

WORKOUTS

HIIT (High Intensity Interval Training) ≡

HIIT #1 - BODYWEIGHT BASICS

Video Demonstration link:

inside-out-strong.teachable.com/courses

HIIT #1	LEVEL DOWN	TIME	REPS
Air Squat with Straight Arms overhead	No arms overhead	45 sec	20
Squat Jumps	Eliminate jump	45 sec	15
Push-ups	On bench or knees	45 sec	20
Tricep Dips on floor or bench	Feet closer to bench	45 sec	20
Hollow Body Hold	Bend knees	45 sec	45 sec
High Plank	Low Plank	45 sec	45 sec

HIIT #2 - BOX/BENCH CIRCUIT

Video demonstration link:

inside-out-strong.teachable.com/courses

HIIT #2 - BOX/BENCH BLOCK	LEVEL DOWN	TIME	REPS
Single Leg Step-up	Lower Step	45 sec	20 each side
Box Jumps	Lower Box	45 sec	20 reps
Up-down Plank	Hold a plank	45 sec	10 each side
Incline Push-ups	Place knees down	45 sec	20 reps
Donkey Kicks	Step-over	45 sec	40 kicks
Mountain Climbers	Slower pace	45 sec	30 each side

WORKOUT GLOSSARY

High Intensity Interval Training

HIIT #3 - UNILATERAL BLOCK

Video Demonstration link:

inside-out-strong.teachable.com/courses

HIIT #3 - UNILATERAL BLOCK	LEVEL DOWN	TIME	REPS
Lunge into front kick (each side)	Lower kick	45 sec	20 each
Push-up Rotations	Lower to knees	45 sec	side
Side-Plank Hip Dips (each side)	Rest bottom knee	45 sec	12 reps
Lateral Lunge pulses (each side)	Top half pulse	45 sec	20 each
Plank Butt-kicks	Hold plank	45 sec	side
Plank Punters (each side)	Rest bottom knee	45 sec	20 each

HIIT #4 - BALANCE + ENDURANCE BLOCK

Video demonstration link:

inside-out-strong.teachable.com/courses

HIIT #4 - BALANCE + ENDURANCE	LEVEL DOWN	TIME	REPS
Warrior 3 squats - Right	Eliminate the squat	45 sec	25
Plank 4 corners	Tabletop position	45 sec	4x around
Warrior 3 squats - Left	Eliminate the squat	45 sec	25
Crouching tiger	Rest when needed	45 sec	-
Squat to Lunge jumps	Low impact/no jump	45 sec	10 each
Commandos	Slow down pace	45 sec	20

WORKOUT GLOSSARY

High Intensity Interval Training

HIIT - #5 LINE BLOCK

Video demonstration link:

inside-out-strong.teachable.com/courses

HIIT #5 - LINE BLOCK	LEVEL DOWN	TIME	REPS
Single leg ankle bounces (each leg)	Rest when needed	45 sec	40/side
Push-up with 3 line hops	Low impact	45 sec	12 push-ups
Broad Jump-shuffle back	Low impact	45 sec	15
Plank Spider Lunges	Step instead of jump	45 sec	30
Jack Squats	Step instead of jump	45 sec	20
Rotating Plank	Hold a plank	45 sec	20/side

HIIT #6 - OUT OF THE BLOCK

Video Demonstration Link:

inside-out-strong.teachable.com/courses

HIIT #6 - OUT OF THE BLOCK	LEVEL DOWN	TIME	REPS
Gorilla Walks	Slower pace	45 sec	20 crawls
Falling Push-ups	Eliminate push-up	45 sec	15 reps
Surfer Burpee	Step to stand up	45 sec	12 reps
Star Side hold (each side)	Rest bottom knee	45 sec	45 sec.
180 Spin Squats	Low impact	45 sec	20 squats
Criss-cross, spiders crawling plank	Less range of motion	45 sec	8 rounds

WORKOUT GLOSSARY

Basics - Corrective - Restorative

Basics - Corrective - Restorative ≡

BASIC MOVEMENTS + EXERCISES

Video demonstration link:

inside-out-strong.teachable.com/courses

BASIC MOVEMENT PATTERNS		CORRECTIVE EXERCISES	REPS
<i>Equipment: Broomstick</i>		<i>Equipment: thera-bands (yellow or green)</i>	
Posture: get organized	<i>Repeat until form is consistent and accurate</i>	Air Squats	40
Lunge each side		Squat Jumps	20
Squat		Monster Walks	20/side
Plank		Clamshells	20/side

DYNAMIC STRETCHING

Video demonstration link:

inside-out-strong.teachable.com/courses

CIRCUIT ONE	TIME	CIRCUIT TWO	TIME
Arm Circles	30 sec	Child's pose side-to-side	30 sec
Core Rotation	30 sec	Cat-Cow	30 sec
Hip Rotation	30 sec	Moving Plank to Downward Dog	30 sec
Lateral Lunges	30 sec	Switching Spider Lunge	30 sec
Frankensteins	30 sec	Switching Pigeon	30 sec
Hamstrings and Hips	30 sec	Switching Scorpion	30 sec

WORKOUT GLOSSARY

Flow Sequences

Flow Sequences ≡

FLOW #1

Video demonstration link:
inside-out-strong.teachable.com/courses

THE “ANIMAL” FLOW

1. Begin in Crab
2. Right leg full scorpion
3. Left leg full scorpion
4. Right leg underswitch to loaded beast
5. Left leg front step return to loaded beast
6. Right leg front step return to loaded beast
7. Repeat (alternating right and left sides)

FLOW #2

Video demonstration link:
inside-out-strong.teachable.com/courses

THE “ANIMAL” FLOW

- | | |
|--|-----------------------------------|
| 1. Begin in Beast | 7. Right leg underswitch into |
| 2. Left leg underswitch into | 8. Left Leg side kickthrough Into |
| 3. Right Arm Crab reach (return to crab) | 9. Right Leg side kickthrough |
| 4. Left Leg underswitch | 10. Right leg underswitch |
| 5. Right Leg underswitch into | 11. Left leg underswitch into |
| 6. Left Arm Crab reach (return to crab) | 12. Crab |

REPEAT ALTERNATING SIDES

WORKOUT GLOSSARY

Bonus Workouts

Bonus Workouts ≡

YOGA

Video demonstration link:

inside-out-strong.teachable.com/courses

Sun Salutation A and B are good beginning flows to learn.

Practice deep inhale and exhale within each pose. Switch sides after 1 minute.

YOGA POSES	MODIFICATIONS	TIME
Downward Dog	Peddle feet	1 min
3 legged Dog - Both sides	Add a Swing	1 min
Warrior 2 - Both sides	Sink Deep	1 min
Triangle Pose	Hand on shin	1 min
Tree pose	Arms up or down	1 min
Pigeon	Walk hands out	1 min

MEDICINE BALL BLOCK

Video Demonstrations Link:

inside-out-strong.teachable.com/courses

Equipment: 1 medicine ball 4-12 lbs. + partner

MEDICINE BALL PARTNER WORK	REPS
Squat Jump Throws with partner or against wall*	15
Rotational Lunges	15 each side
Overhead Throws with Partner or against wall*	15
Rolling Push-ups	10 each side
Kneeling Swings with partner or against wall*	10 each side
Lying Overhead Throws with partner or against wall*	15

**If NO partner, find a cement or brick wall.*

WORKOUT GLOSSARY

Bonus Workouts

BARBELL WORKOUT

Video Demonstration link:

inside-out-strong.teachable.com/courses

Equipment: Olympic Barbell (45 lbs.) and Olympic plates. Or any other 10+ lbs barbells

BARBELL WORKOUT	WEIGHT	REPS	REPEAT SET
Back Squat	45+ lbs	5-10	3-5x
Chest Press	25+ lbs	5-10	3-5x
Deadlift	45+ lbs	5-10	3-5x
Bent-Over Rows	25+ lbs	5-10	3-5x
Lunges	25+ lbs	5-10 each leg	3-5x
Shoulder Press	25+ lbs	5-10	3-5x

**Inside-Out Strong suggests to work with a personal trainer to establish proper lifting form before moving into weighted moves.*

DUMBBELL WORKOUT

Video demonstration link:

inside-out-strong.teachable.com/courses

Equipment: Set of Dumbbells 5-20lbs recommended.

DUMBBELL WORKOUT	SUGGESTED WEIGHT	REPS	REPEAT
Sumo Goblet Squat	10+ lbs	10-15	2-4x
Chest Flys	10+ lbs	10-15	2-4x
Squat Thrusts	10+ lbs	10-15	2-4x
Tricep Kickback	5+ lbs	10-15/arm	2-4x
Single leg RDL with bicep curls	10+ lbs	10-15/leg	2-4x
Front + Lateral Raises	5+ lbs	10-15	2-4x

**Inside-Out-Strong suggests to work with a personal trainer to establish proper lifting form before moving into weighted moves.*