

8 WEEK ONLINE HIIT WORKOUT PROGRAM

GUIDE BOOK



8-WEEK HIIT WORKOUT PROGRAM

Kinetic Steps

This program is a full body weight-based program that you can carry out anywhere! A program that is precisely designed to help you improve your overall fitness as well as to help you shed fat (given that you also follow a healthy dietary plan during the course of program). The program has also been designed to its best ability to provide the right level of intensity to you, so it doesn't matter where your current fitness level stands! You can get started right away!

Overview of the program:

Training:

HIIT (High Intensity Interval Training)

CIRCUIT FORMAT

8 circuits: 1 each week

Each circuit consists of 8 exercises

Exercises:

Variety of full bodyweight exercises

Equipment required:

Exercise Mat and Foam Roller (optional)

Time & Frequency (Per week):

30-minute workout; 4x a week, 2x active recovery and 1x full on rest day.

Workout Intensity:

The workout is based as circuit training format. There are 4 levels of intensity which you can work from. This is completely up to you; HOWEVER, depending on your level of fitness, it is recommended that you work your way up to an intensity that is challenging but also doable. Complexity of the exercises and structure of the workout also progressively intensifies every week.

LEVEL INTENSITY	WORKING INTERVAL		End of the round break
I (Easy)	20 seconds ON	20 seconds OFF	90 sec
II (Intermediate)	25 seconds ON	15 seconds OFF	90 sec
III (Hard)	30 seconds ON	10 seconds OFF	90 sec
IV (Extreme)	40 seconds ON	10 seconds OFF	90 sec

What is HIIT?

HIIT, also known as high intensity interval training, is a training system that involves short burst of intense exercise followed by very-low intensity recovery period. It is quick, exciting and anything but boring. It is arguably the best way to burn great number of calories in a short period of time. So, if you're a busy individual who do not have the access to the gym, or you simply prefer to workout at home, especially during this uncertain time, this program will serve you just right.

HOW TO ACCESS YOUR PROGRAM:

1. Download the PTDISTINCTION APP.

Upon registration, you can log into your account using your email and password in the member's page on Kinetic Steps website. You are able to download the app here for both Apple & Google play store.

2. Signing the T&Cs Contract.

Once you've logged into your account/app, you should be able to find the '**Forms**' option on your homepage. Please open and scan through the '**Kinetic Steps Online Contract**'. Once you're happy with the terms and conditions, please sign & date it at the bottom. If you have any queries and questions in regard to the contract, please get in touch with me.

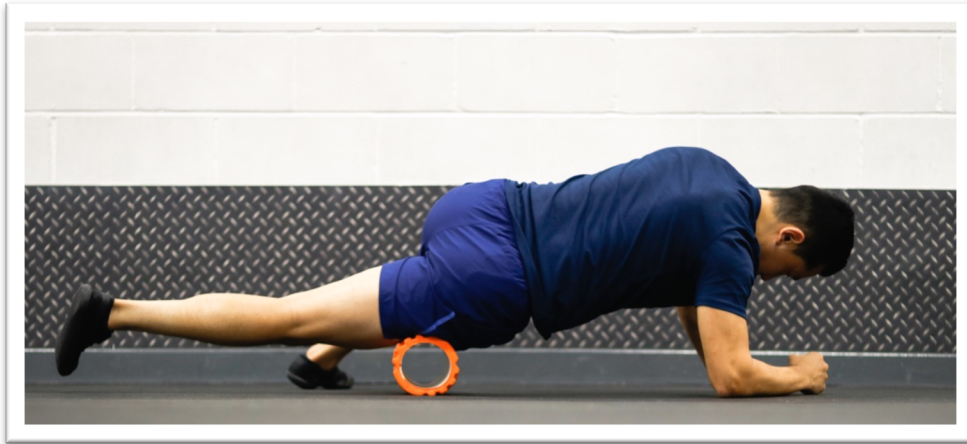
3. Accessing the Program.

Find the '**Coaching**' option on the app footer > Open '**Videos**' > Find '**How to use the app for your 8-week HIIT Program**'.

This video will show you how to access and use your program over the course of 8 weeks.

- There are 8 workouts in total, which are all based in a **circuit format**.
- The workouts have been named as *week 1-8*.
- Perform the workouts weekly in a *chronological* order. Avoid jumping onto the next workout without completion of the previous week, because the exercises have been designed and placed for progressive intensity.
- Do not neglect Active Recovery. This has been placed here for a reason.

Active Recovery:



Active recovery is performing a very low-intensity exercise following a strenuous workout. This form of recovery has been proven to be more effective than passive recovery (doing nothing) in order to reduce DOMS effect (Delayed onset of muscle soreness). It also speeds up the muscle rebuilding process by maintaining the blood flow and eliminating toxins such as lactic acid build up.

Why Active Recovery?

HIIT workouts are usually a lot shorter than your LISS (Low-intensity steady state) exercises and most other forms of workouts but it is a given that they pack a punch! (For those who have done HIIT before, I'm sure you know what I mean.)

Due to the high effort requirement for HIIT, your body is put under a lot of stress during the workout, raising the risk of higher DOMS effect. Therefore, it is not only important but essential to make sure that we implement active recovery in our training plans.

HIIT > DOMS effect > Active Recovery > Reduce DOMS > Ready to go at it again.

A session of active recovery can last from anywhere between 30- 90 minutes. It is recommended that you spend two days on active recovery during the course of this program.

Examples of Active Recovery:

- Long walk (45-60min)
- Low intensity swimming (20-30min)
- Low intensity cycling/indoor bike (20-30min)
- Myofascial Release (Foam Rolling) with stretching
- Yoga

"Active Recovery is not a closure, it's a preparation."



Diet & Nutrition



Whether you're looking to improve your physical performance or shed fat, it is important to maintain a healthy diet. As the famous saying goes, 'You can never outrun a bad diet'. So, if you want to make the most out of this program, focusing on bettering your diet is a must!

Within your app, I have included a handful of nutrition-based information such as food ideas and tips and tricks to help you make better food choices. These guides are provided to give more ideas and help make better food choices.

*On your homepage of the app, find the '**Coaching**' option on the app footer and open up the '**PDFs**' file. You will find a list of nutrition-based materials here.*

If you want to go the extra mile, I can calculate and provide you with your **daily calories' intake** as well as **macros** (Fat, Carbs & Protein). *[This is only provided upon request.]*

Tracking Progress:



Although tracking your progress is not comprehensive, it is still recommended. Tracking features are also available if needed. Within the app, there are features that allow you to track your progress, such as progress photos, measurements and weights.

Here are some benefits of tracking progress:

- Makes it more likely to reach and surpass your goal.
- Allows you to be more efficient in your time and workouts.
- Lend accountability to yourself and your goals.
- It can be motivating and reinforcing to remind you why you are doing what you are doing.
- Keeps you committed to your plan.

You can find these features in the '**Tracking**' option on the app footer.

Body measurements: There is a PDF file in the coaching section of the app called 'Body Measurements Guide' which shows you exactly where in the body to take measurements.

Remember to take your measurements and weigh in before you start the program, and every following week until the end of the program. This should be done first thing in the morning *before eating or drinking* anything, and on the *same day* of every week.

Progress photos can be taken and uploaded on the app every two weeks until the end of the program to observe any potential changes.

[To note: This information is only visible to you (the participant) and me (coach).]

FAQ:

Can I access this program forever?

- After you've registered, you will have 9 weeks to complete the program. After this period, you will no longer have access to the software/app. HOWEVER, you can save/print the program during this course of program for your personal use.

Do I have to follow this program strictly?

- This depends on you. Recommendations and guidelines are provided for optimal results. 4 days of main HIIT workout, 2 days of active recovery and a day of full passive recovery. (given that you are not doing any other strenuous exercises).

Can I still carry on with my other workouts?

- Of course! However, be mindful about the amount of stress you are putting on your body. If you are carrying out different strenuous (especially heavy resistance) workouts, I'd recommend you reduce the frequency of this workout. For example, instead of doing 4x a week, maybe reduce it to 3x or even 2x, depending on the intensity of your other workout.

What If I can't perform certain exercises as demonstrated in the video?

- I will say, listen to your body. If there are certain exercises you cannot perform (with proper technique), I would regress it down into a more doable and simpler version. For example, if you can't perform a full push up, do a kneel push up and if you can't do a kneel push up, do a plank. Take this as an opportunity to be creative and learn to adapt. If you still need help or more guidance, always reach out to your trainer, Anmol. Last thing you want is an injury from performing exercises with poor technique/form. You may send a message via email, whatsapp or social media messages.

What If I miss my workout sometimes?

- One of the good things about this program is that you have the freedom of scheduling the workouts on the days that works best for you. If you miss or are not able to carry out your workout as planned on certain days, make it up on another day or reschedule your days better to avoid similar issues again.

If you have more questions, feel free to send me a message.

NOW, LET THE PROGRAM BEGIN!

