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## StairMaster Purpose NOT Circus – Legit HIIT

You can have too much of a good thing. Over-programming HIIT lends itself to over-training and potential injury. Learn the benefits of aerobic steady-state, aerobic interval training and how to design workouts that blend the best of all three to torch fat while reducing the risk of injury and burnout.

### Objectives

- Understand the principles and benefits of HIIT
- Review fundamental elements of fitness and motor training
- Review the different energy pathways and how to develop them through HIIT

### Program Design

1. Activation 5 minutes
2. Workout Duration – 35:00 round (transitions & recovery between rounds)
3. Down Regulation - 5 minutes

Modality	Round 1 Steady State	Round 2 Aerobic Intervals	Round 3 Power
Bodyweight	Metric = RPMs Duration = 4:00	Metric = Intensity kcal Duration = 2:00	Metric= Watts Duration = :30
Rest/Mobility	Bodyweight – Plank Duration = 0:30	Bodyweight – Bird Dogs Duration: 1:00	Bodyweight – Inchworms Downdog/Updog Duration: 2:00
Bodyweight	Metric = Pace Duration = 4:00	Metric = Distance Duration = 2:00	Metric = Watts Duration = :30
Rest/Mobility	Medicine Ball – Frogger planks Duration = 0:30	Medicine Ball – Chops (30 sec each direction) Duration: 1:00	Medicine Ball – Soccer Circles Duration: 2:00
Bodyweight	Metric = Distance Duration: 4:00	Metric = Watts Duration: 2:00	Metric = Distance Duration = :30
Core	Walk the Plank Duration: 0:30	Australian Crawl into Supine Flutter Kicks (:30 each) Duration: 1:00	Hollow V's Duration: :2:00



Modality	Round 1 Steady State	Round 2 Aerobic Intervals	Round 3 Power
Rest/Mobility			
Rest/Mobility			
Core			

Notes:

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