

HIIT Pyramid

This is an intermediate exercise program to be used alongside professional advice. You should progress slowly and take your time. It is important to focus on technique to avoid injury and gain the most benefit.

Warm up - 30s on, 10s off	Exercises - two exercises superset repeated for time - repeat whole process 3 times	Cool down - 30s on, 10s off
Alternate quad mobilisation	A - Power jacks	Kick up the bum
Knee up side step	B - High knees	Tap out & reach
QL stretch L	A - 20s	Long arm thoracic stretch
QL stretch R	B - 20s	Cat cow
Warrior	Rest - 5s	Knee circles
Calf stretch L	A - 25s	
Calf stretch R	B - 25s	
	Rest - 10s	
	A - 30s	
	B - 30s	
	Rest - 10s	
	A - 25s	
	B - 25s	
	Rest - 5s	
	A - 20s	
	B - 20s	

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Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.