



**INSTRUCTIONAL
VIDEOS INCLUDED**

A row of fitness-related icons: a yellow runner, a pink dumbbell, a black kettlebell, a red resistance band, and a yellow flexing arm emoji.

AT HOME WORKOUT

ASHLEYKFIT



DISCLAIMER

All of the info that is in this book is only offered for educational purposes only. If you or a family member has a history of high blood pressure, heart disease, or obesity do not start this fitness program without consulting your physician. Anyone following the routines in this ebook should be aware that there is a risk with any form of physical activity. It must also be understood that if these exercises are performed poorly, it can become a risk to your health and well being. Ashley Kaltwasser assumes no such liability for injury, this is simply an education manual.

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TIPS

NO MATTER WHAT EXERCISE YOU ARE DOING, IT'S KEY TO ENSURE YOU'RE PERFORMING EACH WORKOUT EXACTLY AS IT SHOULD BE. QUALITY OVER QUANTITY ALWAYS. **MAKE SURE TO HAVE FULL CONTROL THROUGHOUT YOUR RANGE OF MOTION TO HELP YOU OPTIMIZE YOUR RESULTS.**



I PERSONALLY DO NOT TRAIN CORE TOO OFTEN. I ALREADY HAVE DEVELOPED MY CORE AND MOST CONTROL MY MIDSECTION THROUGH MY DIET. I WILL OCCADIONALY TRAIN MY ABS FOR THE SAKE OF MAINTAINING MY STRENGTH AND ENDURANCE. IF YOU ARE A BEGINNER OR SOMEONE WHO HAS RECENTLY BEEN MORE ACTIVE WITH THEIR FITNESS, MAKE SURE YOU ARE WORKING ON YOUR CORE 3-4 TIMES A WEEK.



PICK YOUR STARTING POINT - WHETHER YOU ARE A BEGINNER OR ADVANCED, EVERYONE NEEDS TO START SOMEWHERE. IT'S IMPORTANT TO FIND THE RIGHT PLACE TO BEGIN BECAUSE YOU DON'T WANT TO DO TOO MUCH TOO QUICKLY AND ULTIMATELY DEVELOP A NEGATIVE ATTITUDE TOWARDS TRAINING AND DIETING! JUST LIKE MANY OTHER THINGS IN LIFE, YOU HAVE TO CONTINUOUSLY REPEAT AN ACTIVITY IN ORDER TO BECOME MUCH MORE IMMUNE TO IT, IN THIS CASE, FITNESS.



CHALLENGE YOURSELF BUT BE SMART! YOU CAN ALWAYS ADD WEIGHT/RESISTANCE TO EXERCISE BUT IT'S IMPORTANT YOU SWITCH UP YOUR STYLES OF TRAINING EVERY SO OFTEN. START WITH A HIGH WEIGHT AND DO LOW REPS - AFTER EACH SET DECREASE THE WEIGHT AND INCREASE YOUR REPS. SOUNDS LIKE IT'S BACKWARDS RIGHT? THAT'S TOTALLY OK! MIXING THE WAY YOU TRAIN IS THE BEST THING YOU CAN DO TO HELP MAXIMIZE YOUR RESULTS!



ENJOY THE PROGRAM, HAVE FUN, AND SMILE!!! YOUR WORKOUT FOR THE DAY SHOULD BE AN INTENSE FORM OF A DAILY THERAPY SESSION. EMBRACING THIS LIFESTYLE HELPS REDUCE STRESS LEVELS INSIDE THE BODY LONG TERM. THIS IS YOUR TIME OF DAY TO WORK ON YOU, ENJOY IT! LIVE THE MOMENT OF HARDWORK! WORKING OUT SHOULD NEVER FEEL LIKE A CHORE FOR THE DAY, IT SHOULD BE SOMETHING YOU LOOK FORWARD TO ON A DAILY BASIS.

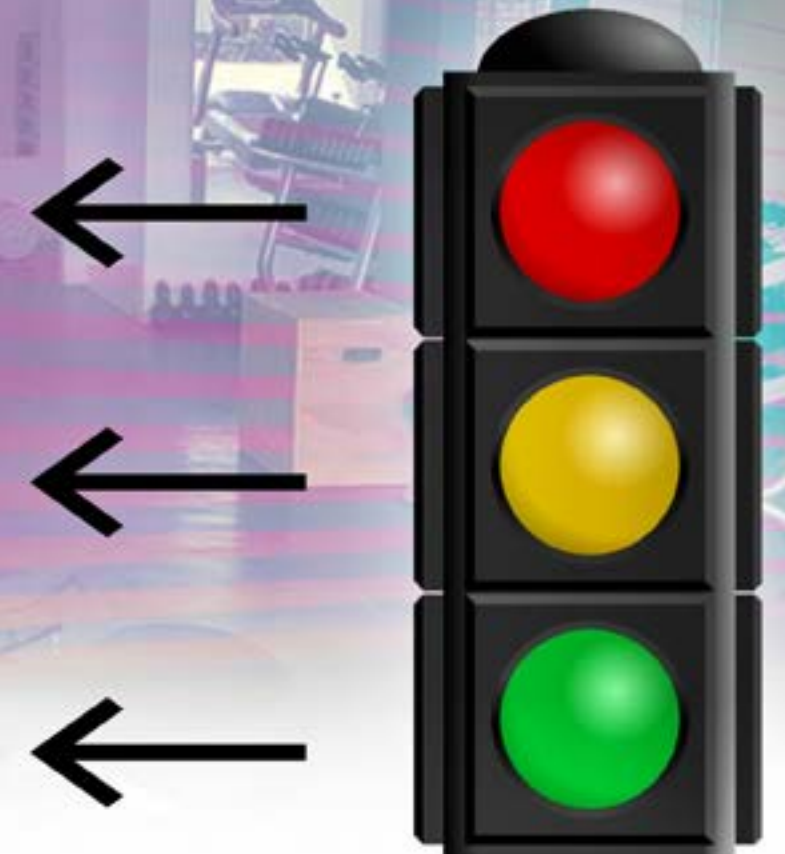


ARE YOU READY

MAKE SURE YOU HAVE A MEAL 30-60 MINUTES ☺ BEFORE YOU TRAIN. IF YOU NEED THAT EXTRA PUSH, TRY A PREWORKOUT ABOUT 30MINUTES BEFORE YOU START (CHECK HOW MUCH CAFFEINE IT HAS BEFORE YOU TAKE IT!) ALWAYS PLAN AHEAD OF TIME!!!

DO YOU HAVE ALL THE EQUIPMENT YOU NEED TO COMPLETE THIS WORKOUT ? ? IS YOUR DRINK READY 🥤 ? CONSIDER HAVING A SMALL TOWEL TO DRY YOUR SWEAT OFF 🧼 ARE YOU MENTALLY READY FOR THIS WORKOUT?

IT'S GO TIME! KEEP ALL DISTRACTIONS AWAY FROM YOU AND BE 100% CONCENTRATED, THAT IS KEY! I WANT YOU TO FOCUS ON EVERY SINGLE REP YOU DO AND PUSH YOURSELF PAST YOUR LIMITS! AS I JUST MENTIONED BEFORE, IT IS ALL IN YOUR MENTAL ATTITUDE!



LET'S WARM UP...

WARM UP

Here is a warm up routine you can follow below. Remember, the goal isn't to break a sweat; it's to simply get your blood flowing.

Warm Up Routine	Reps and Time
Air Squats	20 reps
Mountain Climbers	30 seconds
Running In Place	1 minute
Flutter Kicks	12 reps
Dips	10 reps
V Leg Lifts	10reps



Equipment Needed:
BENCH OR OBJECT 1-2 FEET OFF THE GROUND
STABILITY BALL
LIGHT RESISTANCE BANDS



WE CAN NOT FORGET TO WARM UP, THAT IS SOOOO IMPORTANT FOR YOUR WORKOUT PERFORMANCE. NEVER GO ALL OUT RIGHT IN THE BEGINNING, MAKE SURE YOU GET THAT BLOOD FLOWING FIRST. I WANT YOU TO GO THROUGH DYNAMIC WARM UPS AND STRETCHES TO TAKE YOUR BODY THROUGH VARYING RANGES OF MOTIONS IN ORDER TO BE READY FOR THE WORKOUT. I ALWAYS SUGGEST JUST ABOUT 5-10MINUTES OF FOAM ROLLING AS WELL BEFORE AND AFTER TRAINING. THIS SHOULD HELP YOU INCREASE YOUR RANGE OF MOTION WHICH IN RESULT WILL HELP IMPROVE YOUR EXERCISE FORM..

30 MINUTES OF TRAINING IS ENOUGH



HOW MUCH TIME DO YOU SPEND WORKING OUT ? 30 MINUTES OR MAYBE AN HOUR WALKING ON THE TREADMILL ? WOULD YOU LIKE TO SPEND LESS TIME WORKING OUT ? HOW ABOUT BURN EVEN MORE CALORIES CONTINUOUSLY OVER 48 HOURS ? ALL YOU NEED IS 30 MINUTES ! 30 MINUTES OF HARDWORK AND DEDICATION ! THIS IS THE POWERFUL EFFECT ONLY HIIT CAN PROVIDE ! I WILL EXPLAIN ALL YOU NEED TO KNOW TO USE THIS TOOL AND HOW TO INCORPORATE IT IN YOUR FITNESS REGIMEN.

WHEN HIIT IS COMBINED WITH A BALANCED DIET, IT GOES A LONG WAY! I HAVE INCLUDED ROUTINES THAT ARE GREAT FOR BOTH BEGINNERS AND VETERANS. BY THE END OF THIS BOOK, NOT ONLY WILL YOU HAVE THE KNOWLEDGE TO PUT TOGETHER YOUR OWN HIIT REGIMEN

HIIT AT HOME

Tap Here

No Equipment Needed				
Workout 1				
#	EXERCISE	SETS	REPS	REST
1	Hip Thrust	5	12 (all 5 sets)	None
1a	Step Ups	5	15, 15, 15, 10, 12 each leg	45 seconds
2	Push Ups	3	15, 12, 10	None
2a	Stationary Leg Lunge	3	12 each leg (all 3 sets)	1 minute
3	Lateral Hops	4	1 minute	None
3a	Reverse Lunge (16FT)	4	Minimum 16 ft	2minutes
4	Single Leg Glute Bridge	4	10 EACH SET	None
4a	Air Squats	4-6	45 seconds (as many reps as possible with good form!)	45 seconds



H.I.I.T TRAINING

HIIT IS WHEN YOU DO AN EXERCISE AT 100% EFFORT FOR A SHORT DURATION OF TIME AND IS THEN FOLLOWED BY A LOW INTENSITY EXERCISE ALSO DONE IN A SHORT DURATION OF TIME. LET'S TALK ABOUT WHY YOU SHOULD PERFORM H.I.I.T WORKOUTS AND WHAT MAKES IT SO SPECIAL.



- IT'S MORE TIME EFFICIENT. NOT EVERYONE CAN MAKE THE TIME TO SPEND OVER AN HOUR IN THE GYM. FOR THOSE WITH LITTLE TO NO TIME, H.I.I.T CAN BE BENEFICIAL AS YOU SPEND MUCH LESS TIME IN THE GYM. YOU CAN ALSO EASILY COME UP WITH A COMBINATION OF WORKOUTS TO HAVE TRAINING SESSIONS AS HOME AS WELL. SOME WILL BE INCLUDED IN THIS EBOOK!
- H.I.I.T HAS LESS IMPACT ON MUSCLE HYPERTROPHY VS LISS. THIS IS ESPECIALLY IMPORTANT FOR DIETERS AS YOU AS ARE MORE LIKELY TO PRESERVE MORE MUSCLE DURING A CALORIC DEFICIT.
- THERE IS ONE REASON WHY HIIT IS MUCH MORE EFFECTIVE AND THAT IS BECAUSE OF SOMETHING CALLED EPOC - (EXCESS POST-EXERCISE OXYGEN CONSUMPTION) OR ALSO KNOWN AS THE AFTERBURN EFFECT. AS THE DEFINITIONS OF H.I.I.T IMPLIES, THE HIGH INTENSITY PLACES A HUGE AMOUNT OF STRESS ON THE BODY. WE ARE BREATHING HARDER, THEREFORE REQUIRING THE BODY TO USE MORE OXYGEN AS OUR BODY BURNS CALORIES. EPOC OR THE AFTERBURN EFFECT COMES INTO PLAY AFTER H.I.I.T IS COMPLETE AS YOUR BODY WILL CONTINUE TO USE MORE OXYGEN AND BURN MORE CALORIES FOR UP TO 48 HOURS EVEN AFTER H.I.I.T IS DONE! IT IS A WIN IN EVERY WAY!

WHAT EXACTLY MAKES HIIT DIFFERENT FROM OTHER CARDIO?



UNLIKE STEREOTYPICAL CARDIO SESSIONS SUCH AS JOGGING, BIKING, HIKING OR RUNNING; HIIT IS A SERIES OR COMBINATION OF ATHLETIC BASED MOVEMENTS DONE AT HIGH LEVELS OF EXERTION TO SPIKE THE HEART RATE AND OPTIMIZE FAT LOSS. BY DOING MORE ATHLETIC MOVEMENTS, YOU ARE USING MULTIPLE MUSCLE GROUPS AT THE SAME TIME TO INCREASE YOUR METABOLIC RATE MOST EFFICIENTLY. THIS TYPE OF TRAINING NOT ONLY IS THE MOST EFFICIENT WAY TO BURN FAT BUT ITS TIME EFFICIENT, INCREASES STABILITY AND BALANCE, TYPE 2 MUSCLE FIBERS RESPONSE TIME, AND IMPROVES MOBILITY.

H.I.I.T FREQUENCY

IF YOUR GOAL IS ENHANCING ATHLETIC PERFORMANCE, WEIGHT LOSS, OR OVERALL FUNCTIONALITY, THEN I RECOMMEND HIIT 3-4 DAYS A WEEK. JUST LIKE TRAINING ANY SPECIFIC MUSCLE WITH RESISTANCE TRAINING, YOUR BODY NEEDS REST. WE DISCUSSED THE EPOC/AFTERBURN EFFECT EARLIER SO EVEN WITH 24 HOURS OF REST, WE ARE STILL IN THAT ELEVATED OXYGEN CONSUMPTIONS AND WE ARE STILL BURNING MORE CALORIES! FOR BODYBUILDERS AND COMPETITORS, I RECOMMEND HIIT EVERY OTHER DAY THROUGHOUT YOUR CUTTING PHASE. IF YOU ARE FOCUSING ON BUILDING LEAN MUSCLE MASS, THEN I RECOMMEND AT LEAST ONCE A WEEK TO REDUCE SOME OF THE POSSIBLE FAT GAIN AS A RESULT OF A CALORIE SURPLUS. BEGINNERS- I RECOMMEND HIIT UP TO TWICE A WEEK WITH A MUCH LOWER DURATION OR IF THE FREQUENCY IS INCREASED TO HIGHER THAN 2 DAYS IT SHOULD BE DONE WITH A LOWER INTENSITY OR REST DAY BEFORE THE NEXT SESSION.

INTERMEDIATE- 2 TO 3 DAYS SHOULD BE SUFFICIENT WITH LOWER INTENSITY DAYS IN BETWEEN THE NEXT SESSION.

ADVANCED- FOR THE ADVANCED, 4 DAYS OF HIIT SHOULD COVER ALL YOUR ENDURANCE AND ATHLETIC NEEDS WHILE NOT SACRIFICING TOO MUCH RECOVERY.

YOUR MAXIMUM HEART RATE



YOU ARE WORKING AT 100% OF YOUR MAXIMUM HEART RATE. FIGURING OUT YOUR MAXIMAL HEART RATE IS AN EASY PROCESS; YOU SIMPLY SUBTRACT YOUR AGE FROM 220. A HEART RATE MONITOR WOULD BE BENEFICIAL TO KEEP YOU IN CHECK. DURING THE HIGH INTENSITY PERIODS, YOU ARE REQUIRED TO GIVE ABSOLUTELY EVERYTHING YOU'VE GOT WHICH SHOULD BE AT YOUR MAXIMAL HEART RATE. IT'S ALL ABOUT QUALITY. WHILE WORKING AT SUBMAXIMAL INTENSITIES CAN STILL GIVE YOU AWESOME RESULTS, 99% IS NOT 100%. NEXT IS THE RECOVERY PERIODS OF HIIT. THE GOAL HERE IS TO JUST GET YOUR HEART RATE DOWN AS CLOSE TO YOUR RESTING HEART RATE AS POSSIBLE OR SIMPLY 40-50% OF YOUR MAXIMAL HEART RATE. ADVANCED ATHLETES CAN TAKE THIS NUMBER HIGHER.

TIP- EVEN ASKING YOURSELF DURING THE PROCESS IF YOUR CURRENT INTENSITY IS THE BEST YOU CAN DO WILL MAKE YOU WORK HARDER.

RESISTANCE BAND HIIT WORKOUT

Tap Here _____

Workout 1 OF 2

	EXERCISE	SETS	REPS	REST
1a	Resistance Bands Half Squat Row	4	10-12	None
1b	Resistance Bands Rear Delt Flys	4	10-15	None
1c	Resistance Bands Side Lateral Raises	4	15-20	45-60 seconds
2a	Resistance Bands Frog Walk	3	16 feet minimum	None
2b	Resistance Bands Half Squat Side Walk	3	16 feet minimum	None
2c	Resistance Bands Standing Chest Press	3	15-20	45-60 seconds
3a	Resistance Bands Overhead Tricep Extension	4	10-12	None
3b	Resistance Bands Curls	4	10-12	30 seconds



HIIT FOR BEGINNER TO INTERMEDIATE

Day 1 – Legs/Glutes

	Exercise	Sets	Reps	Rest
1a	Kettlebell Squats	3	15, 12, 10	0
1b	Jumping Squats	3	20 seconds	1 Minute
2a	EZ Curl Bar Stiff Leg Deadlift	3	10,12,15	0
2b	Glute Bridge	3	10,12,15	1 Minute
3a	Stationary Leg Lunge	3	10,12,15 each leg	0
3b	EZ Curl Bar Single Stiff Leg Deadlift (Beginner)	3	20 seconds	1 Minute
4	Hip Thrust	3	10,12,15	1 Minute
5	Elliptical Sprints or Outdoor Sprints	10	20 seconds of max effort	40 seconds of steady pace



Day 2 – Upper Body

	Exercise	Sets	Reps	Rest
1a	Dumbbell Seated Hammer Curls	3	15, 12, 10	0
1b	Dumbbell Renegade Row	3	30 seconds	1 Minute
2a	Dumbbell Single Arm Overhead Press	3	15, 12, 10	0
2b	Dumbbell Tricep Kickback	3	30 seconds	1 Minute
3a	Standing Supinated	3	12, 12, 10	0
3b	Dumbbell Front Raises	3	30 seconds	1 Minute
4	Resistance Bands Side Lateral Raises	3	12, 12, 10	1 Minute
5	Indoor or Outdoor Sprints (Try both!)	10	20 seconds of max effort	40 seconds of steady pace



HIIT FOR BEGINNER TO INTERMEDIATE

DAY 3 – REST DAY/CARDIO

20-30min low intensity jog

Sprint

Stairmaster

Eliptical

Treadmill

Day 4 – Lower Body Glute Focus

	Exercise	Sets	Reps	Rest
1a	Bird Dog	3	15, 12, 10	0
1b	Resistance Bands Donkeykick	3	30 seconds	1 Minute
2a	Seated Abduction	3	15, 12, 10	0
2b	Resistance Bands Frog Walk	3	30 seconds	1 Minute
3a	Bulgarian Split Squat	3	15, 12, 10	0
3b	Air Squats	3	30 seconds	1 Minute
4a	Step Ups	3	12, 12, 10	0
4b	Glute Bridge	3	30 seconds	1 Minute
5	Jumping Squats	10	10 seconds of max effort	40 seconds of steady pace



HIIT FOR BEGINNER TO INTERMEDIATE

DAY 5 – REST DAY/CARDIO

20-30min low intensity jog

Sprint

Stairmaster

Eliptical

Treadmill

Day 6 – Upper/Lower Mix

	Exercise	Sets	Reps	Rest
1a	Dumbbell Tricep Kickback	3	15, 12, 10	0
1b	Dumbbell Bench Press	3	30 seconds	1 Minute
2a	Single Leg Glute Bridge	3	15, 12, 10	0
2b	Clamshell	3	30 seconds	1 Minute
3a	Dumbbell Row	3	15, 12, 10	0
3b	Resistance Bands Half Squat Row	3	30 seconds	1 Minute
4a	HyperExtensions	3	12, 12, 10	0
4b	Dumbbell Renegade Row	3	30 seconds	1 Minute
5	Lateral Hops	10	10 seconds of max effort	40 seconds of steady pace



HIIT FOR ADVANCED

Equipment Needed:	
BENCH OR OBJECT 1-2 FEET OFF THE GROUND	
KETTLEBELL	
EZ CURL BAR	
DUMBBELL	
RESISTANCE BANDS	

Day 1- Legs/Glutes

	EXERCISE	SETS	REPS	REST
1a	Jumping Squats	4	10, 10, 12, 12	None
1b	Step Ups	4	10 each leg	None
1c	Kettlebell Squats	4	5, 5, 5 (choose heavy weight)	45-60 sec
2a	EZ Curl Bar Stiff Leg Deadlift	4	15, 15, 15, 15	None
2b	Dumbbell Single Leg Stiff Deadlift (advanced)	4	12 each leg	45-60 sec
3a	Stationary Reverse Lunge	2	10 each leg	None
3b	Reverse Lunge	2	Minimum 16ft distance	30 sec
4	Bulgarian Split Squat	3	15 each leg	30 sec
5	Resistance Bands Donkeykick	5	10 (slow eccentric reps each leg)	1 min



HIIT FOR ADVANCED

Equipment Needed:	
BENCH OR OBJECT 1-2 FEET OFF THE GROUND	
EZ CURL BAR	
DUMBBELL	
RESISTANCE BANDS	

Day 2 Shoulders/Tricep/Chest

	EXERCISE	SETS	REPS	REST
1a	Dumbbell Incline Bench Press	3	12, 12, 12 (try different variations!)	None
2a	Dumbbell Seated Tricep Extension	3	15 each arm	45-60 sec
3a	Dumbbell Rear Delt Flys	4	15 all 4 sets	None
3b	Arnold Shoulder Press	4	20, 20, 15, 15 (increase weight after 2nd set)	None
3c	Resistance Bands Rear Delt Flys	4	12 (slow eccentric)	45-60 sec
4a	Dumbbell Single Arm Overhead Press	3	12, 15, 20, 20 (start heavy, decrease weight after each set)	None
4b	Dumbbell Front Raises	3	12 each arm slow eccentric	45-60 sec
5a	Skull Crushers	5	Burnout to failure all 5 sets!	45 sec



HIIT FOR ADVANCED

Equipment Needed:
BENCH OR OBJECT 1-2 FEET OFF THE GROUND
STABILITY BALL
DUMBBELL
RESISTANCE BANDS

Day 3 Back/Bi/Abs EXERCISE

	Exercise	SETS	REPS	REST
1a	Hyperextensions on Stability Ball	4	12, 12, 15, 15	None
1b	Dumbbell Bent Over Single Arm Cross Row	4	15-20 each arm	45- 60 seconds
2a	Resistance Bands Curls	4	15, 15, 15, 15	None
2b	Resistance Bands Upright Rows	4	15-20 each set	45- 60 seconds
3a	Dumbbell Renegade Row	4	12, 12, 15, 15	None
3b	Dumbbell Standing Regular Curl	4	15 each arm	45- 60 seconds
4a	Bicycle Crunch	4	20, 20, 30, 30 seconds	None
4b	Standing Supinated	4	15 each arm	45-60 seconds
5	Burpees	3	Max in 30 seconds	2min max



HIIT FOR ADVANCED

Equipment Needed:
STABILITY BALL
DUMBBELL
RESISTANCE BANDS

Day 5 Legs/Glutes/Shoulders

	EXERCISE	SETS	REPS	REST
1a	Bird Dog	3	10 each side	None
1b	Glute Bridge w- Stability Ball	3	15, 15, 20 20	45-60 seconds
2a	Dumbbell Lateral Raises	4	15-20	None
2b	Inclined Single Leg Glute Bridge	4	8 Slow Eccentric Each Leg	45-60 seconds
3a	U Leg Lifts	4	10, 10, 12, 12	None
3b	Clamshell	4	20 each set	45-60 seconds
4	Dumbbell Squat to Overhead Press	3	Max Reps in 20 seconds	2min
5	Seated Abduction	4	15-20 each set	1 min
6a	Dumbbell Hamstring Curl	3	15 each set	None
6b	Resistance Bands Frog Walk	3	Minimum 16ft distance	2 min
7	Resistance Bands Half Squat Side Walk	4	Minimum 16ft distance	45 seconds



HIIT FOR ADVANCED

Equipment Needed:

BENCH OR OBJECT 1-2 FEET OFF THE GROUND

EZ CURL BAR

DUMBBELL

RESISTANCE BANDS

Day 6 Upper Body mix

	EXERCISE	SETS	REPS	REST
1a	Lateral Hops	2	20 seconds low intensity	None
1b	Mountain Climbers	2	20 seconds max effort	45-60 seconds
2a	Dumbbell Seated Hammer Curls	4	15 each arm	None
2b	Resistance Bands Curls	4	12 each arm	None
2c	Dips	4	15, 15, 20, 20	45-60 seconds
3	Jumping Squats	4	Max Reps in 15 seconds	None
4a	Resistance Bands Standing Chest Press	4	12, 12, 15, 15	45-60 seconds
4b	Push-Ups	3	10 Pushups	None
4c	Dumbbell Standing Over-head Press	3	Max Reps in 30 seconds	30 seconds

Version 2

HIIT AT HOME

Workout 2

No Equipment Needed

	EXERCISE	SETS	REPS	REST
1a	Bicycle Crunch	3	10, 12, 12 each side	None
1b	Mountain Climbers	3	1 minute Burnout	45 seconds
2a	Burpees	5	1 minute	None
2b	Dips	5	4 sets to failure	45-60 seconds
3a	Flutter Kicks	4	40 seconds	None
3b	Bulgarian Split Squat	4	10, 12, 12, 12 each leg	45-60 seconds
4a	Inclined Single Leg Glute Bridge	3	10 each leg	None
4b	Stationary Curtsy Leg Lunge	3	16 each leg	60-90 seconds
BURNOUT	Jumping Squats	5	30 seconds	20 seconds



Version 2

RESISTANCE BAND HIIT WORKOUT

Workout 2 OF 2

	EXERCISE	SETS	REPS	REST
1a	Resistance Bands Curls	4	10, 10, 12, 12	None
1b	Resistance Bands Upright Rows	4	10, 12, 12, 15	45-60 seconds
2a	Resistance Bands Standing Chest Press	4	15, 15, 20, 20	None
2b	Resistance Bands Donkeykick	4	16 feet minimum	45-60 seconds
3a	Resistance Bands Front Raises	3	16 feet minimum	None
3b	Resistance Bands Half Squat Side Walk	3	15, 15, 20, 20	None
3c	Resistance Bands Frog Walk	3	16 feet minimum	45-60 seconds
4a	Resistance Bands Side Lateral Raises	4	10, 10, 12, 12	None
4b	Resistance Bands Rear Delt Flys	4	20 minimum	45-60 seconds
5a	Air Squat	4	20 minimum	1-2 minute



THANK YOU!

I HOPE YOU GUYS LIKED MY INTERACTIVE EBOOK!



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QUESTIONS? CONCERNS? GOT SOME FEEDBACK?
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