

HIIT BLITZ Program

Below you will find four workouts, each with a 4-week progression. That's 16 total workouts; plus there are three bonus workouts, two of which are body-weight. The main workouts do require kettlebells or dumbbells. You might be able to substitute sandbags in some cases if you don't have the KBs or you want to change the tool for variety.

In the tables, you'll see some exercises are in black, some in red and some in purple. The reds are regressions the black ones are the standard and purple is a progression. I didn't include all progressions or regressions so if you have someone that can't do a 1-hand kb high pull have them do a 1-hand swing. If they can't do that, then use a 1-hand sumo RDL, etc.

There are separate tables with every exercise listed with links to videos so you can see how they are performed. Keep in mind that a lot of them were shot prior to me having a hip replacement so, the form is a bit off. ☹️

With all of these workouts, the intensity is going to be how light or heavy you or your clients go.

Workout 1 is a pretty challenging workout done in a 30:30 format. That is, you'll do 30s per exercise with 30s rest. For unilateral exercises (denoted by the r/l) you will do each side for 30s before resting for 30s. Feel free, if your clients are recovering, to use a 30:15 work:rest ratio.

In week 1 and week 3 are Double Farmer's Walks; these are to be performed for 1 min total. On weeks 2 you'll do offset walks for 30s each way. Offset Walks - load 1 bell, usually lighter, in rack position and a heavier bell in the opposite side with the arm down and straight.

On week 4 do 1 arm Bottom's Up walk, 30s per side. If you don't have light enough bells or none at all, do the Offset Walk instead.

A note on the side planks, recently I've been having clients choose the version they want. Knees, Leg, straight, hip lift, or pull against a sandbag or kb (ala DVRT). Again, feel free make modifications based on your client's needs, fitness level, and capability.

Push Presses and Jerks should be explosive but controlled, don't get sloppy.

Alternating Cleans are very challenging and require some rhythm so you will want to take a little time to make sure your clients know how to do them properly. They can be done in a continuous manner (1 step) where both bells are moving opposite of each other. Or you can do the 2-step version where you clean one bell from the hang position and return to hang and then clean the other and return to the hang position. The second version is still challenging but requires a lot less coordination.

Workout 1

Week 1	Week 2	Week 3	Week 4
1a) Snatch /1 Hand High Pull r/l	1a) Snatch /1 Hand High Pull r/l	1a) Snatch /1 Hand High Pull r/l	1a) Snatch /1 Hand High Pull r/l
1b) Double Farmer's Walk 1m	1b) Offset Walk r/l	1b) Double Rack Walk 1m	1b) Bottom's Up Walk r/l
1c) Alternating Clean 1 Step / Alternating Clean 2 Step	1c) Double Dead Clean	1c) Alternating Clean 1 Step / Alternating Clean 2 Step	1c) Double Dead Clean
1d) Push Press/Jerk	1d) Push Press/ Jerk	1d) Push Press/ Jerk	1d) Push Press/ Jerk
1e) Unicycle r/l	1e) Unicycle r/l	1e) Unicycle r/l	1e) Unicycle r/l
1f) Side Plank r/l	1f) Side Plank r/l	1f) Side Plank r/l	1f) Side Plank r/l
30s:30s 4x	30s:30s 4x	30s:30s 4x	30s:30s 4x
Everything is 30s per side except the Double FW. That is 1 min total. 30s rest between exercises. 1m rest between rounds		Everything is 30s per side except the Double Rack Walk. That is 1 min total. 30s rest between exercises. 1m rest between rounds	

Workout 2 consists of 3 tri-sets. In weeks 1 and 3 they are all 20s intervals with 20s rest between exercises. For unilateral exercises, it's 20s per side with no rest between sides.

Weeks 2 and 4 are done for 30:30 but, for 3 sets each instead of 4. I've also mixed up the order of the tri-sets from week to week to mix things up a bit.

If you don't have bands for the band thrusters you can substitute a pair of kb, db, a sandbag, or even a barbell

Workout 2

Week 1	Week 2	Week 3	Week 4
1a) 1 Hand High Pull / 1 Hand Swing r/l	1a) Lateral Lunge + Clean / Lateral Lunge r/l	1a) Quad Press/ Sit Thru	1a) Figure 8 w tap/ Hot Potato
1b) Super Plank / Plank	1b) Super Plank / Plank	1b) Jumping Jacks	1b) Pullover Crunch
1c) Lateral Lunge + Clean / Lateral Lunge r/l	1c) 1 Hand High Pull / 1 Hand Swing r/l	1c) Med Ball Twist r/l	1c) Seated Band Row
			1d) Band Thruster
20s:20s 4x	30s:30s 3x	20:20 4x	30s:30s 3x
2a) Figure 8 w tap/ Hot Potato	2a) Band Thruster	2a) 1 Hand High Pull / 1 Hand Swing r/l	2a) Quad Press/ Sit Thru
2b) Pullover Crunch	2b) Seated Band Row	2b) Super Plank / Plank	2b) Jumping Jacks
2c) Seated Band Row	2c) Pullover Crunch	2c) Lateral Lunge + Clean / Lateral Lunge r/l	2c) Med Ball Twist r/l
2d) Band Thruster	2d) Figure 8 w tap/ Hot Potato		
20s:20s 4x	30:30 3x	20s:20s 4x	30:30 3x
3a) Quad Press/ Sit Thru	3a) Med Ball Twist r/l	3a) Figure 8 w tap/ Hot Potato	3a) 1 Hand High Pull / 1 Hand Swing r/l
3b) Jumping Jacks	3b) Jumping Jacks	3b) Pullover Crunch	3b) Super Plank / Plank
3c) Med Ball Twist r/l	3c) Quad Press/ Sit Thru	3c) Seated Band Row	3c) Lateral Lunge + Clean / Lateral Lunge r/l
		3d) Band Thruster	
20:20 4x	30:30 3x	20s:20s 4x	30s:30s 4x

Workout 3 consists of 4 supersets. Each week the order of the supersets changes for variety. They are all done in a 20:20 format for 3 rounds each

Workout 3

Week 1	Week 2	Week 3	Week 4
1a) Swing flip squat / Goblet Squat	1a) Dead Clean r/l /Slingshot r/l	1a) Med Ball Twist r/l	1a) 2 Hand Bent Row
1b) Side Plank r/l	1b) Band Thruster	1b) Forearm Plank	1b) Floor Press r/l
20s:20s 3x	20s:20s 3x	20s:20s 3x	20s:20s 3x
2a) Med Ball Twist r/l	2a) 2 Hand Bent Row	2a) Swing flip squat / Goblet Squat	2a) Dead Clean r/l /Slingshot r/l
2b) Forearm Plank	2b) Floor Press r/l	2b) Side Plank r/l	2b) Band Thruster
20s:20s 3x	20s:20s 3x	20s:20s 3x	
3a) 2 Hand Bent Row	3a) Swing flip squat / Goblet Squat	3a) Med Ball Twist r/l	3a) Swing flip squat / Goblet Squat
3b) Floor Press r/l	3b) Side Plank r/l	3b) Forearm Plank	3b) Side Plank r/l
20s:20s 3x	20s:20s 3x	20s:20s 3x	20s:20s 3x
4a) Dead Clean r/l /Slingshot r/l	4a) Med Ball Twist r/l	4a) Dead Clean r/l /Slingshot r/l	3a) Med Ball Twist r/l
4b) Band Thruster	4b) Forearm Plank	4b) Band Thruster	3b) Forearm Plank
20s:20s 3x	20s:20s 3x	20s:20s 3x	20s:20s 3x

Workout 4 starts with 2 explosive power exercises in a 10s work:20s rest ratio 8 rounds of each. This is to allow better recovery so you can maintain maximal power output, i.e. you should be able to do the same number of reps every set.

The first one is a 2-Hand High Pull, make sure to swing the bell with straight arms to head level then pull back with the upper back. A lot of people bend their elbows during the swing instead of actively pulling the bell. The difference is major. In the latter, you are doing a soft swing and not developing any power, and you aren't using the upper/mid-back. In the former, the power output is very high and works everything on the back-side, plus abs. On the return, PULL the bell back through the legs on the backswing to increase power output but also to be able to move fast.

In 10 seconds, you should be able to get 7 to 8 reps, use a moderately heavy bell.

The other lift is a sumo jump squat. Your goal is 1 rep per second for every round your quads will be screaming at the end if you do this correctly. Use a moderate weight. Too heavy and you'll never get through it and you won't be able to maintain the 1 rep per second pace. Too light and you won't get the full benefit of this exercise.

Rest at least 1 minute after each of those lifts.

The other part of this workout is 2 tri-sets. Week 1 is 20:20 for 4 rounds; Week 2 is 20:30 for 4x. Week 3 we cut the rest so it becomes 30:15. Week 4 we go back to 20:20

Workout 4

Week 1	Week 2	Week 3	Week 4
1) 2 Hand High Pull	1) Sumo Jump Squat	1) 2 Hand High Pull	1) Sumo Jump Squat
10:20 8x	10:20 8x	10:20 8x	10:20 8x
2) Sumo Jump Squat	2) 2 Hand High Pull	2) Sumo Jump Squat	2) 2 Hand High Pull
10:20 8x	10:20 8x	10:20 8x	10:20 8x
3a) Hand to Hand Swing	3a) Hand to Hand Swing	3a) Goblet Alternating Lateral Lunge	3a) Goblet Alternating Lateral Lunge
3b) Super Plank	3b) Super Plank	3b) 2 Hand Chest Press	3b) 2 Hand Chest Press
3c) Triceps Extension	3c) Triceps Extension	3c) Figure 8 w tap/ Hot Potato	3c) Figure 8 w tap/ Hot Potato
20s:20s 4x	30s:30 4x	30s:15s 4x	20s:20s 4x
4a) Goblet Alternating Lateral Lunge	4a) Goblet Alternating Lateral Lunge	4a) Hand to Hand Swing	4a) Hand to Hand Swing
4b) 2 Hand Chest Press	4b) 2 Hand Chest Press	4b) Super Plank	4b) Super Plank
4c) Figure 8 w tap/ Hot Potato	4c) Figure 8 w tap/ Hot Potato	4c) Triceps Extension	4c) Triceps Extension
20s:20s 4x	30s:30s 4x	30s:15s 4x	20s:20s 4x

Snatches, high pulls, all Carries, cleans, push presses and jerks can be done with dumbbells. The only lifts that can't be performed with dumbbells are Figure 8 with tap, slingshots, hot potatoes, hand to hand swings, and swing flip & squat.

Exercise List with Video links

Workout 1 Exercises	Workout 2 Exercises	Workout 3 Exercises	Workout 4 Exercises
Snatch	1 Hand High Pull	Swing Flip Squat	2 Hand High Pull
Jerk	1 Hand Swing	Goblet Squat	Sumo Jump Squat
Push Press	Super Plank	Side Plank	Hand to Hand Swing
1 Hand High Pull	Forearm Plank	Med Ball Twist	Super Plank
Offset Walk	Lateral Lunge + Clean	Forearm Plank	Triceps Extension
Double Farmer's Walk	Lateral Lunge	2 Hand Bent Row	Goblet Alternating Lateral Lunge
Double Rack Walk	Figure 8 w Tap	Floor Press	2 Hand Chest Press
Bottom's Up Walk	Hot Potato	Dead Clean	Figure 8 w Tap
Double Dead Clean	Pullover Crunch	Slingshot	Hot Potato
Alternating Clean 1-Step	Seated Band Row	Band Thruster	
Alternating Clean 2-Step	Band Thruster		
Unicycle	Quad Press		
Side Plank	Sit Thru		
	Jumping Jacks		
	Med Ball Twist		

Bonus Workouts

Bonus Workout 1

This is not an interval workout but, if you go heavy it's an ass-kicker! You will need several pairs of bells. On the 1st section, I start this with a moderate weight and increase the load each time through. For me that looks like 20, 24, 28, 32, 36 kilo bells on the double swings. The Double Dead Clean I will go 20, 24, 28, 28, 28 and the Double Front Squat I'll go 16, 18, 20, 24, 24.

Part 2 is a 1 hand high pull ascending ladder. You'll do 10 1 hand high pull on each side, then rest briefly, then do 12 per side, rest, 14, etc., to 20 then a final set of 10 per side. Lately, I've been doing the 1st two rounds with 28k, 3rd and 4th rounds with 24, 5th and 6th with 20, then the final of set of 10, I go back to the 28. Many people use the same weight for the whole thing, and that is fine too.

Keep the rest between rungs to 30 seconds or less. We will also do this with a partner in an I go, You go format, so the rest is how long it takes your partner to do the rung.

The last part is a tri-set. It's should be less demanding than the other 2 sections but is still challenging since you are doing it in a somewhat, ok very, fatigued state.

You can do the ab wheel from the knees or standing, or use stability ball if you or your clients can't do the ab wheel rollouts.

Hand to hand swings and Offset Walks should use a moderate weight.

Bonus Workout 1	
1a) Double Swing 15	Try to increase the weight each set on all three of these lifts
1b) Double Dead Clean 10	
1c) Double FSQ 5	
5x	
2) 1 Hand High Pull Ladder	Try to stick with the same weight each set but not too light
	Do not rest more than 30s between rungs
10/12/14/16/18/20/10 r/l	
3a) Ab Wheel Rollouts 8 / Stability Ball Rollout 10	
3b) Hand to Hand Swing 20	
3c) Offset Walk 30s r/l	
4x	

The above is as hard or easy as you make it, the heavier you go the tougher it will be!

Bonus Workout #2 – this one starts with an alternating EMOM (Every Minute On the Minute). You'll do 5 rounds of each alternating between the two exercises for a total of 10 minutes.

The first minute you will do a Goblet Alternating Lateral Lunge (16 total, 8 per side). Rest until the next minute starts then do either an Upward/Downward Dog for 8 reps or Divebombers for 8 reps.

Rest until the minute is up and go back to the Goblet Alternating Lateral Lunge.

The 2nd part is bodyweight in a 30:15 format for 4 sets.

Bonus Workout #2	
1a) Odd Min Goblet Alt Lat Lunge 16	Every minute on the minute. The first minute do 1a), the second minute do 1b). Keep alternating until you've done 10 minutes which will be 5 sets for each exercise
1b) Even Min Up Down Dog/ <i>Divebomber</i> 8	
10 minutes	
2a) Skater's Jump	
2b) Quad Press/ <i>Sit Thru</i>	
2c) Jab Cross r/l	
2d) Side Plank w Hip Lift	
30:15 4x	

Bonus Workout #3 is another all body-weight workout. This is a good one for beginners; it's not too tough. Both parts are 30:15 and done for 4 sets.

Bonus Workout #3	
1a) Squat Stand Kick	
1b) Leg Thrust/ <i>Spinal Rock</i>	
1c) Chest Touch Slow	
30:15 4x	
2a) Weighted Wall Sit	
2b) Unicycle r/l	
2c) Alternating Glute Bridge March	raise & lower hips each rep
2d) Spiderman w Twist	
30:15 4x	

Bonus Workout 1 Exercises	Bonus Workout 2 Exercises	Workout 3 Exercises
Double Swing	Goblet Alternating Lateral Lunge	Squat Stand Kick
Double Dead Clean	Upward Downward Dog	Leg Thrust
Double Front Squat	Divebomber	Spinal Rock
1 Hand High Pull	Skater's Jump	Chest Touch
Ab Wheel Rollout	Quad Press	Weighted Wall Sit*
Stability Ball Rollout	Sit Thru	Unicycle
Hand to Hand Swing	Jab/ Cross	Alternating Glute Bridge March
Offset Walk	Side Plank w hip lift	Spiderman w Twist

*The video is of a standard wall sit. To make it weighted hold a kb, db, med etc at chest level. It can be against the chest or with the arms extended.

Dave Randolph is Author of many workout books including programs for Fitness Pros

[101 Conditioning Circuits](#):30 Minute Done-For-You Conditioning Circuits For Fitness Pros



and [Spartan Warrior Challenge for Men](#)– Rebrandable 6 Week Challenge for Fit Pros

