



Lower body HIIT workout

Warm up:

EXERCISE	REPS	SETS	NOTES
ROWER	1000m	1	Row until distance complete

Round 1:

EXERCISE	REPS	SETS	NOTES
BACK SQUATS	12	3	moderately heavy bar - 60kg ish?
DB LUNGES	6 each way	3	10kg DBs Holding them up at your shoulders all the time

Do the Lunges straight from the squats. Then rest after both complete.

Round 2:

EXERCISE	REPS	SETS	NOTES
DEADLIFTS	12/10/8	First set - 12 Second set - 10 Third set - 8	again 60-70kg on bar. Start with it on floor Keeping back straight and lifting as much as you can with your legs. pick bar up to standing with it. back down
BENCH JUMPS	12/10/8	First set - 12 Second set - 10 Third set - 8	Jumping both feet up onto a bench, back off again
KB SUMO SQUATS	12/10/8	First set - 12 Second set - 10 Third set - 8	Holding a 12kg KB up by chest (but not touching) feet wider than normal squat. Squat down keeping posture tall and pushing back up through heels.

EXERCISE	REPS	SETS	NOTES
SQUAT JUMPS	12/10/8	First set - 12 Second set - 10 Third set - 8	Bodyweight squat, as you stand jump up.

All 4 one after another before resting, Have as much time as you need until you feel ready to go again.

Round 3:

EXERCISE	REPS	SETS	NOTES
LEG PRESS	8	3	leg press machine. Put heavy weight on

Round 4:

EXERCISE	REPS	SETS	NOTES
SINGLE LEG RAISES	20	3	lying on your back, both legs up straight s feet are towards ceiling. Lower one leg down towards floor. back up and alternate
PULSES	15	3	keeping both legs up at top. pulse hands up towards toes so shoulders come up off floor
PLANK	30s+	3	on elbows and toes feet together hands separated, palms down

All 3 one after another before resting

Good work in completing this Workout - Its definitely not easy!!

I hope you enjoyed it, Ideally you want to be doing some form of purposeful workout for at least 30mins per day, at least 3 days a week!

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