

# HIIT ON THE GO

10 QUICK AND INSANELY EFFECTIVE WORKOUTS YOU CAN DO ANYWHERE

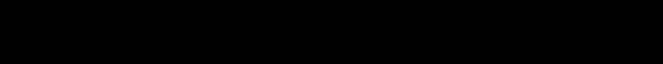


Welcome to HIIT on the GO  
by 12 Minute Athlete.

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.

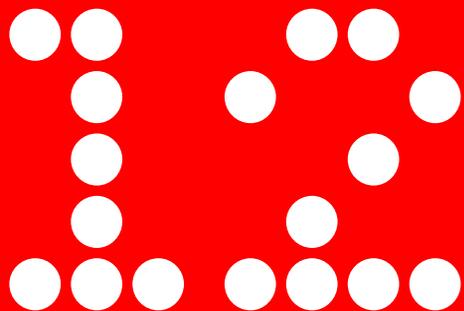
Understand that all forms of exercise pose some inherent risks. Krista Stryker (the author) advises readers to take full responsibility for their safety and know their limits. The author and 12 Minute Athlete ([www.12minuteathlete.com](http://www.12minuteathlete.com)) are not responsible for any injury 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.

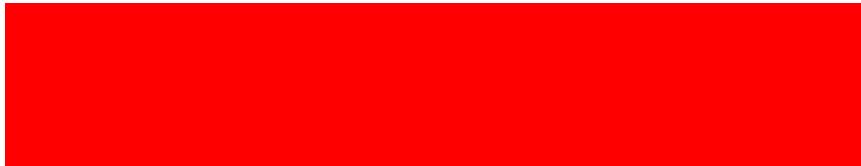
If you are sedentary, have high cholesterol, high blood pressure, or diabetes, and/or if you are overweight before beginning this guide, it is recommended that you receive a physical examination prior to starting this program. Please discuss all nutritional changes with your physician or a registered 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.



# MINUTE ATHLETE

BY KRISTA STRYKER



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**

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**WORKOUTS**

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**EXERCISES**

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GETTING



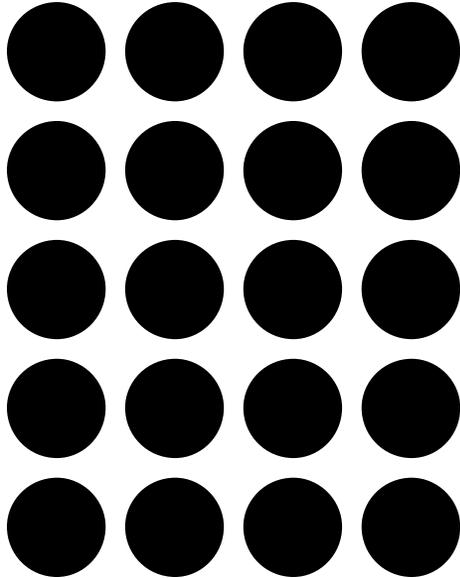
STARTED



# 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!

# 12 MINUTE WORK OUTS:

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.

16

MINUTE

WORK

OUTS:

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.

# CHALLENGE



WORK



OUTS:

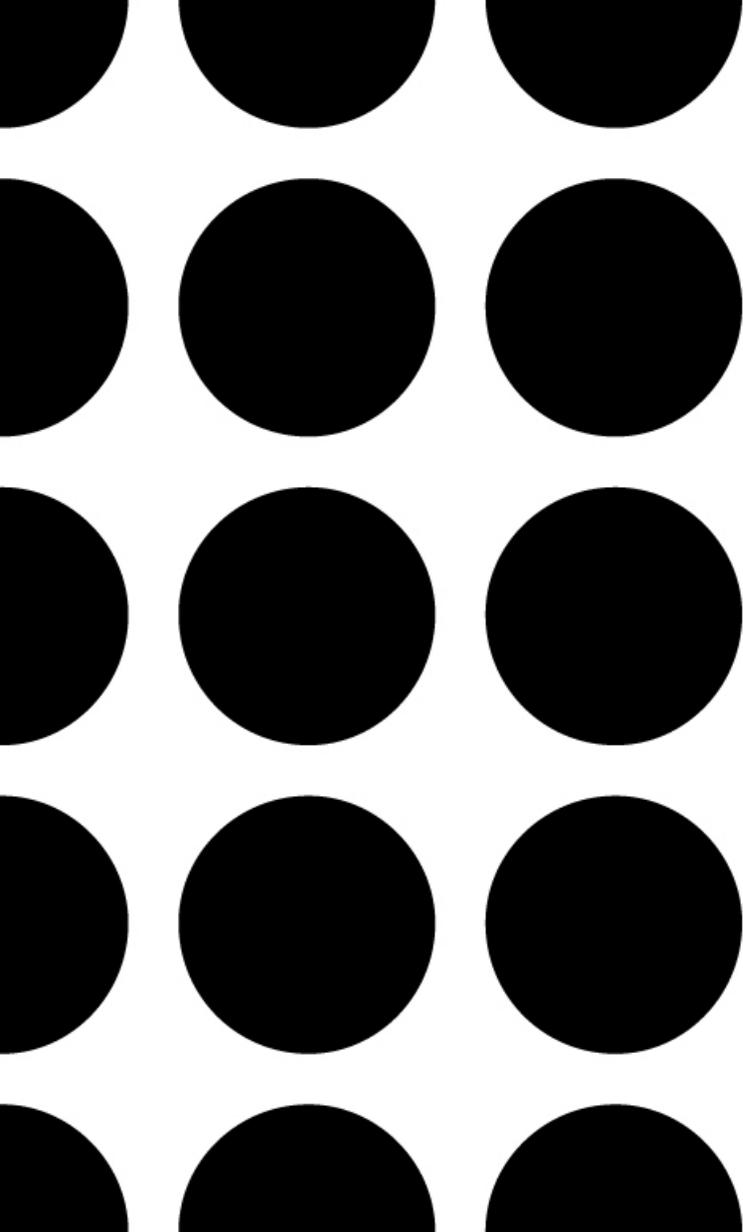


During challenge workouts, you'll need switch your timer to stopwatch mode, then do the list of exercises as fast as possible.

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!

**GO**

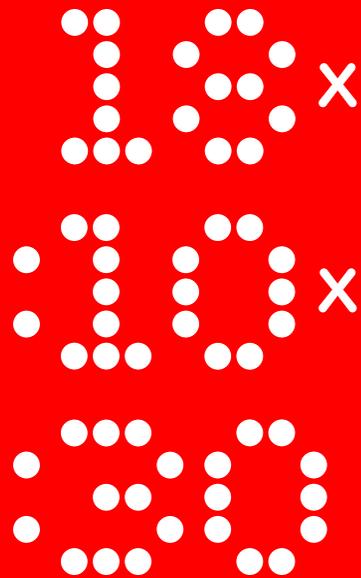


**HARD**



WORKOUTS

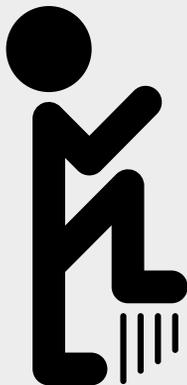




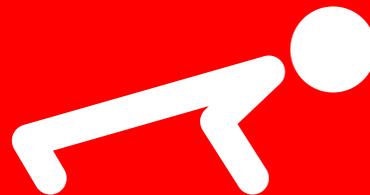
12 MINUTE

HIGH KNEES  
REPTILE PUSH UPS  
TUCK JUMPS  
WALKING LUNGES  
HIGH KNEES  
SIT UPS

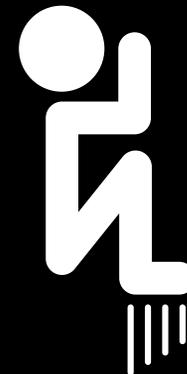
High  
Knees



Reptile  
Push  
Ups



Tuck  
Jumps



Walking  
Lunges

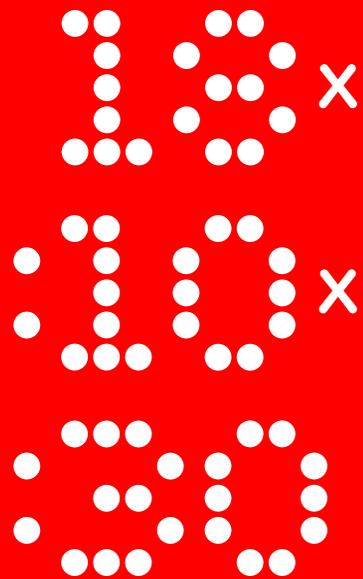


High  
Knees



Sit  
Ups





12 MINUTE

BURPEES

AIR SQUATS

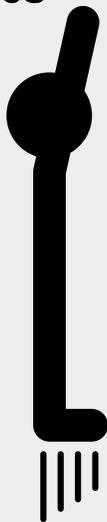
HIGH KNEES

MOUNTAIN CLIMBERS

SQUAT JUMPS

PISTOLS

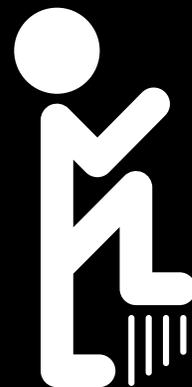
Burpees



Air Squats



High Knees



Mountain Climbers

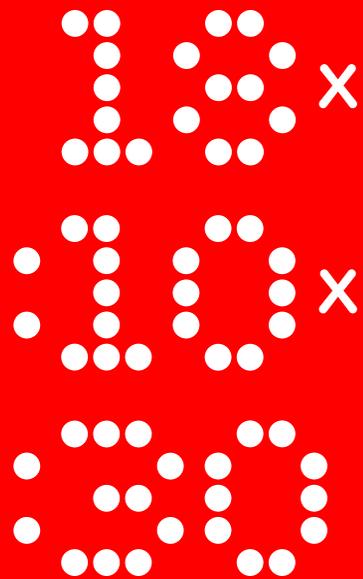


Squat Jumps

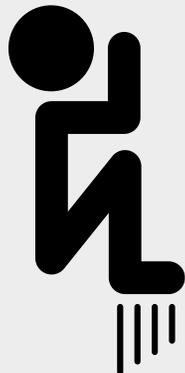


Pistols

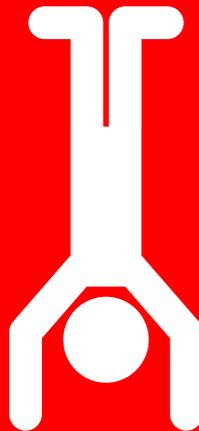




Tuck  
Jumps



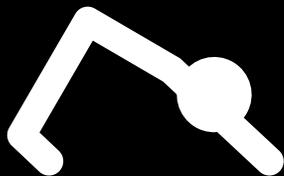
Handstand  
Push  
Ups



Burpees



Pike  
Jumps



Jump  
Lunges



V Ups



12 MINUTE

TUCK JUMPS

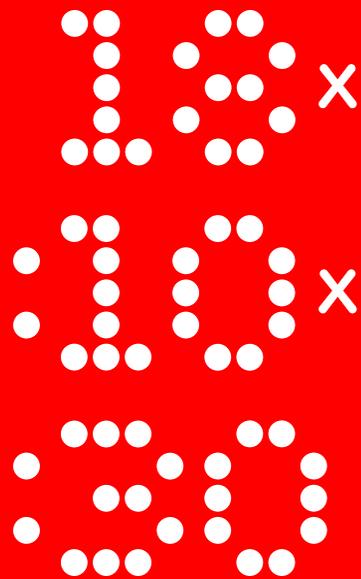
HANDSTAND PUSH UPS

BURPEES

PIKE PLANK JUMPS

JUMP LUNGES

V UPS



12 MINUTE

HIGH KNEES

WALKING LUNGES

BURPEES

DIVE BOMBER PUSH UPS

HIGH KNEES

MOUNTAIN CLIMBERS

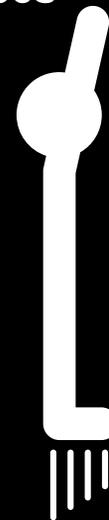
High  
Knees



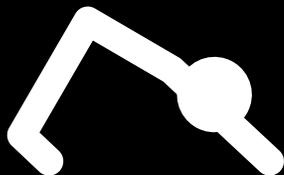
Walking  
Lunges



Burpees



Dive  
Bomber  
Push  
Ups

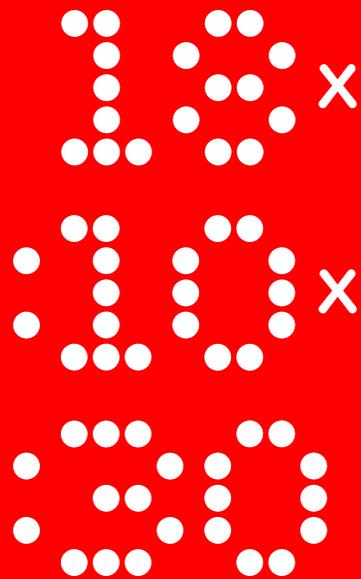


High  
Knees



Mountain  
Climbers





12 MINUTE

BURPEES

PISTOLS

SQUAT JUMPS

HANDSTAND PUSH UPS

TUCK JUMPS

V UPS

Burpees



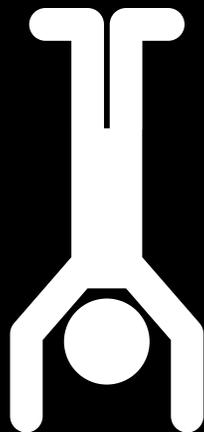
Pistols



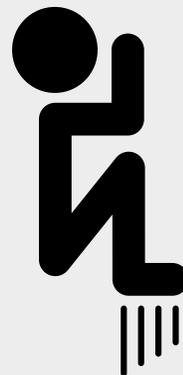
Squat  
Jumps



Handstand

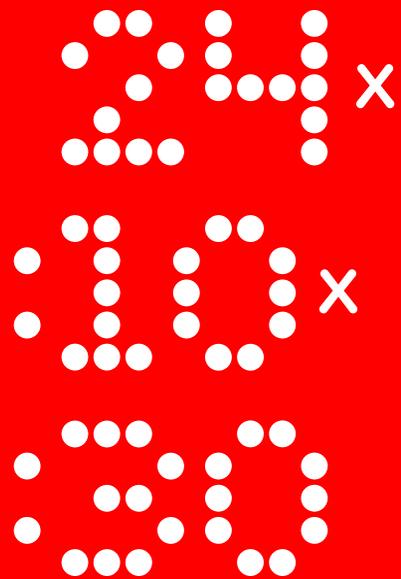


Tuck  
Jumps



V Ups





16 MINUTE

BURPEES

AIR SQUATS

JUMP LUNGES

PUSH UPS

HIGH KNEES

SIT UPS

Burpees



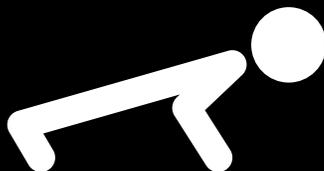
Air Squats



Jump Lunges



Push Ups

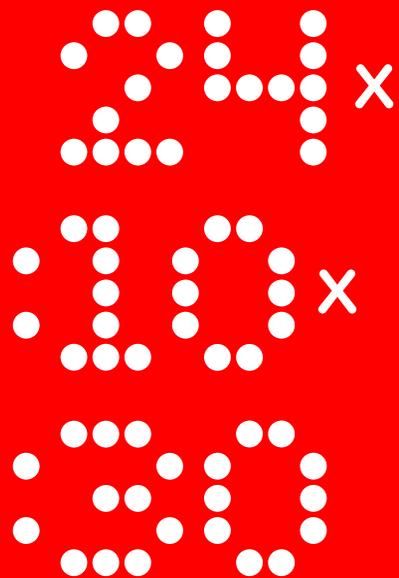


High Knees



Sit Ups





16 MINUTE

TUCK JUMPS

REPTILE PUSH UPS

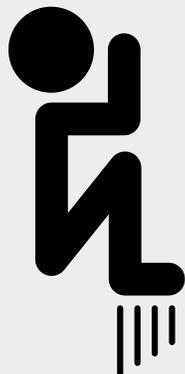
HIGH KNEES

WALKING LUNGES

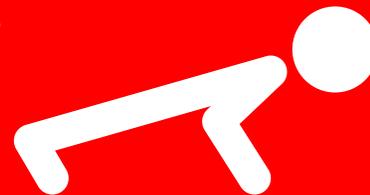
BURPEES

V UPS

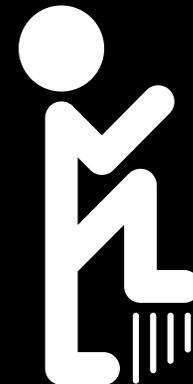
Tuck  
Jumps



Reptile  
Push  
Ups



High  
Knees



Walking  
Lunges



Burpees

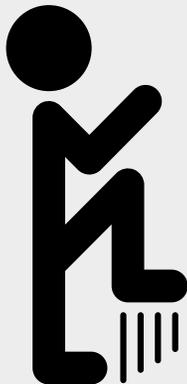


V Ups





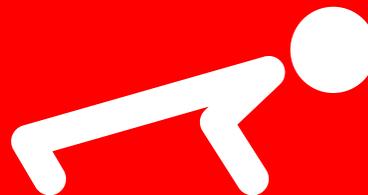
High  
Knees



Air  
Squats



Reptile  
Push  
Ups



Burpees



V Ups



CHALLENGE

COMPLETE 5 ROUNDS:

100 HIGH KNEES

10 REPTILE PUSH UPS

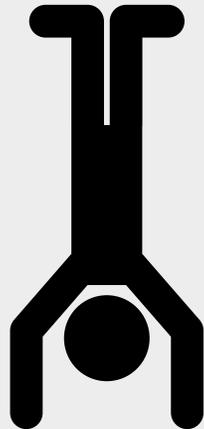
10 AIR SQUATS

10 BURPEES

10 V UPS



Handstand  
Push  
Ups



Push  
Ups



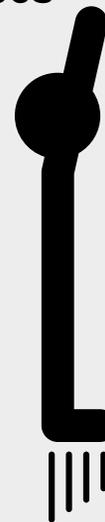
Squat  
Jumps



Sit  
Ups



Burpees



CHALLENGE

COMPLETE AS FAST AS  
POSSIBLE IN ANY ORDER:

30 HANDSTAND PUSH UPS

40 PUSH UPS

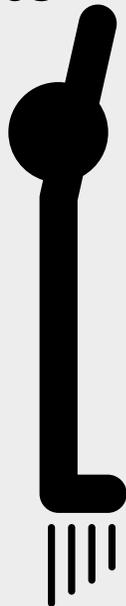
50 SQUAT JUMPS

60 SIT UPS

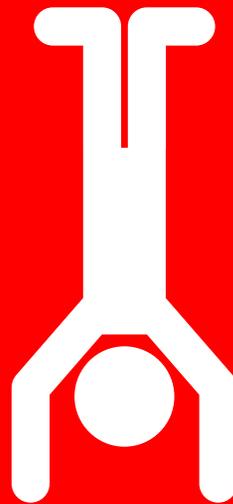
70 BURPEES



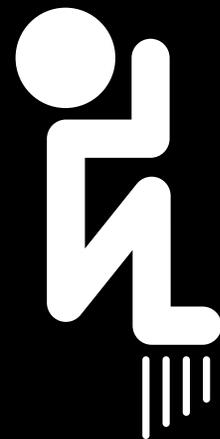
Burpees



Handstand  
Push  
Ups



Tuck  
Jumps



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.

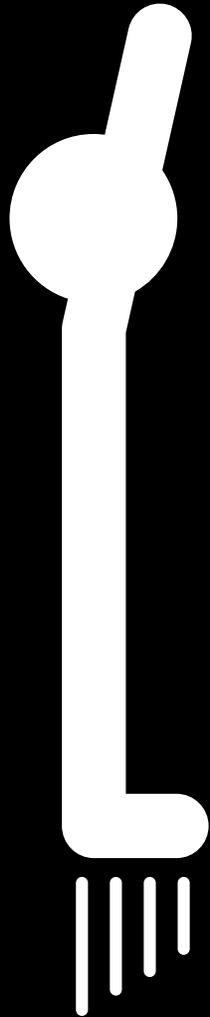
\_Keep your weight on your heels.

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

\_Repeat.

[Watch the video](#)

# Burpees



\_Get into a squat position with your hands on the floor in front of you.

\_Kick your feet back into a push up position.

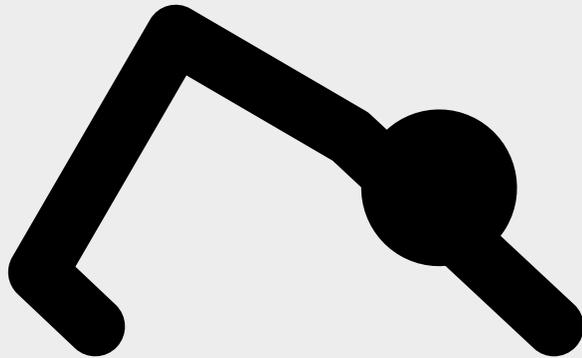
\_Return your feet back to the squat position as fast as possible.

\_Immediately jump up into the air as high as you can.

\_Add a little clap for pizazz!

[Watch the video](#)

# Dive Bomber Push Ups



\_ 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.

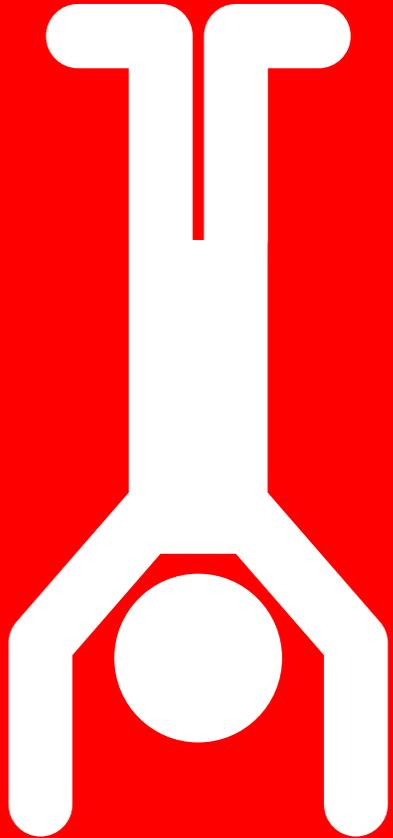
\_ Bend your elbows and drop your chest to the floor. Push forward.

\_ 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](#)

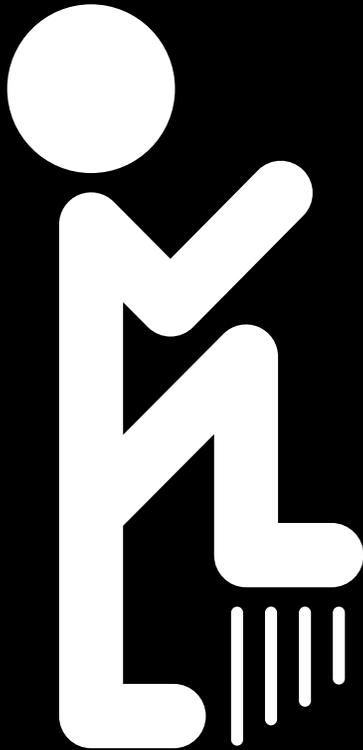
## Beginner Modification

\_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](#)

# Jump Lunges



\_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



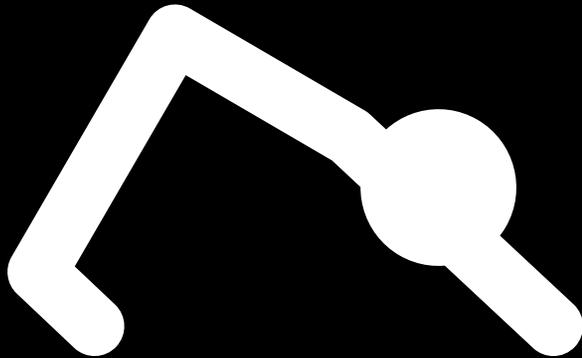
\_Start in the push up position.

\_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



\_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

Beginner Modification

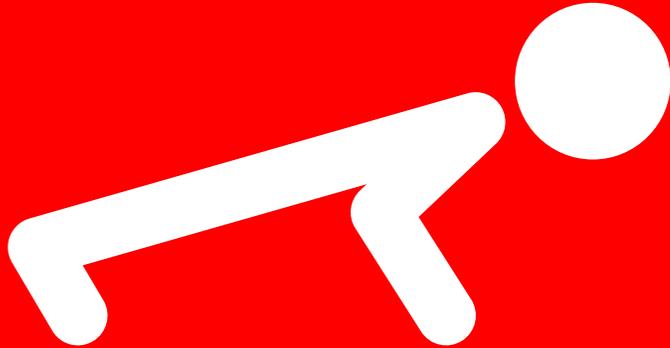
\_Stand on one leg, with the other leg parallel to the floor.

\_Using a chair for balance, 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.

# 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

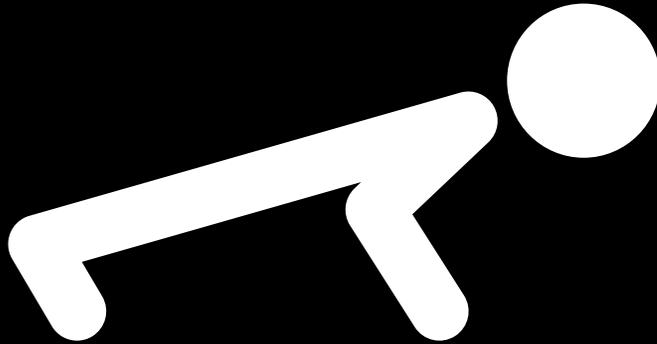
\_Start in a push up position with your knees on the floor.

\_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.

# Reptile Push Ups



\_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

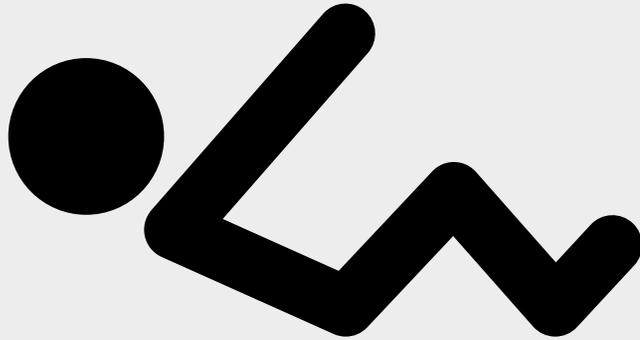
\_Start in a push up position with your knees on the floor.

\_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](#)

# Squat Jumps



\_Stand with your feet shoulder-width apart

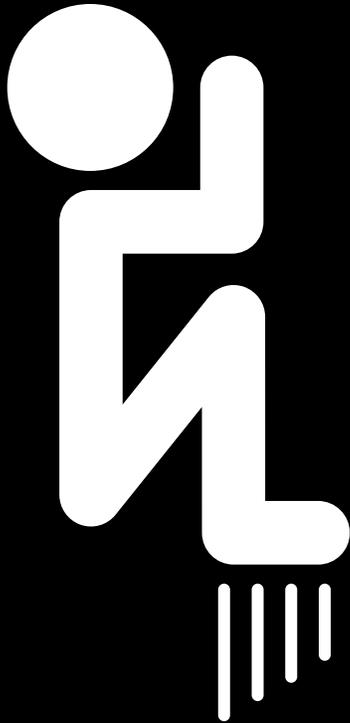
\_Lower yourself into a squat position with your thighs parallel to the floor.

\_Jump up as explosively as you can.

\_Land in a squat position and repeat.

[Watch the video](#)

# Tuck Jumps



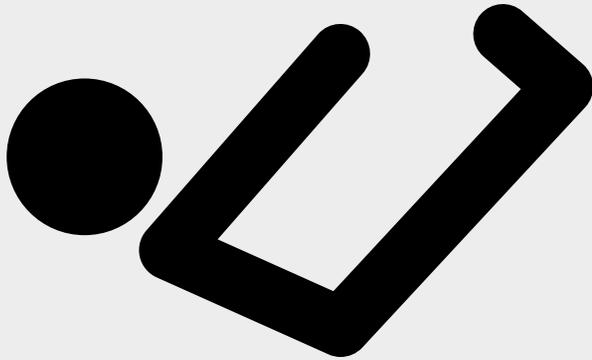
\_Stand with your feet shoulder-width apart.

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

\_Land and repeat immediately.

[Watch the video](#)

# V Ups



\_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](#)

# Walking Lunges



\_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](#)



[12minuteathlete.com](http://12minuteathlete.com)