

25 FAT-BLASTING HIIT WORKOUTS

High-Intensity Interval
Training



ANAND J

Disclaimer

This book is not intended to be a substitute for the medical advice of a licensed physician. The reader should consult with their doctor in any matters relating to his/her health.

Anand is not a medical doctor, licensed nutritionist, or registered dietician and the information contained herein should not be taken as medical advice. These are only recommendations. These recommendations should NOT be taken as medical advice, nor are they intended to diagnose, treat, cure or prevent any health problem.

Recommendations are not intended to replace the advice of a physician or health professional. Please consult your physician or a health professional before beginning any diet or exercise program.

The information in this article is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity.

With that in mind, those participating in strength and conditioning programs should check with their physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly.

The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming

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Introduction

Hi there!

My name is Anand and I'm about to share with you the EXACT workouts that have helped me and my coaching clients see some amazing results.

I'm a Fat Loss & Strength Coach and the owner of [Underdog Strength](#). I'm also a competitive Powerlifter and Author.

But I wasn't always like this. In fact, I was the complete opposite of fit.

Growing up, I was morbidly obese, weighing over 275 lbs and a 50-inch waist as a teenager. I was the Underdog and no one expected me to change.



Through a combination of the right Diet, Strength Training, HIIT and a lot of hard work, I was able to transform my body completely. I lost over 125 lbs and almost 20 inches off my waist using these methods.

I've since personally worked with and helped several people achieve amazing results. My goal is to help as many people as I can to lose fat, build muscle and get strong.

Want me to be your coach?

You can apply for a spot in my [online coaching](#) program.

Is HIIT For You?

HIIT is a great way to get an amazing workout in a short time. Most of these workouts take only 15-20 minutes to complete. But be warned, these workouts are not easy!

If you're up for some challenging workouts, then this book is for you.

If you're a beginner, don't worry! I've included workouts for all experience levels: Beginner, Intermediate and Advanced.

Most of these workouts don't require any special equipment. There are some exercises, which require equipment, and I've included an [Equipment List](#) at the end of the book.

ARE YOU READY FOR SOME HIIT???



Will HIIT Help Me Lose Weight?

Yes and no. In order to lose weight, you need a caloric deficit. This simply means that you need to consume less calories than burn more calories. Ideally this should be done with a combination of diet and exercise.

HIIT is a form of exercise that burns a lot of calories in a short time. That being said, if you eat more calories than you burn, you will not lose weight. In fact, it is possible to even gain weight while doing HIIT if your diet is not in check.

To find out how many calories you need, check out this [calorie calculator](#).

Weight Loss vs. Fat Loss

Before we get started, we first have to make the distinction between **WEIGHT LOSS** and **FAT LOSS**.

Total Body Weight = Lean Body Mass (LBM) + Fat Mass

Lean Body Mass (LBM) or Fat-Free Mass (FFM) includes all the components in the body that are not body fat (muscle, bones, blood, organs etc.).

Fat Mass is the total weight of the fat in a person's body.

For example, if a person's total body weight is 200lbs/90KGs, and his/her body fat is 20%, then the total fat mass will be 40lbs/18Kgs and the LBM will be 160lbs/72Kgs (the difference).

Therefore:

Weight Loss=Losing total body weight (fat mass + LBM)

Fat Loss=Losing losing fat mass while maintaining LBM (Total body weight - LBM)

Our focus should be on **Fat Loss**. We should maximize fat loss and minimize the loss of Lean Body Mass.

The only way to maintain and even build muscle is by doing anaerobic training such as Strength Training and HIIT.

Benefits of HIIT

Makes You More Athletic

Unlike slow forms of cardio such as walking, HIIT training usually involves an athletic activity. In fact, most athletes regardless of sport, perform these HIIT drills to get better at their sport.

Saves Time

One of the main reasons to do HIIT is that you can get a workout done in a very short time. On average a HIIT workout can easily be done in 15-20 minutes. If you're busy and have a limited time to workout, HIIT is perfect for you. No more excuses!

On the other hand, if you do slow cardio, it could take you over an hour to burn the same number of calories.

Builds Muscle & Strength

HIIT is very similar to weight training. If you're a beginner, you can add some muscle by doing these short workouts. HIIT training uses your fast twitch muscle fibers, which are responsible for explosive speed, strength and power. You can also push yourself harder with each interval.

Improves Conditioning & Work capacity

HIIT improves your physical conditioning for other physical activities. When you do your strength training, you will find that your work capacity improves with HIIT.

Can Help with Stubborn Body Fat

There is some evidence to show that HIIT can help with stubborn body fat. This is primarily because HIIT releases hormones such as adrenaline to help your body liberate the stubborn body fat stores.

Raises Metabolic Rate

One of the best benefits of HIIT is that your body continues to burn extra calories even after you're done working out. HIIT raises your metabolic rate. This is commonly referred to as the 'Afterburn Effect'.

The technical term for this is **Excess Post-Exercise Oxygen Consumption (EPOC)**.

Aerobic Exercise such as walking or jogging are low intensity exercises, which rely primarily on Oxygen as the fuel source. HIIT on the other hand is a form of Anaerobic Exercise, which relies on ATP and Glycogen for energy. Even though Anaerobic Exercises don't rely primarily on Oxygen during training, there is still an oxygen debt that is created. The body has to make up for that oxygen debt in the hours following a training session.

More Fun!

HIIT is more fun than slow cardio workouts. Not only do you not have to spend hours on a treadmill but you can also mix it up and try different movements to keep it interesting.

Great Addition to Strength Training

Since HIIT uses the same energy pathways as Strength Training, it doesn't interfere with strength as long as you don't overdo it. If you overdo HIIT, it will affect your recovery. Our bodies are not very good at adapting to multiple things at once. Strength training and endurance training rely on 2 separate energy pathways.

Can Be Done Anywhere

You don't need access to a gym to get a great workout with HIIT. HIIT workouts can be done almost anywhere, as many of these are bodyweight exercises.

Caution: Even though HIIT has so many benefits, it is important not to over do it. If you're a beginner, start off really easy with fewer intervals and build up over time. Overdoing it will cause a lot of fatigue and can increase the chances of injury.

Also keep in mind that if you're new to HIIT, you will most likely feel sore for the next 1-2 days.

Now that we have a basic understanding of these concepts, we can move on to the workouts.

If you have any questions whatsoever, please email me at anand@underdogstrength.com

25 HIIT Workouts

Workout #1: Stationary Bike Sprints/Spinning



Experience Level: Beginner

Time Required: 15-20 minutes

This is one of the easiest and safest ways to get started. The elliptical machine can also be used. A Stationary bike is a low impact exercise on your joints and almost anyone can perform this exercise.

HIIT Protocol

- 5-minute warm-up on bike
- 4-7 sprints (20 seconds sprint, 100 seconds recovery, repeat)
- 5-minute cool down

After warming up, start sprinting by going as fast as you can for 20 seconds. I also like to increase the resistance on the machine for these 20 seconds. For the rest period, I like to reduce the resistance and the speed to catch my breath. If you're a beginner, start with about 4 intervals and see how it feels.

As you become more advanced, you can add in more intervals and even go from doing this workout 1x per week to 2x per week.

Workout #2 Sand running/Sprinting



Experience Level: Beginner, Intermediate and Advanced
Time Required: 15-20 Minutes

Running in the sand offers 2 unique benefits.

Firstly, running in the sand is safer on your joints because sand absorbs the impact. Secondly, running in the sand is more challenging than running on a hard surface.

HIIT Protocol

- Warm-up: 5-minute walk/light jog
- 5-7 sprints (15-20 seconds sprint, 120 seconds recovery, repeat)
- 5 minute cool down

Similar to elliptical, start with fewer intervals initially and scale up as your fitness improves.

As you get more advanced, you can add in more intervals or even use a weighted vest.

Workout #3: Prowler Pushes



Experience Level: Beginner

Time Required: 20 Minutes

The reason why so many athletes use the prowler is because it uses nearly all of the muscles in your body. If you do it right, you will feel a real 'burn' in your quads, hamstrings & glutes.

One of the best features of the prowler is that you can load more weight, as you get stronger.

HIIT Protocol

- Warm-up: 1-2 rounds without any extra load followed by 1 round with 50% of your working interval.
- 5-7 rounds: Select a weight that will allow you to go for at least 20 meters and back without stopping.
- Rest: 2-3 minutes
- Cool down with a 5 minute walk

No prowler? No Problem!

If you don't have a prowler here are your options

Treadmill Pushes. Simply keep the treadmill off and make it move by pushing through your feet. Watch this [video](#) to learn more.

Towel Pushes: You need a smooth wooden surface to be able to do this. Simply lay a towel or a smooth yoga mat on the floor and slide it across the room and back. You can even add some weight if you feel it's too easy.

[Video.](#)

Car Pushes: You need an empty parking lot and a partner at the wheel of the car to be able to do this. Your car needs to be in neutral while you push it. After one person is done pushing, the other person can take turns to push the car back. 2 people can get a workout done in the same time by taking turns.

If these don't work for you, you could buy a [Prowler+Sled](#) combo for yourself.

Workout #4: Hill Sprints



Experience Level: Intermediate

Time required 15-20 minutes

Hill sprints are great because they are more challenging and safer on your joints than regular sprints. This is because there is very little impact on your knees and other joints. If you are overweight, you need to be careful about this.

HIIT Protocol

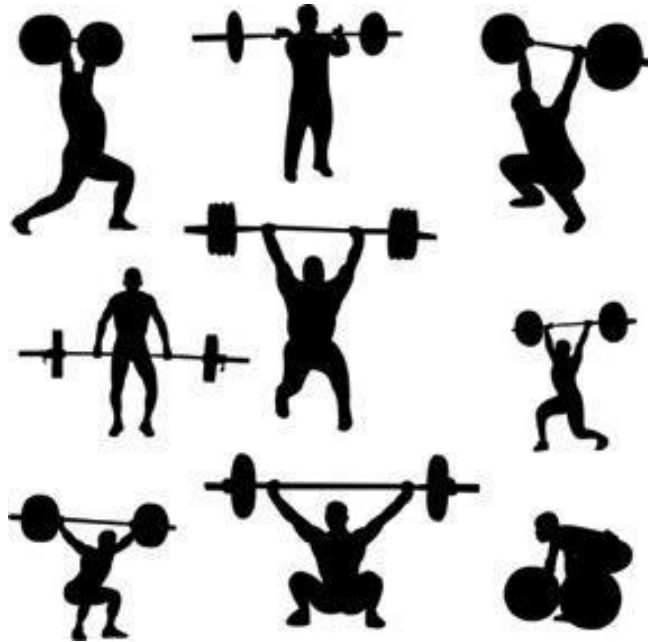
Find a hill with a suitable incline based on your experience level.

- Warm-up: Walk up and down the hill 2 times
- 6-8 Sprints: Sprint up and slowly come down. Take extra rest as needed.
- Cool Down: 5 Minute walk

Make sure to familiarize yourself with the hill. The surface can be uneven. Also stay clear of any rocks, mud, wet surfaces etc.

Instead of focusing on speed, focus on using your lower body muscles to climb the hill.

Workout #5 Barbell Complexes



Experience Level: Intermediate to Advanced

Time Required: 20 minutes

Barbell complexes are a great addition to strength training. They utilize some of the same movement patterns but are light enough to not impede your recovery. In fact, they might actually improve recovery and soreness after your strength sessions. Barbell complexes will also help improve your mobility to perform your heavy barbell exercises.

HIIT Protocol

Select 4-5 barbell movements that target different muscle groups. You can use: Bent-over Barbell rows, Overhead press, Deadlifts, Squats (Back squats, front squats, overhead squats), Barbell Curls, Barbell Cleans, Snatches etc.

DO NOT go heavy with this. This is not a strength workout and going heavy will not only cause excess fatigue but it will also increase the chances of injury. For your first workout, start with an empty bar and add weight over time.

- Warm-up: Start with an empty barbell and perform a few reps with each exercise you select.
- Perform 4-5 exercises, one after the other. Try to do about 6-8 reps per exercise. Repeat entire process 6-8 times.
- Cool down with some stretching

Sample Barbell Complex Workout

- Squats X 8 Reps
- Overhead Press X 8 Reps
- Bent Over Rows X 8 Reps
- Deadlifts X 8 Reps
- Power cleans X 8 Reps
- Rest 1-2 minutes
- Repeat 6-8 times

Workout #6 Kettlebell Swings + Planks



Time 15-20 minutes

Experience Level: Intermediate to advanced

Kettlebells are extremely versatile and you can use almost any variation of them. Kettlebell swings are a great exercise for the posterior chain including your glutes, hamstrings and lower back.

Planks on the other hand, focus on your frontal plane and utilize your core muscles as well as your shoulders, legs and chest.

HIIT Protocol

- Light general warm-up
- Perform 12-15 kettlebell swings followed by a plank position for 30-60 seconds.
- Rest 1 minute
- Repeat 8-10 times

For the actual swings, make sure you use your lower body muscles to swing the weight and not your arms.

Workout #7 Rower



Time required: 15-20 minutes

Experience Level: Beginner to Intermediate

The rowing machine is one of the most challenging pieces of cardio equipment available. That's the reason why it is so popular among crossfit athletes.

HIIT Protocol

- Warm-up on the rower for 5 minutes
- Row with a complete range of motion for 20 seconds
- Rest at a slow speed for 100 seconds
- Repeat 5-7 times
- 5 minute cool down

Workout #8 Split Squats + Overhead Press Superset



Time Required: 20 minutes

Experience Level: Advanced

Split squats/ Bulgarian split squats is one of the best lower body exercises you can do. The overhead press is one of the best upper body exercises.

HIIT Protocol

Warm-up by doing some split squats and overhead presses without any weight.

Perform 12 reps of the split squats with each leg

Rest 1 minute

Perform 12 reps on the overhead press (barbell or dumbbell)

Rest 1 minute

Repeat 4-5 times

Start really light on both exercises. For the split squats, you can add weight by holding dumbbell in your hands.

Workout #9 Swimming



Time required 20-25 minutes

Experience Level: Advanced. Need to know how to swim very well.

Swimming is a great exercise, especially for overweight individuals because it places the least amount of stress on the joints. You can use any style you like (freestyle, breaststroke butterfly etc.)

HIIT Protocol

- 1-2 Laps at a slow/medium speed
- Perform 1 lap as fast as you can
- Swim back at a slow speed
- Repeat 6-8 times

Warning: This is a very risky if you are not an experienced swimmer. There is a real danger of drowning. Do this only if you have some sort of swim training and in the presence of an experienced lifeguard.

Workout #10 Burpees



Time required 15-20 minutes
Experience Level: Beginner

Burpees are great at burning a lot of calories within a short time because they utilize almost all the muscles in the body.

HIIT Protocol

- 5 minute general warm up
- Perform 10-15 full burpees
- Rest 1 minute
- Repeat 10 times

Workout #11 Burpees With Push Up + Pull Ups



If burpees by themselves aren't too challenging, try this.

Time required 20-25 minutes
Experience Level : Advanced

HIIT Protocol

- 5 Minute General Warm up
- 15 Burpees + Pushups
- 5 Pull-ups
- Rest 1 minute
- Repeat

Workout #12 Wall Balls



Time Required: 15 minutes
Experience Level: Beginners

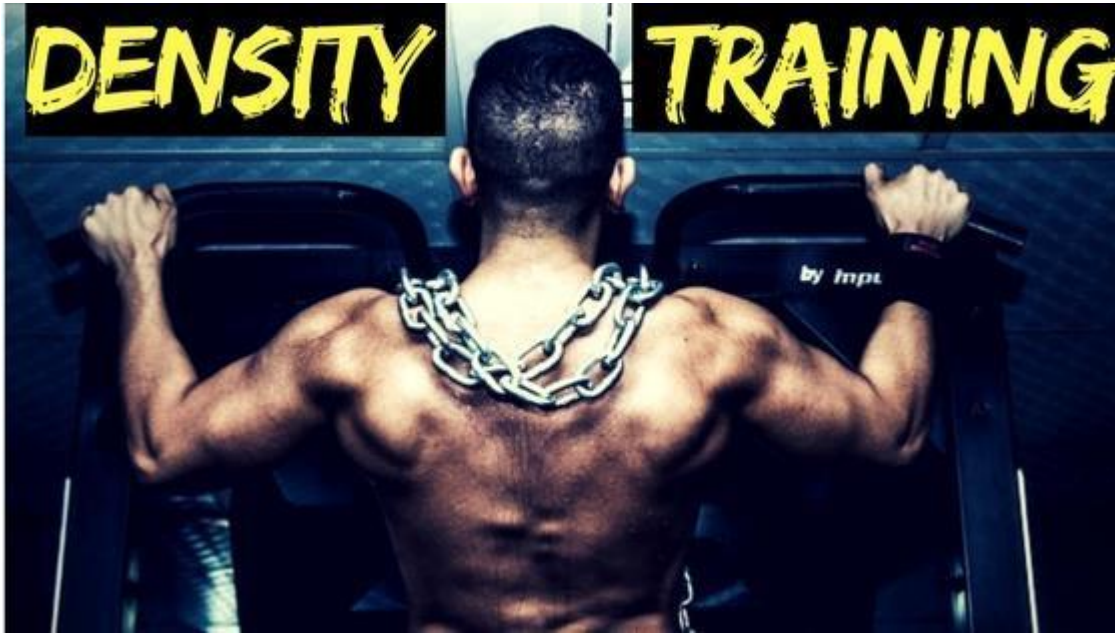
This is a very fun, full body exercise for beginners

HIIT Protocol

- Warmup 5 minutes
- Perform 10-15 reps
- Rest 1 minute
- Repeat 8-10 times

Perform each movement with a full squat. Use your leg drive to help push the medicine ball overhead towards the wall.

Workout #13 Density Training



Time Required: 30-45 minutes

Experience Level: Intermediate-Advanced

Watch the [Video](#)

When my coaching clients want to build muscle but have a limited time to workout, I prescribe them density training. This takes more time than most HIIT workouts because the focus is more towards muscle and strength.

Density training can also be great for powerlifters who have limited time to perform accessory exercises.

HIIT Protocol

Pick 3-4 exercises/muscle groups you want to target.

I like to do Pull-ups for my upper back, crunches for my abs, [seated incline bicep curls](#) and shoulder raises.

Set a timer for 7-10 minutes per exercise

- General Warm-up
- Perform 8-12 reps with a light/medium weight. Don't go to failure
- Rest 45 seconds
- Perform as many reps as you can without going to failure
- Rest 45 seconds

- Repeat until 7-10 minutes are up
- After the time is up, move on to next exercise.

Workout #14 Jumping Jacks+ Planks



Time required 10-15 minutes

Experience Level: Beginner

This is a good combo of cardiovascular conditioning and building your core strength.

HIIT Protocol

- General warm-up
- 15 Jumping Jacks
- 30-60 seconds plank
- 30-45 second rest
- Repeat 8-10 times

Workout #15 Battle Ropes



Time requires: 15 minutes

Experience Levels: Beginner-Intermediate

This exercise is a lot harder than it seems. If done correctly, it utilizes nearly all of the muscles including your core, arms and back.

HIIT Protocol

- General Warm-up
- Swing the ropes as hard as you can for 15-20 seconds. You can either use 2 hands together or alternate 1 hand at a time.
- Rest 2 Minutes
- Repeat 5-7 times

Workout #16 Walking Lunges



Time required 15-20 minutes

Experience Level - Intermediate-Advanced

Walking lunges are very challenging for your muscles, balance and endurance.

HIIT Protocol

Warmup with bodyweight lunges

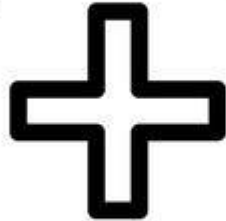
Perform walking lunges with at least 15-20 steps

Rest 45 seconds

Repeat 10 times

You can add weight by carrying dumbbells in your hands or carrying a barbell on your back

Workout #17 Barbell Squat + Overhead Press



Time Required: 10-15 Minutes
Experience Level: Intermediate

This exercise will work at building explosive power in your lower and upper body at the same time.

HIIT Protocol

- Warmup
- Perform a full front or back squat and on your way up finish with a push-press overhead.
- Perform 15 reps
- Rest 1 minute
- Repeat 8-10 times
- Cool down with a walk and/or stretching

Workout #18 Farmers Carry Walks



Time required 15-20 minutes

Experience Level: Intermediate

This classic strongman exercise will help build your forearms and grip strength. You will also target your traps and your core muscles.

HIIT Protocol

You can use dumbbells or a [trap bar](#) to do this.

- Warmup by doing 2 laps with light weights
- Lift the weights off the floor using a deadlift technique. Make sure your core is braced.
- Standup straight with a tight core
- Walk across the room for at least 25-30 meters and back.
- Rest for 2 minutes
- Repeat 7-10 times.
- Cool down with some light walking

If your grip gets fatigued as the sets go on, you can use wrist straps to hold on to the weights.

Workout #19 Sledgehammer or Medicine Ball Slams



Time Required: 15 minutes
Experience Level: Intermediate

This is an old school technique you may have seen on the [Rocky movies](#). It utilizes your arms, shoulders explosively. It is similar to chopping a block of wood.

HIIT Protocol

- 5 minute general warmup including some easy reps with the hammer/ball
- Hit the tire or slam the medicine ball as hard as you can for 15-20 seconds with as many reps as you can
- Rest 2 minutes
- Repeat 6-8 times
- Cool down with a walk

If you don't have access to a hammer and tire, you can use a medicine ball and smash it against the ground

Workout #20 Tire Flips



Time Required: 20 minutes

Experience Level: Advanced

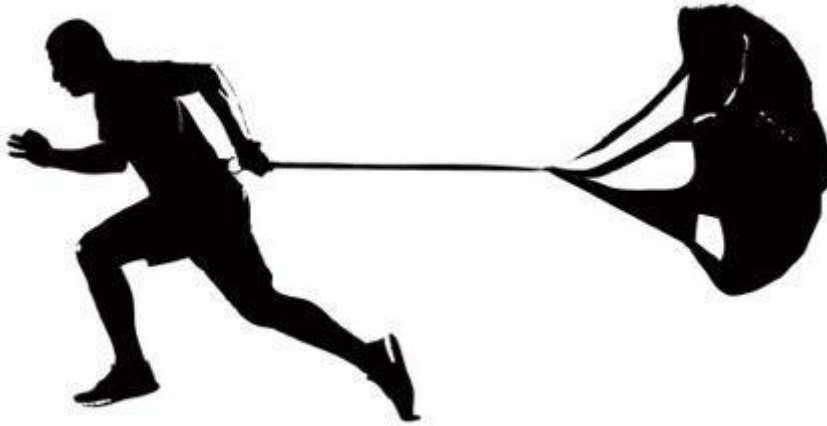
This is another strongman exercise that is extremely challenging. This is for advanced trainees because it requires a lot of skill and technique.

HIIT Protocol

Use a tire that is not too heavy

- Warmup
- Flip the tire 5-8 reps as you can without going to failure and while maintaining good technique.
- Rest 2 minutes
- Repeat 5-7 times

Workout #21 Parachute sprints/Sled Pulls



Time required: 20 minutes

Experience level: Beginner

The sled is similar to a prowler and provides resistance while sprinting. Parachutes are also easily available and are used by runners and other athletes.

HIIT Protocol

- Warmup without adding weight/resistance
- Pull the sled by running forward
- Bring the sled back to starting position by pulling it backward
- Rest 1 minute
- Repeat 8-10 times.

Workout #22 Full body Circuit Training



Time Required: 20-25 minutes

Experience Level: Beginner, Intermediate

Circuit training is great for those who have limited time to workout. It's great for cardio health, burning calories and building muscle. This is best done using machines.

HIIT Protocol

Pick 6 exercises you want to target. 3 upper body and 3 lower body. This can include leg presses, leg extension, leg curls etc. for lower body and chest presses, dumbbell presses, side laterals, bicep curls etc. for upper body.

Lower body exercise #1: 8-12 reps

Upper Body Exercise #1: 8-12 Reps

Lower Body Exercise #2: 8-12 Reps

Upper Body Exercise #2: 8-12 Reps

Lower Body Exercise #3: 8-12 Reps

Upper Body Exercise #3: 8-12 Reps

Rest 1-2 Minutes

Repeat 5 times

Workout #23 Stairs



Time Required: 15 Minutes
Experience Level: Beginner

Stairs are a versatile way to burn a lot of calories in a short time. People have been running steps for the longest time. If you've seen the rocky movies, you know what I'm talking about! 😊

Almost everyone has access to stairs. You can go outdoors or even use stairs indoors.

HIIT Protocol

- Warmup
- Climb stairs as fast as you can safely for 15-20 seconds. Use your leg muscles to move up and not jump from step to step
- Climb down the same steps
- Rest if needed
- Repeat 6-8 times.
- Cooldown

Workout #24 Box jumps + Push-ups



Time required: 15-20 Minutes

Experience Level: Intermediate

Box jumps are very versatile and you can always mix things up when using them. By adding push-ups you can make it into a full body workout.

HIIT Protocol

- Warmup
- 12-15 Box Jumps
- 10 Push-Ups
- Rest 45 seconds
- Repeat 8-10 times
- Cool down

Workout #25 Jump Rope + Punching Bag



Time required: 15 minutes

Experience Level: Advanced

Using a good jump rope can help you get a workout almost anywhere. When you combine this with abs and pushups, it's a great combo.

HIIT Protocol

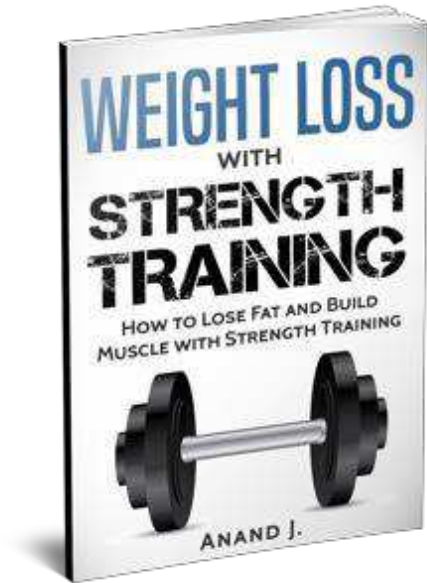
- Warm-up
- Jump rope 60 seconds
- Hit the punching bag with a combination of punches and kicks for 60 seconds.
- Rest 1 minute
- Repeat 6-7 times

Equipment Required:

- A Speed Rope
- Punching Bag
- Training gloves

Additional Resources

My Book: [Weight Loss with Strength Training](#)



Recommended Equipment (Optional)

This is an optional list of equipment that I recommend if you want to try some of the more advanced HIIT workouts.

If you have access to a gym that offers this type of equipment, that would be the best option.

Most commercial gyms don't have this equipment but you may be able to find some of these at an athletic/sports/strength & conditioning training facility. You can also look at strongman gyms, powerlifting gyms and even Crossfit facilities.

If you don't have access to these, you may have get some of the equipment for yourself.

Here is the list of equipment I recommend:

[Speed Jump Rope](#)



[Punching Bag](#)



[Training Gloves for Punching Bag](#)



[Wrist Straps](#)



[Medicine Ball](#)



[Prowler+Sled](#)



[Parachute for Sprinting](#)



[Swimming Goggles](#)



[Pull-Up bar](#)



[Battle ropes](#)



[Trap Bar for Farmers Carry](#)



[Kettlebells](#)



FAQ

How to Warm-up?

There are 2 types of warm up exercises: General and Specific. Both are important and should be done every time. For general warmup, you can do something like walking or dynamic stretching exercises. For specific, it depends on the exercise you're about to do. It's a good idea to do the same exercise but with a lot less resistance to prepare your body to perform them

Any Good Apps for HIIT?

A simple stopwatch/timer app is good for most cases. I also like to use [a TABATA Timer](#) app where you can program your work and rest intervals.

You can also use an app to track your workouts by keeping a log. I use Google Keep.

How many times per week should I do HIIT workouts?

It depends on whether you perform any additional training or not. If HIIT is your only form of exercise, you can do HIIT workouts 3X per week.

If you strength train or perform other fitness activities, you can try HIIT 1-2 times per week.

Is it necessary to Deload or take time off?

It depends on the individual. If you're feeling excessively fatigued or if you start to get joint pain, it's probably a good idea to take a week off from HIIT.

Can I substitute with different exercises?

Yes, as long as they are similar exercises and work similar exercises

How many calories do each of these workouts burn?

This is very hard to tell because it depends on so many factors. It's more about being consistent than to find out the calories burned.

Can I use the treadmill for HIIT?

You can but it takes a while for the machine to reach full speed and back down again. Also, if you lose balance while running at a fast speed, you could get hurt. The treadmill is best at low-medium intensity cardio.

If you want to use the treadmill for HIIT, check out treadmill pushes (workout #3)

Can I sprint outdoors on a hard/flat surface?

This is not recommended for most people because the chances of injury are high. Many people pull their hamstrings when trying to sprint. If you're overweight, running on a hard surface will put a lot of stress on your joints.

How many times should I workout per week?

If you don't perform any other workouts, you can start with HIIT 2-3 times per week. If you're already on a strength training program, you can incorporate some HIIT 1-2 times per week.

If you're doing both, HIIT and Strength training, HIIT should be done on your off days.

Additional Questions?

If you have any questions or want a customized training & nutrition program, email me at anand@underdogstrength.com.

My Website & Links



THANK YOU!!!