

## 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.
4. 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

<b>DAY 1</b> SPEED WORKOUT <input type="checkbox"/>	<b>DAY 2</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 3</b> AGILITY WORKOUT <input type="checkbox"/>	<b>DAY 4</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 5</b> MOMENTUM WORKOUT <input type="checkbox"/>	<b>DAY 6</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 7</b> FUN DAY <input type="checkbox"/>
<b>DAY 8</b> ACCELERATE WORKOUT <input type="checkbox"/>	<b>DAY 9</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 10</b> BURST WORKOUT <input type="checkbox"/>	<b>DAY 11</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 12</b> BLAST WORKOUT <input type="checkbox"/>	<b>DAY 13</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 14</b> FUN DAY <input type="checkbox"/>
<b>DAY 15</b> SLIMMER WORKOUT <input type="checkbox"/>	<b>DAY 16</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 17</b> LEAN OUT WORKOUTS <input type="checkbox"/>	<b>DAY 18</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 19</b> DYNAMIC WORKOUT <input type="checkbox"/>	<b>DAY 20</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 21</b> FUN DAY <input type="checkbox"/>
<b>DAY 22</b> TORCH WORKOUT <input type="checkbox"/>	<b>DAY 23</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 24</b> TONE WORKOUT <input type="checkbox"/>	<b>DAY 25</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 26</b> TIGHTEN WORKOUT <input type="checkbox"/>	<b>DAY 27</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 28</b> FUN DAY <input type="checkbox"/>
<b>DAY 29</b> STRENGTHEN WORKOUT <input type="checkbox"/>	<b>DAY 30</b> 20 MINUTE WALK <input type="checkbox"/>	<b>DAY 31</b> INVIGORATE WORKOUT <input type="checkbox"/>				

# INTERMEDIATE

<b>DAY 1</b> <input type="checkbox"/> SPEED WORKOUT	<b>DAY 2</b> <input type="checkbox"/> 20 MINUTE WALK	<b>DAY 3</b> <input type="checkbox"/> AGILITY WORKOUT	<b>DAY 4</b> <input type="checkbox"/> 20 MINUTE WALK	<b>DAY 5</b> <input type="checkbox"/> MOMENTUM WORKOUT	<b>DAY 6</b> <input type="checkbox"/> 20 MINUTE WALK	<b>DAY 7</b> <input type="checkbox"/> ACCELERATE WORKOUT
<b>DAY 8</b> <input type="checkbox"/> BURST WORKOUT	<b>DAY 9</b> <input type="checkbox"/> 20 MINUTE WALK	<b>DAY 10</b> <input type="checkbox"/> BLAST WORKOUT	<b>DAY 11</b> <input type="checkbox"/> 20 MINUTE WALK	<b>DAY 12</b> <input type="checkbox"/> SLIMMER WORKOUT	<b>DAY 13</b> <input type="checkbox"/> 20 MINUTE WALK	<b>DAY 14</b> <input type="checkbox"/> LEAN OUT WORKOUT
<b>DAY 15</b> <input type="checkbox"/> DYNAMIC WORKOUT	<b>DAY 16</b> <input type="checkbox"/> 20 MINUTE WALK	<b>DAY 17</b> <input type="checkbox"/> TORCH WORKOUT	<b>DAY 18</b> <input type="checkbox"/> 20 MINUTE WALK	<b>DAY 19</b> <input type="checkbox"/> TONE WORKOUT	<b>DAY 20</b> <input type="checkbox"/> 20 MINUTE WALK	<b>DAY 21</b> <input type="checkbox"/> TIGHTEN WORKOUT
<b>DAY 22</b> <input type="checkbox"/> STRENGTHEN WORKOUT	<b>DAY 23</b> <input type="checkbox"/> 20 MINUTE WALK	<b>DAY 24</b> <input type="checkbox"/> INVIGORATE WORKOUT				

# ADVANCED

<b>DAY 1</b> <input type="checkbox"/> SPEED WORKOUT	<b>DAY 2</b> <input type="checkbox"/> AGILITY WORKOUT	<b>DAY 3</b> <input type="checkbox"/> MOMENTUM WORKOUT	<b>DAY 4</b> <input type="checkbox"/> ACCELERATE WORKOUT	<b>DAY 5</b> <input type="checkbox"/> BURST WORKOUT	<b>DAY 6</b> <input type="checkbox"/> BLAST WORKOUT	<b>DAY 7</b> <input type="checkbox"/> 20 MINUTE WALK
<b>DAY 8</b> <input type="checkbox"/> SLIMMER WORKOUT	<b>DAY 9</b> <input type="checkbox"/> LEAN OUT WORKOUT	<b>DAY 10</b> <input type="checkbox"/> DYNAMIC WORKOUT	<b>DAY 11</b> <input type="checkbox"/> TORCH WORKOUT	<b>DAY 12</b> <input type="checkbox"/> TONE WORKOUT	<b>DAY 13</b> <input type="checkbox"/> TIGHEN WORKOUT	<b>DAY 14</b> <input type="checkbox"/> 20 MINUTE WALK
<b>DAY 15</b> <input type="checkbox"/> STRENGTHEN WORKOUT	<b>DAY 16</b> <input type="checkbox"/> INVIGORATE WORKOUT					

## Warm-Up & Flow-Down

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

### WARM UP:

<b>EXERCISE</b>	<b>TIME</b>
Good Mornings	30 Seconds
Squat-Reach	30 Seconds
Squat-Twist	30 Seconds
Butt Kicking Jacks	30 Seconds

### FLOW DOWN:

<b>EXERCISE</b>	<b>TIME</b>
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

<b>EXERCISE</b>	<b>TIME</b>
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

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

<b>EXERCISE</b>	<b>TIME</b>
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

<b>EXERCISE</b>	<b>TIME</b>
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

<b>EXERCISE</b>	<b>TIME</b>
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

<b>EXERCISE</b>	<b>TIME</b>
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

2 minutes active recovery

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

<b>EXERCISE</b>	<b>TIME</b>
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

<b>EXERCISE</b>	<b>TIME</b>
Overhead Swing	20 Seconds
Cat Cow	2 Minutes
Tricep Kick Back	20 Seconds
Side to Side Leg Lifts	2 Minutes
Plank on Knees	20 Seconds
Alt. Figure 4	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

<b>EXERCISE</b>	<b>TIME</b>
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

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

<b>EXERCISE</b>	<b>TIME</b>
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

<b>EXERCISE</b>	<b>TIME</b>
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

2 minutes active recovery

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

<b>EXERCISE</b>	<b>TIME</b>
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

<b>EXERCISE</b>	<b>TIME</b>
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

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

<b>EXERCISE</b>	<b>TIME</b>
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

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

<b>EXERCISE</b>	<b>TIME</b>
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



## SLIM SLIM - 7 Minute Workout