

PETROS

Resilience for Life



Be Kind To Your Mind

Episode 10

Let's Celebrate

A Petros Production

With

Prof. Jo Clarke

Dr. Maxine Daniels

Di Gammage

Ed Simpson

Tracy Brookes

Mark Campion



Physical exercise session for:**' this your last session let's Celebrate! '****Lets HIIT It!**

The best fat burning cardio workout ever developed is High Intensity Interval Training (HIIT).

It is a very short workout so it won't rob energy away from your main focus and helps with sustainability.

It burns fat around the clock for up to 48 hours after the workout giving you an afterburner effect.

The HIIT Workout:

In this workout you will be performing all out burst sessions followed by rest intervals. You need to choose between one of the following to perform your bursts:

If you decide to do your sprint work by running on a field, you should choose a location that allows at least 100 meters for you to run in a line. You will need a timer for this workout. Your phone will do nicely. Set it to beep at prescribed number of seconds for each interval. A great app which can download for the timer is GymBoss or Tabata stopwatch Pro.



Reminder: You do not have to do all of these! Just choose one!

Stationary Exercise Bike Sprints

20 seconds on (resistance at about 60-70% of max), 30 seconds off. Repeat for a total of 15 minutes

Treadmill Running

20 seconds high intensity (your speed/effort should feel about 8 or 9 out of 10 for you personally), 40 seconds slow walk. Repeat for a total of 15 minutes

Stairmaster HIIT

Highest setting you can safely do for 20 seconds, then rest 20 seconds. Repeat for a total of 15 minutes

Elliptical HIIT

Turn resistance up to 75%, all-out sprint for 20 seconds. Rest 30 seconds.

Switch-Jump Lunges

10 switch-jump lunges per side, stop and rest 20 seconds. Repeat for a total of 15 minutes

Squat-Jumps

15 bodyweight squat-jumps, Rest 20-30 seconds. Repeat for a total of 15 minutes



Battle-Rope HIIT

15 seconds all-out alternating waves, 20-30 seconds rest. Repeat for a total of 15 minutes

HIIT Cardio Jump Rope

Deadfall Sprints for 10 seconds or Jump Rope for 30 seconds; rest time 20-30 seconds. 12-15 cycles

Plate Push

Put a 45 lb plate down on a towel or slider of some kind on a smooth floor. Get low, and drive the plate forward 20 yards, pushing as hard as you possibly can (similar to a sled push).

Rest 30 seconds. Repeat for a total of 15 minutes (pushing the plate back and forth so you don't need that much space to do it)

Lateral Jumps

Using a bench or low stepper jump over and preform 10 jumps, rest 20-30 seconds. Repeat for a total of 15 minutes

Ball-Slams

8 ball slams to the ground as hard as you can (up and over your head in rainbow fashion). Stop and rest 15-20 seconds. Repeat for a total of 15 minutes

Row-Erg HIIT



Perform 20 second sprints on resistance of your choice, 30 second rest.
Repeat for a total of 15 minutes

Mountain Climbers to Bodyweight Jumping Lunge Combo

Mountain climbers for 15 seconds, straight into Body weight jumping lunges (12 per side.) Then rest 30 seconds. Repeat for a total of 15 minutes

High knees to Double Burpee Combo

Do high-knees as quickly as you can in-place for 15 seconds, then 3 burpees in a row. Stop and rest 20-30 seconds. Repeat for a total of 15 minutes

40-Meter Sprints

Place two objects 40 meters apart (or go to a football field/track) and sprint 40 meters as fast as you can. Stop and rest 20-30 seconds. Repeat for a total of 15 minutes

Uphill Treadmill Running

15 seconds high intensity (effort should feel about 8 or 9 out of 10 for you personally), 30 seconds stop and rest. Repeat for a total of 15 minutes

Warm Up

Your warm-up simply involves 5 minutes of slow movement on your chosen exercise type. Your goal here is to get the muscles ready for the



challenging work to come so you should perform some exaggerated movements to really feel the muscles getting involved.

The Workout

As soon as five minutes is up on your warm up, it is time to get to work. If you are using a treadmill, dial the speed up to your PR (personal record) mile time, depending on your current fitness level.

Your job now is to begin sprinting as fast and as hard as you possibly can for the amount of time you have to go. If you are running, imagine that you are being chased by a hungry wolf! On the cycle, pump your legs like there's no tomorrow. And, if you are rowing, imagine that you're closing in on the Olympic Games finish line.

Continue this all-out session for 30 seconds. Then stop. You've got 30 seconds before you do it all again. Take in deep breaths (through your nose, out your mouth)

Sprint as hard as you did the first time. Try not to let the intensity level drop. Keep pushing harder, harder, harder . . . at 30 seconds stop and breathe again.

You will repeat this cycle until you have completed 15 minutes of total time. This will take you just minutes – but the efficiency of the workout is immeasurable!

Cool Down

Finish your workout with a 5-minute cool down. Repeat the same process as for your warm up, maintaining a slow, steady pace to allow your body to return to a non-exercise state.





PETROS

Resilience for Life

www.petros.org.uk

laura@petros.org.uk

jo@petros.org.uk

Tel: 07483 901527

