

High Intensity Interval Training: Body-Weight Options

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Keeping It Simple: My preferred *Interval* equipment choices are the elliptical trainer, indoor bike, or outdoor bike. However, when equipment is not available, getting it on with simple body will provide!

For optimal metabolic benefits, you need to choose body weight exercises that:

- 1) *Involve both of the legs, and ...*
- 2) *Involve level changes that take your body from a high to low position or use leg speed to rev up heart rate.*

By using both legs and moving up and down (or very fast), you can significantly increase heart rate demands and provide the “sprint effect” that is required for metabolic gains. Here are some ideas for using just body weight during H.I.I.T (**H**igh **I**ntensity **I**nterval **T**raining) workouts. No equipment? NO EXCUSES! Use your own body weight and GET IT ON! 😊

Body-Weight Sprint Intervals

1. Prisoner Squat
2. Lunges (Box, Front/Back, Split Jump)
3. Burpee
4. Speed Ladder
5. Jump Rope
6. Rotary Jump Squat
7. Jump Squat
8. Plyo Box Jump

Body-Weight Rest Intervals

1. March
2. Jog
3. 5-Dot Drill
4. Jumping Jack
5. Speed Ladder

Remember to keep it simple! Be creative. Use my examples or come up with your own body-weight exercises to crank your heart rate and rev your “High-Performance” Health & Fitness!

* Ron Jones (5.14.08)