

Twice the HIIT!

SGT Ken® and Mighty Mindy

The Why

1. Benefits of HIIT training
2. Benefits of Circuit training
3. Benefits of Team training
4. Benefits of Coach and Team

The How

1. Progressions and Regressions that matter
2. Work to Rest ratio
3. Timed HIIT variations
4. Play as Rest
5. Logistics
 - a. Space, equipment, timing
 - b. Setting the Circuit
 - c. Grouping the teams
 - d. Maintaining the Excitement
 - e. Creating the Event

The Program

1. Out of the Box thinking Warm up
2. Traditional stations and why
3. Crazy over the top games
4. Timing
 - a. Stations are each 60 seconds
 - b. Games/ Drills will utilize a variety of HIIT timing
 - i. 20-10, 30-20-10, 12-8, 30-30

The Workout

Warm-up - Mindy Magic

Stations - SRT Killer Ken

Upper Body	Total Body
Seated Dips	Squat Kicks to Push-up
<i>Scorpion</i> Push-up	Squat-Thrust-Jumps
<i>Staggered</i> Push-up	180-degree Jump Squats and Push-up
<i>Dive Bomber</i> Push-up	Lateral Tuck Jump and Push-up
Push-up Pulses	Donkey Kicks

Games and Drills

Solo / Partner	Team
Football run and fast feet - 30-20-10	Blob tag 30-30
Transfer Run Fartlek	Toilet Tag Fartlek
Gliding Burpee progression 30-20-10	Circle add on 20-10
Skater 30-30	Farlek Line Run
Mnt climber twist 20-10	Ready Ready Set 12-8

www.STARTfitness.com
www.sgtken.com

For program information, contact Master Fitness and Resilience Trainer
SGT Ken® at sgtken@STARTfitness.com

www.bruceandmindy.com
info@bruceandmindy.com

To contact Mindy for One Day to Wellness and Tabata Bootcamp