HIIT ON THE GO

10 QUICK AND INSANELY EFFECTIVE WORKOUTS YOU CAN DO ANYWHERE
Welcome to HIIT on the GO
by 12 Minute Athlete.

This eBook is a resource filled with incredibly effective, insanely awesome workouts that you can do while traveling—whether all you have is a crappy cramped gym, a nearby park, or even just a tiny hotel room.

Each workout is designed to blast fat, burn calories, and get you into awesome shape—all in around just 12 minutes a day, using no equipment whatsoever.
DISCLAIMER

You should consult your physician prior to starting this program particularly if you have any medical condition or injury that could prevent you from following this program. This program is designed for healthy individuals 18 years and older only. The recommendations in this guide are not medical guidelines and are for educational purposes only.

Understand that all forms of exercise pose some inherent risks. Krista Stryker (the author) advises readers to take full responsibility for their safety and know their limits. The author and 12 Minute Athlete (www.12minuteathlete.com) are not responsible for any injury that may result from following the workouts in HIIT on the Go. Before practicing the exercises in this book, be sure that you have equipment that is properly maintained, and do not take risks beyond your level of experience and fitness.

The exercises in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician or dietitian.

If you are taking any medications, you must talk to your physician before starting any exercise program, including the HIIT on the Go workouts. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement immediately and consult a physician.

If you are sedentary, have high cholesterol, high blood pressure, or diabetes, and/or if you are overweight before beginning this guide, it is recommended that you receive a physical examination prior to starting this program. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don’t use this program, please follow your doctor’s orders.

Don’t lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don’t perform any exercise without first learning the movement. Always do a warm-up prior to resistance training and interval training.
These workouts require absolutely no equipment so you can do them anywhere, any time of the day.

So next time you travel, keep these 12 Minute Athlete travel workouts handy… you’ll have no excuse not to do them and get into the best shape of your life!

Note: you will definitely want a timer when doing these workouts, since no one can properly count in their head when they’re working really hard. You can get the official 12 Minute Athlete app, or get this nifty Gymboss timer instead. Or, just use a free interval timer website.
GETTING STARTED
Read through this section quickly, then you can get on to the workouts!

These workouts have been designed with the principles of high intensity interval training (HIIT) and functional fitness in mind. This means that while they don’t actually use any heavy weights, you’re still going to get a kick-ass workout when you do them.

That being said, depending on your fitness level, there are probably some exercises in these workouts that you may not be able to do yet.

That’s OK.

These workouts are for everybody, and every single exercise can be scaled down to your level. But, don’t sell yourself short—you’ll need to work as hard as you possibly can during these HIIT workouts, or you’ll never get the results you’re looking for.

Now for a few quick tips on how to actually do these workouts—then you’ll be ready to sweat!
These take exactly 12 minutes to complete. To do them, you’ll need to set your timer to 18 rounds of 10 and 30 second intervals.

You’ll always be resting during the 10 second interval, and always be working as hard as you possibly can during the 30 second interval.

To know which exercises to do when, follow the order of the workout guys, or look in the lower left-hand corner for a full list of the exercises.

Then go through the prescribed exercises until the timer beeps.
These take exactly 16 minutes to complete. To do them, you’ll need to set your timer to 24 rounds of 10 and 30 second intervals.

Just like the 12 minute workouts, you’ll always be resting during the 10 second interval and working hard during the 30 second interval.

Follow the order of the workout guys (or look at the list of exercises) until you complete all 24 rounds.
During challenge workouts, you’ll need switch your timer to stopwatch mode, then do the list of exercises as fast as possible.

These workouts should take you no more than about 15 minutes.

And remember, the harder you work, the sooner your workout will be over with.

Note: If you’re a complete beginner, feel free to reduce the number of total exercises for a shorter workout.
HOW TO USE THIS GUIDE

When you reach the WORKOUTS section, you’ll notice a few things:

1 The large numbers in the left-hand corner. These are the numbers you’ll need to set your timer to. For example, if the numbers say 18 x 10 x 30, you’ll be setting your timer to 18 rounds of 10 and 30 seconds. If you see an image of a timer instead, this indicates you’ll be performing a timed Challenge workout and should switch your timer to stopwatch mode.

2 Below the large numbers, you’ll see the type of workout: for example, 12 Minute, 16 Minute, or Challenge. This gives you a quick idea of how long the workout will take.

3 Below the workout type, you’ll see the list of exercises for the workout. These are the exercises you’ll go through, back-to-back, until the workout is finished.

If you don’t know how to do a specific exercise, simply click on the name of the exercise and a link will take you to a page with a detailed description as well as a video of how to do the exercise.

You can learn how to do all of the exercises in the EXERCISES section of the book. I’d recommend looking at these before starting a workout so you know exactly what you’re doing before you start.

OK, that’s pretty much everything you need to know about these workouts. Now go get your workout gear on, set your timer, and GO!
WORKOUTS
12 MINUTE

HIGH KNEES
REPTILE PUSH UPS
TUCK JUMPS
WALKING LUNGES
HIGH KNEES
SIT UPS
12 MINUTE
Burdpees
Air Squats
High Knees
Mountain Climbers
Squat Jumps
Pistols
12 MINUTE TUCK JUMPS
HANDSTAND PUSH UPS
BURPEES
PIKE PLANK JUMPS
JUMP LUNGES
V UPS
12 MINUTE
HIGH KNEES
WALKING LUNGES
BURPEES
DIVE BOMBER PUSH UPS
HIGH KNEES
MOUNTAIN CLIMBERS
18 × 10 × 30

12 MINUTE

BURPEES
PISTOLS
SQUAT JUMPS
HANDSTAND PUSH UPS
TUCK JUMPS
V UPS
16 MINUTE

BURPEES
AIR SQUATS
JUMP LUNGES
PUSH UPS
HIGH KNEES
SIT UPS
16 MINUTE

Tuck Jumps

Reptile Push Ups

High Knees

Walking Lunges

Burpees

V Ups
CHALLENGE

COMPLETE 5 ROUNDS:

100 HIGH KNEES
10 REPTILE PUSH UPS
10 AIR SQUATS
10 BURPEES
10 V UPS
CHALLENGE
COMPLETE AS FAST AS POSSIBLE IN ANY ORDER:

30 HANDSTAND PUSH UPS
40 PUSH UPS
50 SQUAT JUMPS
60 SIT UPS
70 BURPEES
CHALLENGE
Do 21, 15 and 9 reps of the following:
Burpees
Handstand Push Ups
Tuck Jumps
EXERCISES
Air Squats

Stand with your feet hip-width apart.

Pull your shoulders back and engage your abs.

Push your butt & hips back as if you were sitting in a chair.

Keep your weight on your heels.

Go down until your thighs are parallel to the floor, raising your arms up as you lower down.

Repeat.

Watch the video
Get into a squat position with your hands on the floor in front of you.

Kick your feet back into a push up position.

Return your feet back to the squat position as fast as possible.

Immediately jump up into the air as high as you can.

Add a little clap for pizazz!

Watch the video
Start in a downward dog position.

Bend your elbows and drop your chest to the floor. Push forward.

Pause when you have pushed your body forward and up.

Bend your elbows and drop your chest back down to the floor.

Push back up to the starting position and repeat.

Watch the video

Beginner Modification

Start with your hands in front of you and knees on the ground.

Bend your elbows and drop your chest to the floor. Push forward.

Pause when you have pushed your body forward and up.

Bend your elbows and drop your chest back down to the floor.

Push back up to the starting position and repeat.
Handstand Push Ups

Face a wall in a standing position.
Kick your feet up so you're in a handstand position against the wall.
Squeeze your abs, glutes & thigh muscles.
Lower yourself toward the ground as far as possible.
Push back up and repeat.

Watch the video

Beginner Modification
Set your feet on a surface with your hands on the floor so that you're bent over in a 90 degree position.
Lower yourself toward the ground as far as possible, keeping the 90 degree angle.
Push back up and repeat.
High Knees

Stand in place with your feet hip-width apart.

Drive your right knee toward your chest and quickly lower to the ground.

Follow with your left knee.

Continue alternating knees, working as fast as humanly possible.

Use a jump rope for an added challenge.

Watch the video
Start in a lunge position with your knees touching or almost touching the floor.

Jump up explosively and switch legs so that your rear leg is in the front and front leg is in the rear.

Repeat as fast as you can.

Watch the video
Mountain Climbers

Start in the push up position.

Bring one knee toward your chest as far as it will go.

Repeat with the other knee, so it feels like you’re running in place.

Watch the video
Pike Jumps

Start in a downward dog position.

Jump feet up as far as possible and land on one side.

Jump to other side and repeat.

Watch the video
Pistols

Beginner Modification

Stand on one leg, with the other leg parallel to the floor.

Lower yourself down on one leg as if you're sitting in a chair.

Go down as far as possible, working toward getting your thighs parallel to the floor.

Repeat.

Watch the video
Push Ups

Start in a push up position, with your shoulder directly over your hands.

Tighten your abs, glutes and thighs.

Lower yourself down so that your chest touches the floor.

Push yourself back up into the starting position and repeat.

Watch the video

Beginner Modification

Start in a push up position with your knees on the floor.

Tighten your abs, glutes and thighs.

Lower yourself down so that your chest touches the floor.

Push yourself back up into the starting position and repeat.
Start in a push up position, with your shoulder directly over your hands.

Tighten your abs, glutes and thighs.

While lowering your chest to the floor, bring one knee toward your elbow on the same side of the body.

Push yourself back up and repeat on the opposite side.

Watch the video

Beginner Modification

Start in a push up position with your knees on the floor.

Tighten your abs, glutes and thighs.

Lower yourself down, bringing one knee toward your elbow on the same side of the body.

Push yourself back up and repeat on the opposite side.
Sit Ups

Lay on the floor with your legs spread in a butterfly setup.

Stretch your arms in front of you.

Use your abs to pull yourself off of the floor.

Touch your feet with your hands, making sure to keep your chest forward.

Lower back down and repeat.

Watch the video
Stand with your feet shoulder-width apart.

Lower yourself into a squat position with your thighs parallel to the floor.

Jump up as explosively as you can.

Land in a squat position and repeat.

Watch the video.
Stand with your feet shoulder-width apart.

Jump up as high as you can, tucking your knees into your chest.

Land and repeat immediately.

Watch the video
Lie on your back.

Stretch your arms overhead and keep your legs straight.

Simultaneously raise your arms and legs as high as you can, keeping them as straight as possible.

Try and touch your feet to your hands.

Lower down and repeat.

Watch the video.
Start in a lunge position with your knees touching or almost touching the floor.

Without pausing, alternate legs, bringing your opposite leg forward into a lunge position.

Continue alternating legs.

For an added challenge, hold something heavy.

Watch the video
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