

Title: AT HOME HIIT // 20 Different Body-Weight Exercises

Grade: 6 – 8

Summary: YouTube Fitness guru, Heather Robertson, leads you through a great 20 min HIIT workout with no repeats and no equipment with this upbeat YouTube video.

Teach a Fitness Concept/Skill:

What is a HIIT workout and what does it look like?

(From the American Council on Exercise ACE)

- “**High Intensity Interval Training (HIIT)** is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery.
- When using **Max Heart Rate (MHR)** as a guide, high intensity can be considered exercising above 80% of **MHR**.”
- When using a **Rating of Perceived Exertion (RPE)** a 1-10 scale of perceived exertion with a **RPE** of 10 being the most intense and 1 being the least, high intensity can be considered anything over an effort level of 7.
- **A typical HIIT session** would call for a warm-up of at least 3 to 5 minutes or as much as 10 minutes where the intensity gradually increases from a **Rating of Perceived Exertion (RPE)** of 3 to a **RPE** of 5. Once the body is warmed up, it is then time to begin the work intervals. Staying active during the recovery period allows the muscles to remove the metabolic waste and produce more energy for the next bout of high intensity exercise. Start with a lower number of work intervals and work up to doing 10-12 high intensity work intervals.
- **Today’s workout** is an example of an in home HIIT workout where you power through a number of different body-weight exercises. Designed to help you build strength and burn fat. With 45 seconds of work and 15 seconds of rest

- Another example of outdoor HIIT training could be running at the fastest pace possible on a track for 200 meters, then jogging at a slower pace for 400m (or twice the length of time required to run the 200 meters).
- One more example of indoor HIIT training would be an indoor cycling class where the instructor has the class do hill climbs for two minutes working at a **RPE** of 7 or 8, followed by 4-minute flat road intervals working at an RPE of 4 or 5.

Time to Move!

- This at home HIIT workout led by YouTube fitness expert, Heather Robertson, will keep you on your toes as you power through 20 different body-weight exercises. (Each exercise is modeled and led by Heather Robertson)
- Designed to help you build strength and burn fat.
- Remember to dress for physical activity and hydrate prior to exercising.
- Students, remember the importance of a warm-up before participating in your activity. The warm-up prepares your body for physical activity and gently brings your heart rate up.
- 45 seconds of work and 15 seconds of rest. Let's do it! Here's the link:

<https://video.link/w/lVzB>

***Modifications:** As you follow along, do what you can. If you can't do the exercise as long as Heather Robertson does, stop for a moment, and continue on as soon as you're able. **Other Modifications might include:** Doing Pushups from your knees (Remember not to bend at the waist but to keep your body straight from the shoulders to the knees), leaving the pushup out of the burpee, and going at a slower pace if need be.