

## 7 Minute SPRINT INTERVAL TRAINING Workout Overview Steps

- 1. You start off with a warm-up
- 2. Then you put forth your best effort for 20 seconds only.
  - a. Each time you do a 20-second interval, you activate your metabolic multipliers and prepare your body to burn fat hard for at least 24 hours and up to a possible 48 hours in some people.
  - b. you only do as much as you actually can do when you're starting out. This makes this perfect for anyone who is getting back to working out after a long period of time.
- 3. You follow that by an active recovery period 2 minutes that allows your heart and muscles to calm down before they reach their limits.
  - a. you get to gently move your body during your rest period. This allows your body to stay loose and flexible, and it makes sure you don't get hurt.
- Then you do it again for just 20 seconds. You keep alternating your workout until your total workout time is 7 minutes including your warm-up and your cool-down.
- 5. Your entire workout will be seven minutes long, but you're only doing a total of one minute of strenuous exercise.



According to both the American Heart Association AND the American Stroke Association, Sprint Interval Training is most effective for weight loss, heart strengthening, and endurance.

## **Some Basics**

Each of the 14 'One-Minute Workouts' are 10 minutes long with:

- A set 2-minute warm-up
- A 7-minute sprint and recover cycle
- A set 1-minute flow-down

The warm-up and the flow down will be the same for each One Minute Workout, but the sprint and recover cycle will be chosen from a set of **unique combinations for each movement**.

These workouts are based on sprint interval training.

#### Within the Sprint and Recover Cycle:

• You will perform 20 seconds of sprint interval training (SIT), followed by 2 minutes of active recovery. This cycle is repeated 3 times for a total of 7-minutes.



# How to "Up" Each Workout

Decrease recovery time between your sprint intervals, so instead of 2 minutes, take 1 minute of active recovery.

Increase the amount of cycles. Although you will get amazing results from the traditional One Minute Workout, you can always increase the number of sprint-recover cycles that you perform. Instead of 3 cycles, you can increase it to 4 or 5 cycles.

Add small weights to appropriate exercises. You can add weights to things like squats, presses, rows, etc.

# **Off Days**

As you will notice on the workout calendar, you have 4 workout days. You can always increase this.

On your off days, I have assigned you to do a 20-minute walk OR doing something active.

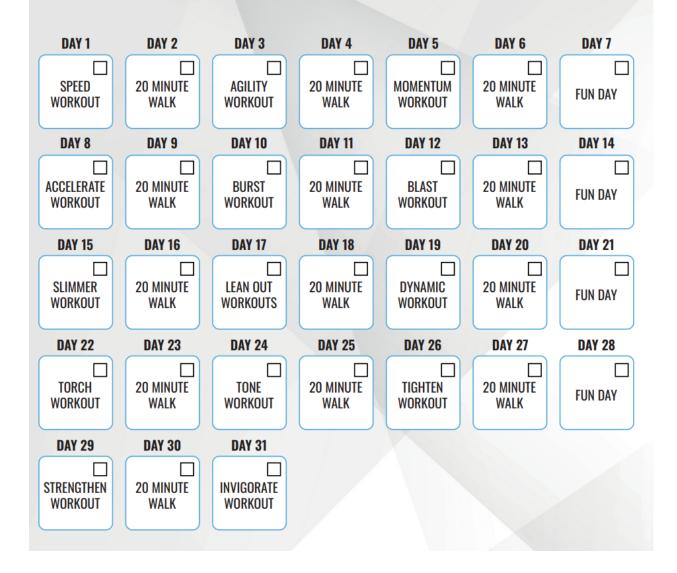
I encourage you to do more than a 20-minute or longer walk. You can also use one of your workouts on these days, if you are feeling energized!



At the Beginner Level, you should work out 3 times per week.
At the Intermediate Level, you should work out 4 times per week.
At the Advanced Level, you should work out 5-7 times per week.



# BEGINNER



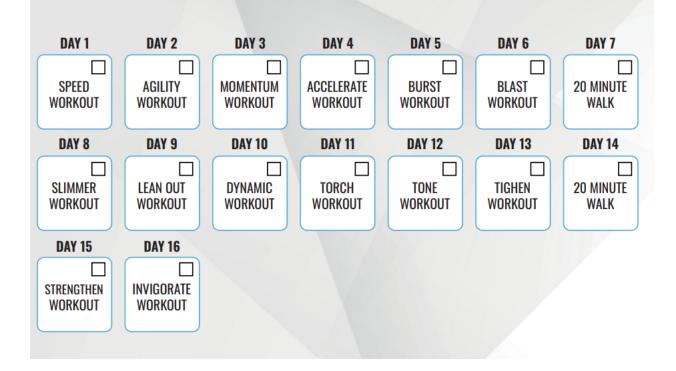


# INTERMEDIATE





# **ADVANCED**





# Warm-Up & Flow-Down

Do the Warm-Up before each workout and the Flow-Down after.

## WARM UP:

TIME
30 Seconds
30 Seconds
30 Seconds
30 Seconds

# FLOW DOWN:

EXERCISE	TIME
Around the World (R)	15 Seconds
Around the World (L)	15 Seconds
Hip Circles	15 Seconds
Child's Pose	15 Seconds



# Speed - One Minute Workout 20 seconds of work

2 minutes active recovery Increase number of rounds for a more advanced workout- May be Repeated 2-3 times

EXERCISE	TIME
Air Squats	20 Seconds
Good Mornings	2 Minutes
Butt Kicking Jacks	20 Seconds
Hip Circles	2 Minutes
Knee to Hand	20 Seconds
Open Palm Twist	2 Minutes

# Agility - One Minute Workout 20 seconds of work

2 minutes active recovery

EXERCISE	TIME
Side to Side Step	20 Seconds
RDL	2 Minutes
Modified Push Ups	20 Seconds
Arm Criss-Cross	2 Minutes
Overhead Swing	20 Seconds
Hip Opens	2 Minutes



# Momentum - One Minute Workout 20 seconds of work

2 minutes active recovery

Increase number of rounds for a more advanced workout- May be Repeated 2-3 times

EXERCISE	TIME
T Leg Lift	20 Seconds
Side to Side Reach	2 Minutes
Monkey Pumps	20 Seconds
Glute Bridge	2 Minutes
Squat Punch	20 Seconds
High Wide Side Knees	2 Minutes

## Accelerate - One Minute Workout

#### 20 seconds of work 2 minutes active recovery Increase number of rounds for a more advanced workout- May be Repeated 2-3 times

EXERCISE	TIME
Stationary Lunge	20 Seconds
Nordic Skier	2 Minutes
Stationary Lunge	20 Seconds
Plank on Knees	2 Minutes
Oblique Leg Twist	20 Seconds
Hip Flexor Stretch	2 Minutes



# Burst - One Minute Workout

20 seconds of work

2 minutes active recovery

Increase number of rounds for a more advanced workout- May be Repeated 2-3 times

EXERCISE	TIME
High Knee March	20 Seconds
Overhead Side Reaches	2 Minutes
Opp. Arm/Leg Reach Standing	20 Seconds
Overhead Side Reaches	2 Minutes
Opp. Arm/Leg Reach Standing	20 Seconds
Side to Side Butt Kick	2 Minutes

#### Blast - One Minute Workout 20 seconds of work

20 seconds of work 2 minutes active recovery Increase number of rounds for a more advanced workout- May be Repeated 2-3 times

EXERCISE	TIME
Wall Climber	20 Seconds
Open Palm Twist	2 Minutes
Groiners	20 Seconds
Standing Hip Rotation	2 Minutes
Chest Squeeze March	20 Seconds
Bent over Streamline Rotation	2 Minutes



#### Slimmer - One Minute Workout

20 seconds of work

2 minutes active recovery

Increase number of rounds for a more advanced workout- May be Repeated 2-3 times

TIME
20 Seconds
2 Minutes
20 Seconds
2 Minutes
20 Seconds
2 Minutes

Lean Out - One Minute Workout 20 seconds of work 2 minutes active recovery Increase number of rounds for a more advanced workout- May be Repeated 2-3 times

EXERCISE	TIME
Crab Touch Up	20 Seconds
Hip Presses	2 Minutes
Side Step Butt Kicks	20 Seconds
Triangle to Warrior Two	2 Minutes
Hip Circles	20 Seconds
Side Leg Lifts	2 Minutes



# Dynamic - One Minute Workout 20 seconds of work

2 minutes active recovery

EXERCISE TIME	
High Wide Side Knees	20 Seconds
Standing Straight Leg Alt Extensions	2 Minutes
Bird Dog	20 Seconds
Full Body Extensions	2 Minutes
Bird Dog	20 Seconds
Side Stretch Reach With Knee	2 Minutes



#### Torch - One Minute Workout 20 seconds of work

2 minutes active recovery

Increase number of rounds for a more advanced workout- May be Repeated 2-3 times

EXERCISE	TIME
Side Step	20 Seconds
Child's Pose to Up Dog	2 Minutes
Sumo Pulses	20 Seconds
Butt Kicks	2 Minutes
Overhead Reach	20 Seconds
Squat Hold	2 Minutes

#### Tone - One Minute Workout 20 seconds of work

<u>2 minutes active recovery</u>

EXERCISE	TIME
Straight Leg Extension	20 Seconds
Around the World	2 Minutes
Kick Boxer Knee	20 Seconds
Open Palm Twist	2 Minutes
Forward and Back Step	20 Seconds
Hip Opens	2 Minutes



# Tighten - One Minute Workout 20 seconds of work

2 minutes active recovery

Increase number of rounds for a more advanced workout- May be Repeated 2-3 times

EXERCISE	TIME
Step Jacks	20 Seconds
Child's Pose to Up Dog	2 Minutes
Floating Tricep Dip	20 Seconds
Mountain Climber Hops	2 Minutes
Squat Reach	20 Seconds
Leg Shake Out	2 Minutes

# **Strengthen - One Minute Workout**

20 seconds of work 2 minutes active recovery ncrease number of rounds for a more advanced workout- May be Repeated 2-3 times

EXERCISE	TIME
Chest Squeeze	20 Seconds
Side Reach	2 Minutes
Knee to Hand	20 Seconds
Triangle to Warrior Two	2 Minutes
Heisman	20 Seconds
Alt. Figure Four	2 Minutes



## Invigorate - One Minute Workout 20 seconds of work

2 minutes active recovery

EXERCISE	TIME
Cross Knees	20 Seconds
Head to Hand	2 Minutes
Butt Kicking Jacks	20 Seconds
Good Mornings	2 Minutes
High Wide Side Knee	20 Seconds
Open Palm Twist	2 Minutes



# **WORKOUT DESCRIPTIONS:**

#### **GOOD MORNINGS:**

Start from standing Press hips down and back Reach through your legs Swing your arms to the sky Pull open your rib cage

## **AROUND THE WORLD:**

Start from standing Chest is up Shoulders back Squat down Bring your hands all the way around and up towards the sky Alternating your direction

# **CHILD'S POSE:**

Sit back on your heels kneeling on the floor Lower your torso and stretch your arms forward Inch your fingers forward as far as you can

#### **RDL**:

Start with feet hip width apart and maintain strong core Press through heels and hinge forward at the hips with a flat back Pull the belly button towards spine Trace the tops of your thighs down towards your ankles as you push your hips backward Retrace the same motion back to standing position while squeezing the glutes



## **MONKEY PUMPS**:

Starting position: arm at a 90 degree angle shoulders in line with elbow like a "goal post" Chest up, shoulders back, sitting into your core Bring forearms, palms, and elbows to center to touch, return to "goal post" Straighten arms up toward the sky and reach

#### **NORDIC SKIER:**

Right hand up (reaching) Left knee up Then alternate

## **GROINER:**

Starting on hands and knees Step right foot out to your right elbow then back Alternate

### CHEST SQUEEZE MARCH:

Start by marching in place Then bring your elbows up, arms in a 90 degree angle in front of you Bring your elbows together (squeezing) while marching place

# **BENT OVER STREAMLINE ROTATION:**

Chest up, shoulders back

Bend over

Put your hands out in front of you, and move back and forth reaching your hands to the left and the right keeping them together



## **CAT COW:**

Get on your hands and knees Tuck your tailbone under, rolling your spine upward Then look up to the sky, arching your spine towards the ground

# **ALTERNATE FIGURE FOUR:**

Lay down on your back Place your right ankle on your left knee Gently press right hand on right knee while carefully pulling back of left thigh with left h Push your belly button in towards your spine Alternate

## **TRIANGLE TO WARRIOR 2:**

Place your right foot forward, place your left foot back perpendicular to right foot Place your arms above your head into a triangle position Lower your body down bringing your arms out to a "T" Then raise your body, bringing your arms back to a triangle

# **BIRD DOG:**

Go onto your hands and knees Extend your left leg, and extend your right arm Alternate by crunching opposite arm and leg in to chest

# **HEISMAN:**

Step to the side bring opposite knee up and hold for a second Alternate

Reference: MEREDITH SHIRK CPT, FNS, WLS

