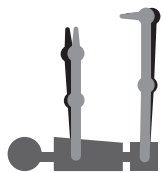
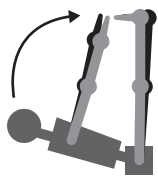


HOME HIIT  
SESSIONS



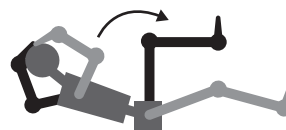
LEGS & ARMS UP



USE ABS TO LIFT  
SHOULDERS OFF FLOOR  
TO REACH TOES

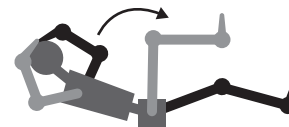
ABS 01 - TOE TOUCH

HOME HIIT  
SESSIONS



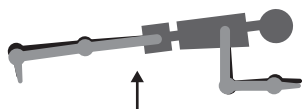
RAISE ELBOW TO  
OPPOSITE KNEE

USE CORE TO ROTATE  
TO OPPOSITE SIDE



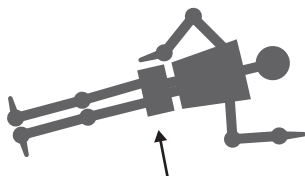
ABS 02 - BICYCLE CRUNCH

HOME HIIT  
SESSIONS



RAISE UP ON ELBOWS  
SHOULDERS OVER ELBOWS.  
BUM DOWN. ABS TIGHT

RAISE UP ON  
ONE ELBOW



ABS 03 - PLANK (FRONT & SIDE)

HOME HIIT  
SESSIONS



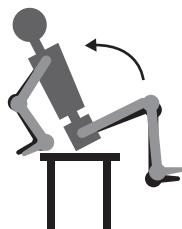
MOVE HEELS TOWARDS  
BUM & USE ABS TO  
RAISE SHOULDERS

ROTATE FROM HIPS  
TO TOUCH THE HEELS

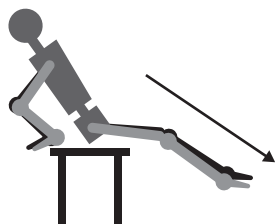


ABS 04 - HEEL TOUCH

HOME HIIT  
SESSIONS



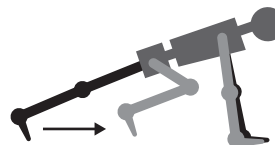
HOLD REAR OF  
CHAIR & RAISE KNEES



STRAIGHTEN LEGS

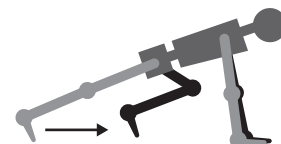
ABS 05 - SEATED CRUNCH

HOME HIIT  
SESSIONS



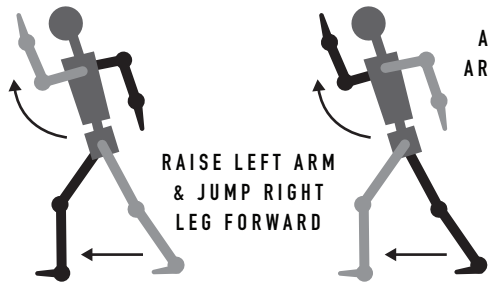
RAISE UP INTO  
A PLANK WITH SHOULDERS  
ABOVE HANDS

KEEP UPPER BODY  
STABLE & BRING ALTERNATE  
KNEES UP TO CHEST



ABS 06 - MOUNTAIN CLIMBERS

HOME HIIT  
SESSIONS

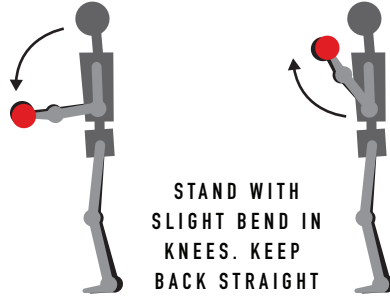


RAISE LEFT ARM  
& JUMP RIGHT  
LEG FORWARD

ALTERNATE  
ARMS & LEGS  
QUICKLY

ARMS & SHOULDERS 01 - SCISSORS

HOME HIIT  
SESSIONS

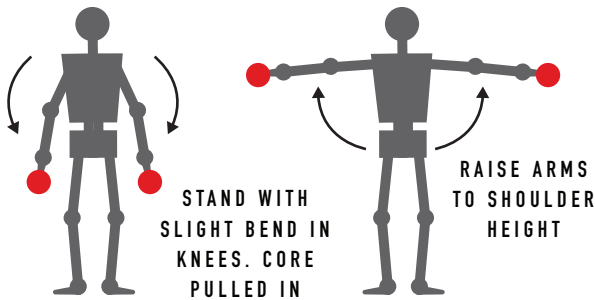


STAND WITH  
SLIGHT BEND IN  
KNEES. KEEP  
BACK STRAIGHT

TUCK ELBOWS  
IN & RAISE  
FROM ELBOWS

ARMS & SHOULDERS 02 - BICEP CURLS

HOME HIIT  
SESSIONS

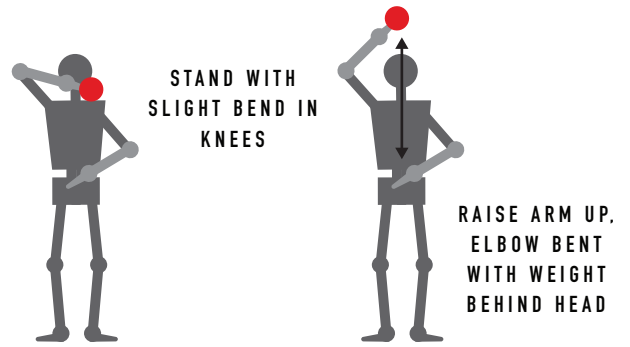


STAND WITH  
SLIGHT BEND IN  
KNEES. CORE  
PULLED IN

RAISE ARMS  
TO SHOULDER  
HEIGHT

ARMS & SHOULDERS 03 - LAT. RAISES

HOME HIIT  
SESSIONS

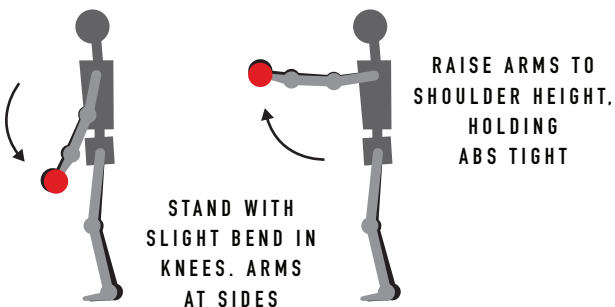


STAND WITH  
SLIGHT BEND IN  
KNEES

RAISE ARM UP,  
ELBOW BENT  
WITH WEIGHT  
BEHIND HEAD

ARMS & SHOULDERS 04 - TRICEP EXT.

HOME HIIT  
SESSIONS

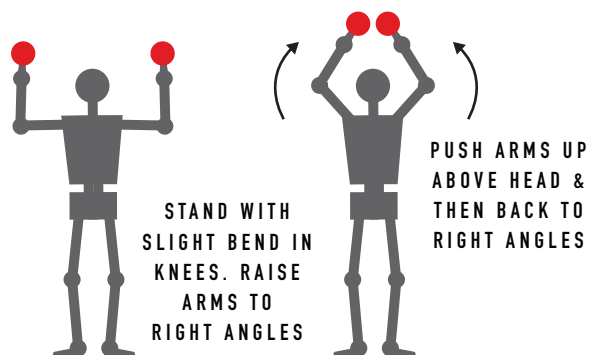


STAND WITH  
SLIGHT BEND IN  
KNEES. ARMS  
AT SIDES

RAISE ARMS TO  
SHOULDER HEIGHT,  
HOLDING  
ABS TIGHT

ARMS & SHOULDERS 05 - HORI. RAISES

HOME HIIT  
SESSIONS

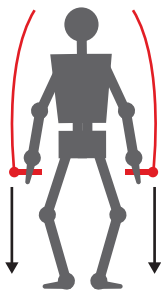


STAND WITH  
SLIGHT BEND IN  
KNEES. RAISE  
ARMS TO  
RIGHT ANGLES

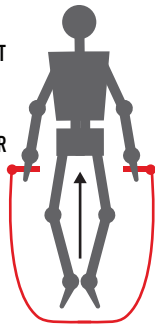
PUSH ARMS UP  
ABOVE HEAD &  
THEN BACK TO  
RIGHT ANGLES

ARMS & SHOULDERS 06 - SHOULDER PRESS

HOME HIIT  
SESSIONS



IF NO ROPE,  
DO MOVEMENT  
WITHOUT.  
KEEP SLIGHT  
BEND IN YOUR  
KNEES



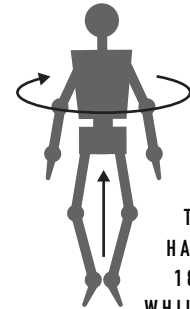
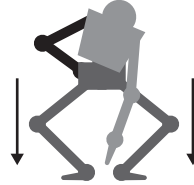
TO MAKE IT  
HARDER, HOP  
ON ALTERNATE  
LEGS.

CARDIO 01 - SKIPPING

HOME HIIT  
SESSIONS



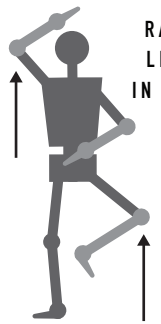
SQUAT DOWN TO  
TOUCH THE FLOOR,  
THEN JUMP UP  
AS YOU STAND UP.



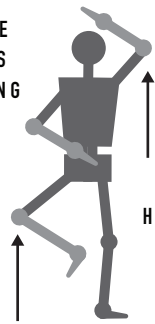
TO MAKE IT  
HARDER, JUMP  
180 DEGREES  
WHILE IN THE AIR.

CARDIO 02 - LILYPAD SQUATS

HOME HIIT  
SESSIONS



RAISE OPPOSITE  
LEGS AND ARMS  
IN ROPE CLIMBING  
ACTION



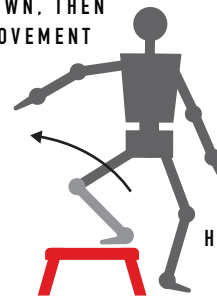
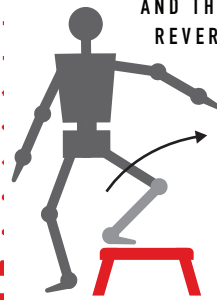
TO MAKE IT  
HARDER, RAISE  
LEGS HIGHER

CARDIO 03 - CLIMBING THE ROPE

HOME HIIT  
SESSIONS



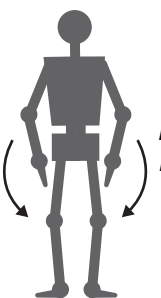
STEP UP ONTO PLATFORM  
AND THEN DOWN, THEN  
REVERSE MOVEMENT



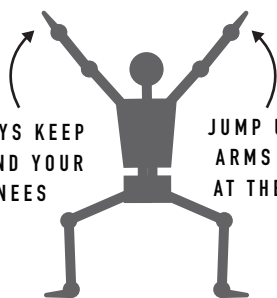
TO MAKE IT  
HARDER, JUMP  
ON AND OFF

CARDIO 04 - STEP UP

HOME HIIT  
SESSIONS



ALWAYS KEEP  
A BEND YOUR  
KNEES



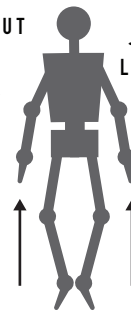
JUMP UP AND PUSH  
ARMS & LEGS OUT  
AT THE SAME TIME

CARDIO 05 - STAR JUMPS

HOME HIIT  
SESSIONS



CROUCH INTO  
SQUAT POSITION, BUT  
DON'T LET YOUR  
KNEES PASS OVER  
YOUR TOES



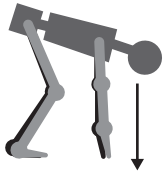
JUMP UP AND THEN  
LAND IN DEEP SQUAT  
POSITION.

CARDIO 06 - JUMP SQUATS

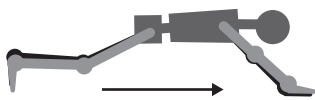
## HOME HIIT SESSIONS

**Red Langan**  
FITNESS

HINGE FORWARD FROM THE HIPS, KEEPING YOUR CORE HELD IN TIGHT



WALK HANDS FORWARD OUT INTO HIGH PLANK POSITION



LEGS & BUM 01 - WALK OUT

## HOME HIIT SESSIONS

**Red Langan**  
FITNESS

DON'T LET KNEES GO OVER TOES. FOR SUMO VERSION FEET SHOULD BE WIDER THAN SHOULDERS



KEEP FEET HIP WIDTH APART. OPTION TO HOLD WEIGHTS BY SIDES

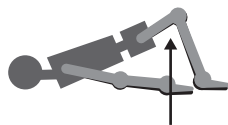


LEGS & BUM 02 - SQUATS / SUMO SQUATS

## HOME HIIT SESSIONS

**Red Langan**  
FITNESS

LIE ON GROUND WITH FEET FLAT ON FLOOR. FOR CHAIR VERSION PUT HEELS ON CHAIR.



PIVOT FROM KNEES & LIFT HIPS UPWARDS AND HOLD FOR 2 SECONDS. LOWER BUT DO NOT LET YOUR BUM TOUCH THE FLOOR

LEGS & BUM 03 - GLUTE BRIDGE

## HOME HIIT SESSIONS

**Red Langan**  
FITNESS

STEP ONE FOOT BACK. BEND BOTH KNEES TO 90 DEGREES



DON'T LET KNEES GO OVER TOES. TO MAKE HARDER HOLD WEIGHTS BY SIDE

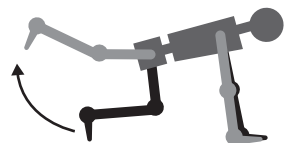
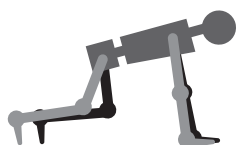


LEGS & BUM 04 - REVERSE LUNGE

## HOME HIIT SESSIONS

**Red Langan**  
FITNESS

GO ONTO ALL FOURS & PULL CORE IN. FOR HARDER VERSION, LOOP RESISTANCE BAND AROUND HAND AND LEG (SAME SIDE)



EXTEND LEG BACKWARD, WITH TOES FACING THE FLOOR, THEN BRING KNEE BACK IN TOWARDS CHEST

LEGS & BUM 05 - FLOOR HIP EXTENSION

## HOME HIIT SESSIONS

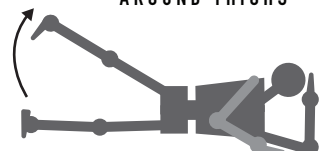
**Red Langan**  
FITNESS

OPTION TO MOVE LEG FORWARD OR BACK TO USE DIFFERENT GLUTE MUSCLES



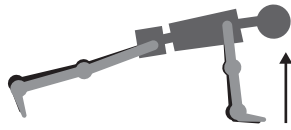
TO MAKE HARDER, ADD RESISTANCE BAND AROUND THIGHS

LAY ON YOUR SIDE WITH YOUR LEGS ON TOP OF EACH OTHER. LIFT TOP LEG UPWARDS WHILST KEEPING TOES FLEXED



LEGS & BUM 06 - LYING HIP ABDUCTIONS

HOME HIIT  
SESSIONS



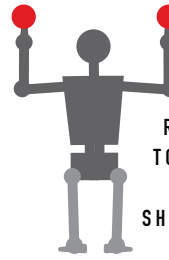
EASIER OPTION:  
PUT KNEES ON  
THE FLOOR

ALIGN YOUR SHOULDERS  
OVER YOUR WRISTS &  
LOWER YOURSELF TO  
THE FLOOR



CHEST & BACK 01 - PRESS UP

HOME HIIT  
SESSIONS



RAISE ELBOES  
TO 90 DEGREES,  
BENT AT  
SHOULDER HEIGHT



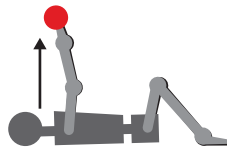
PRESS ARMS  
UP ABOVE  
SHOULDERS

CHEST & BACK 02 - SHOULDER PRESS

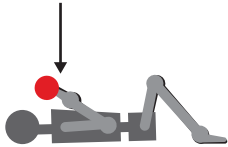
HOME HIIT  
SESSIONS



LAY FLAT ON THE  
FLOOR OR BENCH  
WITH FEET FLAT ON  
THE GROUND



INHALE WHILST BRINGING  
BAR TO YOUR CHEST,  
THEN EXTEND ARMS UP  
WHILST EXHALING

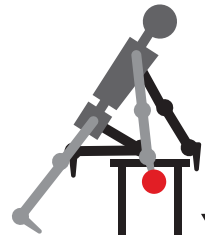


CHEST & BACK 03 - CHEST PRESS

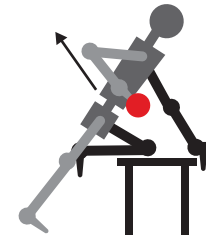
HOME HIIT  
SESSIONS



GRAB A DUMBBELL WITH  
PALM FACING IN. PUT KNEE  
& HAND ON THE CHAIR

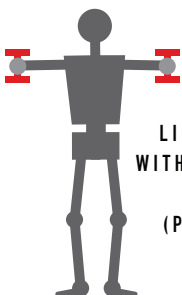


KEEPING ELBOW TUCKED IN  
LIFT UP ARM, BENDING AT  
YOUR ELBOW



CHEST & BACK 04 - 1 ARM DUMBBELL ROW

HOME HIIT  
SESSIONS



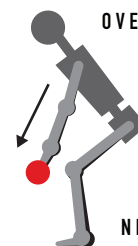
LIE ON A BENCH  
WITH DUMBBELLS IN  
EACH HAND  
(PALMS FACING  
INWARDS)



INHALE AND OPEN  
ARMS OUT  
HORIZONTALLY,  
THEN RETURN  
TO ORIGINAL  
POSITION

CHEST & BACK 05 - CHEST FLY

HOME HIIT  
SESSIONS



WITH LEGS  
SLIGHTLY BENT,  
GRAB BAR WITH  
OVERHAND GRIP



REST BAR ON KNEES  
AND ROLL BAR UP,  
SQUEEZING SHOULDER  
BLADES TOGETHER

NEVER ROUND YOUR BACK, KEEP BACK FLAT

CHEST & BACK 06 - BARBELL ROW