

GENERALIST SPECIFIC WORKOUT 2.0

Valid from 22/02/2021 to 14/03/2021

Notes:

- HIIT Workout (High Intensity Interval Training).
- Have in front a timer, this document and the YouTube video when doing it.
- The exercises are meant to be done at 80% or 90% of your capacity/Speed.
- Every block has to be full done and in order, **just once**. The Resting Time between blocks is at the end of each block.
- "X" = X Seconds

Monday

Block 1	Block 2	Block 3
60" - Knees Up	30" - Jump Lunges	30" - Side Donkey kick L
60" - Squats	45" - Sumo Calf Raise	30" - Side Donkey kick R
60" - Calf Raise	60" - Lat. Squat. R	60" - Lunge + knee Up
60" - Sumo Squats	60" - Lat. Squat. L	30" - Skipping rope
60" - Skipping Rope	30" - Jump High knees	30" - Jumping Jack
30" Rest	30" Rest	45" Rest
Block 4	Block 5	Block 6
30" Rocket Jump	60" Skipping Rope	60" Hips Up (knees bend)
30" Skater Jump	30" Calf Lift L	30" Hips Up (knees straight)
60" Bunny Hops	30" Calf Lift R	30" Lunge Jumps
30" Hold Sumo Squat	60" Squat Calf Up Hold	30" Static Run
30" High Knees	60" Step Switch	60" Jump High knees
30" Rest	45" Rest	FINAL

Tuesday

- 40 minutes run or 60 minutes bike.

Wednesday

Block 1	Block 2	Block 3
30" V Abs	60" Hand Plank	30" V Abs (one leg at the time)
30" Tuck Abs	30" Superman	45" Side Fish L
60" Elbow Plank	30" Leg Swimmer	45" Side Fish R
30" Flutter Kicks	30" Angles	30" Leg Bicycle
30" Classic Crunch	30" Angel Hold	30" Crunch + Extension
30" Rest	30" Rest	30" Rest
Block 4	Block 5	Block 6
45" Swimmers full body	60" Gainage	30" Open Angels
30" Side hand Plank R	30" Side Elbow Plank L	30" Side to side Plank
30" Side Hand Plank L	30" Side Elbow Plank R	60" Dead Lift
60" Long Hand Plank	30" Elbow Plank	30" Hips Up (legs bend)
30" Angels	60" Tuck Hold	30" Hips Up HOLD (Legs straight)
30" Rest	45" Rest	FINAL

Thursday

- 40 minutes run or 60 minutes bike.

Friday

Block 1	Block 2	Block 3
30" Burpees	60" Arms Circle	60" Shoulders up Sitting
30" Open Push ups	30" Elbow Lift	30" Arms up/down
30" Open arms Plank	30" Reverse Rowing (table)	60" Trapeze lifts (weight or elastic)
30" Closed Push ups	30" Reverse Butterfly	30" Front shoulder raise R (elastic)
30" Butterfly	30" Dorsal (elastic)	30" Front shoulder raise L (elastic)
30" Rest	30" Rest	30" Rest

Block 4	Block 5	Block 6
30" Elbow to Hand	45" Rowing R (elastic)	30" Shoulder in front Plank
30" Wide Push up	45" Rowing L (elastic)	30" Pike Push up
30" Triceps Push up	30" Chin up biceps (table)	30" Front/Back Shoulders
30" Tricep extension (elastic)	30" Biceps R (elastic)	45" Handstand
45" Push up Plank	30" Biceps L (elastic)	60" Hand Plank
30" Rest	30" Rest	FINAL