout your work day.

Check off your daily progress below: W = Workout C = Cardio S = Stretch

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<tr>
<th>Monday</th>
<th>Tuesday</th>
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up: Do Each Exercise for 30 seconds

1. **Stretches**
   - **Triceps:** With your left hand, gently pull your right elbow behind your head until you feel the stretch in your right shoulder and the back of your upper right arm. Hold the stretch for 10 seconds, then switch arms and repeat. **Shoulders & Upper Back:** Interlace your fingers, then straighten your arms in front of you with palms facing away. Hold the stretch for 10 seconds. **Calf Stretch:** While standing in front of a wall, place your right toes against the wall. Bend your right knee until you feel a gentle stretch in the inside of your left leg. Hold for 15 seconds, then switch legs and repeat.

2. **Arm Circles**
   - Stand with your feet shoulder-width apart. Raise and extend your arms to the sides without bending the elbows. Slowly rotate your arms forward, making small circles of about 1 foot in diameter. Do this for 30 seconds. Complete a set in one direction and then switch, rotating backward. **Easy:** Keep the pace slow
   **Moderate:** Increase the pace of the rotations

3. **March in Place**
   - March in place keeping chest high and core engaged. Gently swing arms using opposite arm/leg combination. **Easy:** Keep knees low at a slow pace
   **Moderate:** Lift knees high
   **Advanced:** Jog in place with high knees

Not feeling warmed up? Repeat the warm up exercises one more time. Move onto the Main Workout.

Main Workout: Do Each Exercise for 30 Seconds.

1. **Skater Lunges**
   - Stand with legs wide, arms straight out to the sides and parallel to the floor. Bend the right knee into a side lunge and bring the left arm down towards the foot. Repeat on the other side, lunging from side to side and bringing opposite arm towards foot. **Easy:** Step side to side
   **Moderate:** Step side to side, touching ground
   **Advanced:** Hop side to side, touching ground

2. **Plank Tap**
   - Start in a plank position. Tap your right hand to your left shoulder while engaging your core and glutes to keep your hips as still as possible. Do the same thing with your left hand to right shoulder. Continue, alternating sides. **Easy:** On knees
   **Moderate:** On feet, wider
   **Advanced:** Feet together

3. **Bent knee In/Outs**
   - Sit on floor with palms behind you. Bend your knees and bring both toward your chest; hold. Then while leaning back extend both legs away from your center. **Moderate:** Straighten your legs more
   **Hard:** Extended arms out in front of you
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<th><strong>4. Lunge Kick</strong></th>
<th><strong>5. Twisted Mountain Climbers</strong></th>
<th><strong>6. Bird Dog Crunch</strong></th>
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| Bring the right knee up and extend the leg into a front kick without locking or hyperextending the knee. Bring the leg back and, keeping your balance on the left leg, immediately take the right leg back behind you in a lunge while touching the floor with your fingertips. Repeat on the other side.  
**Easy:** Descend only part way  
**Moderate:** Perform as above  
**Advanced:** Slow the pace and hold, maintaining perfect form | Get into a plank position with your shoulders over hands and weight on your toes. With your core engaged, twist to bring your right knee forward under your chest to your left elbow. Return to your plank to complete a rep. Switch legs, bringing the left knee forward to the right knee for your second rep. Repeat.  
**Easy:** Slow the pace  
**Moderate:** Perform as above  
**Advanced:** Increase the pace | Keeping your back and pelvis still and stable, reach your right arm forward and left leg back. Don’t allow the pelvis to rock side to side as you move your leg behind you. Focus on not letting the rib cage sag toward the floor. Reach through your left heel to engage the muscles in the back of the leg and your glutes. Bring the elbow and knee in towards your center as you round your back. Remember to draw in your abs. Return to the starting position, placing your hand and knee on the floor. 30 seconds each side.  
**Easy:** Just extend arm and leg  
**Moderate:** Perform as above |

|-----------------------------|------------------|--------------------------|
| Stand with your feet together. Step back with your left foot and bend both knees. Make a 90° angle with both knees and then stand back up. As soon as you stand up lift your back leg up in the air. Lower your left foot back to the ground and lunge back down. Repeat 30 seconds on each leg.  
**Easy:** Small leg lift  
**Moderate:** Perform as above  
**Advanced:** Lift leg parallel to the floor | Begin in plank position with the arms and body straight, shoulders over the wrists. Keep the core engaged. Bend the elbows behind you and lower your chest to the floor. Keep your upper arms tight to your body so your elbows are against your ribs on both sides. Straighten the arms, coming back to plank position.  
**Easy:** Lie down on one side stacking your shoulders, hips, and feet. The arm on the mat does all the work as you press yourself up and lower yourself to the mat to your starting position. Repeat on the other side.  
**Moderate:** On knees  
**Advanced:** On toes | Begin in the plank position, and then lower one arm at a time into elbow-plank position. Pause for 1 second in the elbow-plank position, and then one arm at a time beginning with the same arm you started your decent with, push your way back up to fully extended plank position. Repeat this up/down sequence. Your hips shouldn’t rotate when you’re moving up and down.  
**Easy:** Do in a knee plank position  
**Moderate:** Feet wide  
**Advanced:** Feet together |
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<td>Stand with your feet together, core engaged, and hands at your chest. Jump your feet wide and sit back into a wide squat, engaging your glutes and bending both knees until your thighs are parallel to the floor. Jump your feet back together to return to your starting position. Do two small hops in place, and then immediately jump your feet wide again to drop into another wide squat. <strong>Easy:</strong> Step your feet out <strong>Moderate:</strong> Perform as above <strong>Advanced:</strong> Make the small hops higher, swinging your arms up with each hop.</td>
<td>Start in a high plank with your palms flat on the floor, hands shoulder-width apart, shoulders stacked directly above your wrists, legs extended behind you, and your core and glutes engaged. Walk your hands together so that your thumbs and forefingers form a triangle. This is the starting position. Bend your elbows to lower your chest toward the ground. Then, straighten your arms and push your body back up to the starting position. <strong>Easy:</strong> Lower knees to floor <strong>Moderate:</strong> Perform as above</td>
<td>Begin on your back with your legs straight and arms reaching overhead. Lift your head and arms off the floor and begin to roll up to sitting, focusing on the abs pulling toward the spine, rounding the back, and keeping the motion smooth. Roll back down to the mat slowly, one vertebra at a time. End by reaching your arms overhead. Moving slowly and with control. <strong>Easy:</strong> Place your feet flat on the floor, knees bent <strong>Moderate:</strong> Perform as above</td>
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**Not feeling worked out? Repeat these exercises as a circuit 2-3 more times. Move on to the Cool Down & Stretch.**

### Cool Down & Stretch: Do Each Stretch for 30 seconds

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<td>Interlace your fingers, then straighten your arms in front of you with palms facing away.</td>
<td>While standing in front of a wall, place your right foot against the edge of the wall. Bend your right knee until you feel a gentle stretch in the inside of your left leg. Hold for 15 seconds, then switch legs and repeat.</td>
<td>Stand on one leg. Bend your other knee and bring your heel toward your butt. Reach for your ankle with your hand. Stand up straight and pull in your abdominal muscles. Try to keep your knees next to each other. Repeat on the other leg.</td>
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**Go to this link to follow along with the workout video:** High-Intensity Interval Training

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