

HIIT (HIGH-INTENSITY INTERVAL TRAINING) FOR DIFFICULT TREKS

Stair climbing



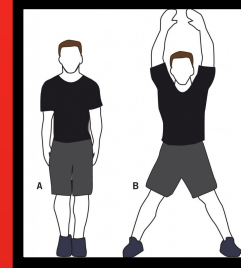
Running



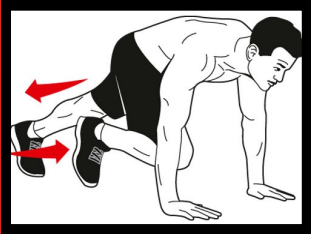
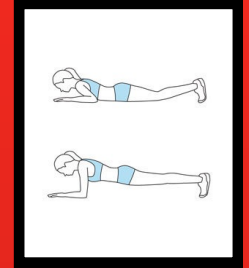
High knee jog



Jumping jack

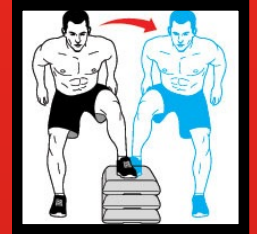


Plank



Mountain Climbers

Lateral Speed Steps



- WEEK 1** - 1. Walk of 1min followed by stair climbing and high jog for 5 mins (no rest)
2. Jumping jacks and lateral side steps (5 reps each 2 times rest 1 min)
3. Mountain climbers (7 reps 2 sets- rest 1 min between sets)
4. Planks till exhausted (min.2 times)

- WEEK 2** - 1. Walk of 1min followed by stair climbing and high jog for 7 mins (no rest)
2. Jumping jacks and lateral side steps (7 reps each 2 times rest 1 min)
3. Mountain climbers (7 reps 3 sets- rest 1 min between sets)
4. Planks till exhausted (min.2 times)

- WEEK 3** - 1. Walk of 1min followed by stair climbing and high jog for 10 mins (no rest)
2. Jumping jacks and lateral side steps (10 reps each 2 times rest 1 min)
3. Mountain climbers (9 reps 3 sets- rest 45 sec between sets)
4. Planks till exhausted (min.2 times)

- WEEK 4** - 1. Walk of 1min followed by stair climbing and high jog for 12 mins (no rest)
2. Jumping jacks and lateral side steps (12 reps each 2 times rest 1 min)
3. Mountain climbers (10 reps 3 sets- rest 30 sec between sets)
4. Planks till exhausted (min.3 times)

