


HIIT SERIES · VOL. 2 · WINTER

# WINTER INDOOR HIIT

TRAIN HOT · STAY INSIDE · NO EXCUSES

| 10 | 2 | 100% |
|---|---|---|
| WORKOUTS | LEVELS | INDOOR |

Machines, free weights, power work and a no-equipment option. Every workout in Normal and Extreme.

# HOW IT WORKS

READ ONCE · THEN JUST TRAIN

01 **Warm up first**
Do the Indoor Warm-Up on page 3 before every workout. No static stretching before training.

02 **Pick your level**
Normal is about half the volume with more rest. Extreme is the full workout. New to training? Start at half of Normal.

03 **How often**
Normal: 2 HIIT days a week. Extreme: up to 3. Always take a rest day between.

04 **Effort counts**
Normal sprints are hard, about 8 out of 10. Extreme sprints are all-out.

05 **Rest means rest**
Stick to the rest times. They're part of the workout.

06 **Times are estimates**
Each workout shows about how long it takes, not counting the warm-up.

07 **Listen to your body**
Stop if you feel dizzy or have any pain. Check with your doctor before starting.

FIND YOUR WORKOUT

| | |
|---|---|
| **Machines** | 01 Air bike · 02 Rower · 03 Ski erg · 07 Treadmill |
| **Free weights** | 04 Kettlebell · 05 Dumbbells |
| **Power** | 06 Ropes & slams · 08 Sled & turf |
| **Anywhere** | 09 No equipment |
| **Everything** | 10 The Blizzard |

# INDOOR WARM-UP

REQUIRED BEFORE EVERY WORKOUT · 8–10 MIN

Cold muscles tear. Warm up every time, and save holding stretches for after you train.

**Easy cardio** — 3 min
Bike, rower or easy jog. Until you're warm.

**Leg swings** — 10 each way
Front-to-back, then side-to-side. Hold something for balance.

**World's greatest stretch** — 4/side
Lunge, elbow to instep, rotate and reach up.

**Inchworm** — 5
Walk your hands out to a plank and back.

**Bodyweight squat** — 10
Chest up, sit deep, drive up.

**Glute bridge** — 10
Squeeze 2 sec at the top.

**Arm circles** — 10 each way
Small to big.

**Build-ups** — ×3
On your workout's machine: 10 sec at 50%, 70%, then 85%.

Ready when you're warm, a little sweaty and moving freely.

# MACHINE GUIDE

SET UP RIGHT · TRAIN SAFE

- **Air bike**
  Seat at hip height. Push and pull the handles. The harder you go, the harder it pushes back.
- **Rower**
  Damper 4–6. Drive: legs, body, arms. Back: arms, body, legs. Strap the feet across the widest part.
- **Ski erg**
  Damper 4–6. Hinge at the hips and crunch down. Arms stay close, finish by your thighs.
- **Treadmill**
  Clip the safety key to your clothes. Start at a walk and use the speed buttons. Never step on or off a fast belt.
- **Sled**
  Hands on the posts, arms locked, 45° lean. On turf, not rubber floor.
- **Battle ropes**
  Athletic stance, hips back. Shorter grip on the rope = harder.
- **Kettlebell**
  Hinge, don't squat. Bell floats to chest height on its own.

EFFORT SCALE

Normal sprints: about 8 out of 10, hard but controlled. Extreme sprints: all-out. Rest pace: easy enough to talk in short sentences.

# 01 AIR BIKE BLITZ

AIR BIKE

N NORMAL ≈18 MIN | X EXTREME ≈26 MIN

INDOOR WARM-UP FIRST · REQUIRED

WARM-UP

## Easy pedal

Conversational pace. Push and pull the handles.

N 3 min
X 3 min

WORK

## All-out sprints

10 sec all-out, then easy pedal to the top of the minute. Every sprint starts on the minute.

N ×8
X ×12

## 30 / 30 intervals

30 sec hard (8 out of 10), 30 sec easy.

N ×4
X ×8

COOL-DOWN

## Easy pedal

Let your breathing settle before you get off.

N 3 min
X 3 min

MACHINE TAKEN? SWAP IT

Rower or ski erg, same times.

COACH CUE

Arms carry half the work. Push and pull the handles on every sprint.

# 02 ROWER PYRAMID

ROWER · DAMPER 4–6

N NORMAL ≈15 MIN | X EXTREME ≈25 MIN

INDOOR WARM-UP FIRST · REQUIRED

Rest rule: rest as long as the piece took you. Check the monitor when you finish a piece. If 200 m took 45 sec, rest 45 sec, then start the next piece. Rest lightly rowing or sitting still.

WARM-UP

## Easy row

Legs, body, arms on the drive. Arms, body, legs on the way back.

N 500 m

X 500 m

WORK

## Pyramid pieces

Row each piece hard, in this order.

N 100-200-300 -200-100 m

X 100-200-300-400 -300-200-100 m

## Rest after each piece

Most people: 100 m ≈ 20–25 sec · 200 m ≈ 40–50 sec · 300 m ≈ 1:05–1:20 · 400 m ≈ 1:25–1:45.

N = row time

X = row time

## Finisher

All-out 250 m. Rest 3 min after the pyramid, and 3 min between finishers.

N ×1

X ×2

MACHINE TAKEN? SWAP IT

Ski erg, same distances, damper 4–6.

COACH CUE

Keep the damper at 4–6. Setting 10 isn't harder, just slower and heavier on your back.

# 03 SKI ERG STORM

SKI ERG

N NORMAL ≈14 MIN | X EXTREME ≈20 MIN

INDOOR WARM-UP FIRST · REQUIRED

One round = ski sprint, burpees, rest.

## WARM-UP

### Easy ski
Smooth pulls, hinge at the hips.

N 2 min
X 2 min

## WORK

### Ski sprint
Hard pace you can hold the whole time.

N 20 sec
X 20 sec

### Burpees
Step off, drop, chest to floor, jump.

N 5
X 8

### Rest
Walk it off. Stay near the machine.

N 40 sec
X 30 sec

### Repeat the round
Same order every round.

N ×8
X ×12

## FINISHER

### Max calories
60 sec all-out on the ski. Rest 2 min between.

N ×1
X ×2

MACHINE TAKEN? SWAP IT

Rower, same times. Or battle rope double waves.

COACH CUE

Pull with your lats and crunch down. Arms stay close to your body.

# 04 KETTLEBELL EMOM

KETTLEBELL · 16/12 KG N · 24/16 KG X

N NORMAL ≈15 MIN | X EXTREME ≈23 MIN

INDOOR WARM-UP FIRST · REQUIRED

EMOM: start each set on the minute. The time left in that minute is your rest.

WORK

## Odd minutes: swings

Two-hand Russian swings to chest height.

N 15
X 20

## Even minutes: burpees

Steady pace. Finish with at least 15 sec to spare.

N 6
X 10

## Total time

Alternate swings and burpees every minute.

N 12 min
X 20 min

COOL-DOWN

## Easy bike or walk

Let your heart rate come down.

N 3 min
X 3 min

MACHINE TAKEN? SWAP IT

One dumbbell held by the head, same swings.

COACH CUE

Snap your hips forward. Your arms just hold the bell, they don't lift it.

# 05 DUMBBELL COMPLEX

DUMBBELLS · 15–25 LB N · 25–40 LB X

N NORMAL ≈12 MIN | X EXTREME ≈15 MIN

INDOOR WARM-UP FIRST · REQUIRED

Do every move back to back. Don't put the dumbbells down until the complex is done.

## ONE COMPLEX

**Romanian deadlift**
Soft knees, hinge, dumbbells close to your legs.
N 6 | X 6

**Hang clean**
From the knees, snap the hips, catch at the shoulders.
N 6 | X 6

**Front squat**
Dumbbells on the shoulders, elbows up.
N 6 | X 6

**Push press**
Small dip, drive with the legs, press overhead.
N 6 | X 6

**Reverse lunge**
Alternate legs.
N 3/side | X 3/side

**Renegade row**
Plank on the dumbbells, row one arm at a time.
N 3/side | X 3/side

## REPEAT

**Rounds**
Rest 90 / 60 sec between complexes.
N ×4 | X ×6

MACHINE TAKEN? SWAP IT
Barbell, 45–65 lb / 65–95 lb, same complex.

COACH CUE
Pick a weight you can press 6 times when you're tired, not when you're fresh.

# 06 ROPES & SLAMS

BATTLE ROPE + SLAM BALL

N NORMAL ≈12 MIN | X EXTREME ≈18 MIN

INDOOR WARM-UP FIRST · REQUIRED

One round = ropes, slams, rest.

WORK

## Double waves

Both arms together, waves all the way to the anchor.

N 20 sec
X 20 sec

## Ball slams

15–20 lb / 25–30 lb. Reach tall, slam hard, squat to pick it up.

N 10
X 10

## Rest

Shake out your arms.

N 40 sec
X 30 sec

## Repeat the round

Same order every round.

N ×6
X ×10

FINISHER

## Alternating waves

30 sec on, 30 sec off.

N ×3
X ×5

MACHINE TAKEN? SWAP IT

No ropes: fast jumping jacks. No slam ball: burpees.

COACH CUE

Hips back, knees soft, core tight. The power comes from your legs and trunk.

# 07 TREADMILL CLIMB

REGULAR TREADMILL

N NORMAL ≈16 MIN | X EXTREME ≈25 MIN

INDOOR WARM-UP FIRST · REQUIRED

One rung = 30 sec hard run, 60 sec walk. Raise the incline 1% each rung. Use the speed buttons and stay on the belt.

WARM-UP

## Walk to easy jog

Build up slowly.

N 4 min
X 4 min

WORK

## Climb up

Incline 1%, 2%, 3%, 4%, 5%, then 6%.

N ×6
X ×6

## Climb back down

Incline 6%, 5%, 4%, 3%, 2%, then 1%.

N —
X ×6

COOL-DOWN

## Easy walk

Flat belt, slow walk.

N 3 min
X 3 min

MACHINE TAKEN? SWAP IT

StairMaster: 30 sec fast, 60 sec easy, up 1 level each rung.

COACH CUE

Hard pace is about 7–10 mph. Drop 0.5 mph as it gets steep. Clip the safety key, don't hold the rails.

# 08 SLED & TURF

SLED + TURF LANE

N NORMAL ≈14 MIN | X EXTREME ≈20 MIN

INDOOR WARM-UP FIRST · REQUIRED

WORK

## Sled push + sprint back

Push 20 yd, then sprint 20 yd back. Load it so the first 5 yd are hard. Rest 60 / 45 sec.

N ×6
X ×10

## 5-10-5 shuttle

Sprint 5 yd, touch, 10 yd back, touch, 5 yd to the middle. Rest 45 sec.

N ×4
X ×6

## Backward sled drag

Lighter load, 20 yd, small fast steps. Rest 45 sec.

N ×2
X ×4

MACHINE TAKEN? SWAP IT

No sled: 20 sec treadmill sprint at 8–12% incline + 10 squat jumps.

COACH CUE

Arms locked, body at a 45° lean, short powerful steps.

# 09 SNOWED-IN TABATA

ANYWHERE · NO EQUIPMENT

N NORMAL ≈9 MIN | X EXTREME ≈19 MIN

INDOOR WARM-UP FIRST · REQUIRED

One block = 20 sec on, 10 sec off, 8 times (4 min). Rest 1 min between blocks.

BLOCKS

## Block 1 · Squat jumps

Sit back, jump tall, land soft.

N 4 min
X 4 min

## Block 2 · Mountain climbers

Hips level, knees drive fast.

N 4 min
X 4 min

## Block 3 · Burpees

Chest to floor, jump at the top.

N —
X 4 min

## Block 4 · High knees

Fast feet, pump the arms.

N —
X 4 min

MACHINE TAKEN? SWAP IT

Low impact: fast bodyweight squats and step-back burpees.

COACH CUE

Quiet landings: soft knees, land on the balls of your feet. Good for the neighbors and your joints.

# 10 THE BLIZZARD

FULL GYM CIRCUIT

N NORMAL ≈20 MIN | X EXTREME ≈33 MIN

INDOOR WARM-UP FIRST · REQUIRED

40 sec work at each station, 20 sec to move to the next. Rest 2 min after each round.

## STATIONS

**Air bike**
Hard, steady pace.
N 40 sec
X 40 sec

**Rower**
Damper 4–6, strong drive.
N 40 sec
X 40 sec

**Ski erg**
Hinge and crunch.
N 40 sec
X 40 sec

**Kettlebell swings**
16/12 kg N · 24/16 kg X.
N 40 sec
X 40 sec

**Battle rope**
Alternating waves.
N 40 sec
X 40 sec

## REPEAT

**Rounds**
2 min rest between rounds.
N ×3
X ×5

MACHINE TAKEN? SWAP IT
Short on time: same rounds, 30 sec work per station.

COACH CUE
Busy gym? Set up the stations first, or swap any one for burpees. Pace round 1 at 8 out of 10.

# YOUR WINTER BLOCK

4 WEEKS · NORMAL 2 DAYS · EXTREME 3

Normal: 2 days a week, like Mon and Thu. Extreme: up to 3, like Mon, Wed and Fri. Day 3 is Extreme only.

### Week 1 · Build the base
Air Bike Blitz, Rower Pyramid. Day 3: Snowed-In Tabata.

### Week 2 · Add volume
Kettlebell EMOM, Treadmill Climb. Day 3: Ropes & Slams.

### Week 3 · Get powerful
Ski Erg Storm, Dumbbell Complex. Day 3: Sled & Turf.

### Week 4 · Peak week
The Blizzard, Rower Pyramid. Day 3: Air Bike Blitz.

- **Add a little each week**
  Add 1 round or cut 5 sec of rest. Pick one, not both.
- **Normal to Extreme**
  Finished Normal at about 8 out of 10 and recovered well? Try Extreme once a week.
- **Lifting too?**
  Keep Sled & Turf and Treadmill Climb at least 48 hours from heavy leg days. Bike, rower, ski erg and ropes fit anywhere.
- **After week 4**
  Run the block again and move up a level on the workouts that felt easy.

# TERMS

QUICK DEFINITIONS

| | |
|---|---|
| **EMOM** | Every minute on the minute. Start each set when the clock hits a new minute. |
| **Tabata** | 20 sec all-out, 10 sec rest, 8 times. 4 minutes. |
| **Complex** | Several moves done back to back without putting the weight down. |
| **Damper** | The lever on a rower or ski erg. 4–6 is the sweet spot. |
| **Rung** | One step of the treadmill ladder: run, then walk. |
| **5-10-5** | A pro agility shuttle: 5 yd, 10 yd back, 5 yd to the middle. |
| **Double waves** | Both arms whip the ropes up and down together. |
| **N / X** | Normal and Extreme volumes. Left chip = Normal, right chip = Extreme. |

# WHAT'S NEXT

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