

High Intensity Interval Training

Test & challenge

Are you working on improving your condition?

Follow this workout once a month to test and register your progress!

Date:.....

1) Build up & Break down

12 rounds each of 30 seconds of activity

15 seconds of rest in between each round to write down how many reps you managed to achieve

Round 1: Build up	4 High knee	4 High knee Drop squat	4 High knee Drop squat Plank	4 High knee Drop squat Push up	4 High knee Drop squat Push up Jump	4 High knee Drop squat Push up Tuck Jump
Number of repetitions						

Round 2: Break down	4 High knee Drop squat Push up Tuck jump	4 High knee Drop squat Push up Jump	4 High knee Drop squat Push up	4 High knee Drop squat Plank	4 High knee Drop squat	4 High knee
Number of repetitions						

2) Plank challenge to the Cha Cha Slide by Mr.C

Get into a plank position and follow the music:

- *Clap your hands* = tap your shoulders
- *Slide to the left/right* = take one step in that direction with both your arms and legs
- *To the back now* = get into down dog position
- *One hop* = jump both knees towards your chest and back
- *Cha cha* = mountain climbers
- *Right/left foot two stomps* = tap out your foot twice in that direction
- *Criss cross*: cross one leg over the other
- *How low can you go?* = push-up

3) Burpee beep test

Beginners: burpee with no push-up or jump

Intermediate: burpee including a jump

Advanced: burpee including a jump and a push-up

Do one burpee each time you hear the beep. To what level can you keep up with the beeps?

(If you can't keep up, just keep going as fast as you can)

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6