

HIIT BURN



HYPE

30-DAY WORKOUT PROGRAM

HIITBURN.com

Training Manual

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WELCOME TO HIITBURN HYPE

I am so excited for you to get started on HIITBURN HYPE!

HIITBURN HYPE is designed to be fast, fun, and effective. With 3 full body workouts each week, and 2 additional shorter HYPE workouts... ***Get ready to crush your workouts and get in a great burn.***

You will getting a little of everything in this program as you go through strong, burn, sweat, and hype circuits in your main workouts. Each section of the workout has a different focus, and all you need to do is show up and give it your all.

We are progressively doing more challenging exercises over the course of the program, utilizing dumbbells to build strength, and doing powerful exercises so that you can get fit faster and feel your best

If you're looking to "toned", leaner, and more defined... this is it.

As you'll see in your calendar on page 6-7, you will be repeating workouts so you can make a ton of progress. The reason we do this is to make sure we are building a solid base AND making progress each and every workout.



[GET THE HIITBURN APP HERE!](#)

WELCOME TO HIITBURN HYPE

At the start and end the program you will do a Strength Test to analyze how much your strength has improved throughout - this is such a great way to measure progress throughout and you'll be blown away by how much you improve.

Just remember that this program is about YOU vs YOU.

So show up each day, work hard, and you'll be amazed at what you accomplish! I couldn't be more excited to be on this journey with you.

So let's do this together. And...

Let's do this!

-Kelsey & Dennis, HIITBURN.com

P.S. Did you forget to add the HIITBURN App?

This is a great way to not only experience HIITBURN HYPE, it's also where you'll find ALL our programs!



[GET THE HIITBURN APP HERE!](#)

DOCUMENTING YOUR JOURNEY

It's incredibly powerful to see progress through photos and videos.

We'd love to see your journey through HYPE on social media.

Instagram:

Tag @hiitburn and @thedailykelsey

Use these Hashtags:

#hiitburn

Facebook: This is a great way to really document, get motivated and inspire daily! We can't wait to see your posts in the group!

Be sure to take your before and after photos so that you can really see your progress throughout.

Also write down your scores from the strength test that you'll take at the start and end of the program!

LET'S DO THIS!



WORKOUT CALENDAR

We have outlined your workouts and rest days in the calendar below for 5-days per week. The workouts have a specific focus for each day. Feel free to adjust the days based on what works with your schedule and how your body is feeling. It's OKAY to take an extra rest day if you are sore or tired. The most important thing is to stay consistent and work hard on your workout days! **Note** - You can complete your Strength Test & Workout #1 on the same day if you'd like.

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
STRENGTH TEST	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5	REST

WEEK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
REST	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5	REST

WEEK 3

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
REST	WORKOUT 6	WORKOUT 7	WORKOUT 8	WORKOUT 9	WORKOUT 10	REST

WORKOUT CALENDAR

WEEK 4



DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
REST	WORKOUT 6	WORKOUT 7	WORKOUT 8	WORKOUT 9	WORKOUT 10	REST

DAY 29	DAY 30
REST	STRENGTH TEST



Note - You can complete your Strength Test & Workout #10 on the same day if you'd like.

STRENGTH TEST OVERVIEW

In this program, we will be focusing on building strength to reach our goals. As a method for evaluating progress, we will do this Strength Test at the beginning of the challenge and again at the end of the challenge!

There are two elements to the Strength Test:
Bodyweight Strength and Weighted Strength

Each of the tests you take will help measure strength in a different area of your body. There are 8 tests in total - 4 bodyweight and 4 weighted.

FORM is the most important part. So if at any point you feel your form breaking down, stop! For bodyweight exercises, we will be going to “Almost Failure”, which means do reps until it is very challenging, and you could maybe get 2-3 more reps before failure. That is your stopping point and the number you will write down.

For weighted exercises, we have TWO Options for you to choose from:

OPTION 1 for weighted exercises, to avoid injury if you don't have a spotter, complete reps until “almost failure.” This means, do reps until it is very challenging, and you could maybe get 2-3 more reps before failure. That is your stopping point. Safety and form are always first!

OPTION 2 for weighted exercises, your goal is to find a weight that will be your 10 Rep Max. This means, find the most amount of weight that you can do for 10 reps on that exercise (while being safe and keeping great form). If you're brand new to lifting, start lighter and do 5 reps on the exercise with a certain weight to see how it feels. If it's easy, increase the weight by 2.5-5 pounds and try another 5 reps. Keep doing that until you find a weight that is challenging to get 10 reps.

Choose Option 1 OR Option 2 below for your strength tests.

For video demonstrations for the exercises and variations, you can find those below.

[STRENGTH TEST VIDEOS](#)



STRENGTH TESTS

BODYWEIGHT			
PUSH TEST	PUSHUPS	ALMOST FAILURE	*or modification. Incline Pushups until failure
PULL TEST	PULL-UPS*	ALMOST FAILURE	*or modification. Bodyweight Rows until failure or Pull Up Hold for Time
ANTERIOR CHAIN TEST	SQUAT JUMPS	ALMOST FAILURE	*or modification. Air Squats or Box Squats
POSTERIOR CHAIN TEST	SINGLE LEG GLUTE HOLD (BOTH SIDES)	FOR TIME	*or modification. Glute Hold (two feet)

WEIGHTED			
PUSH TEST	OVERHEAD PRESS	Option 1: As many as possible (2-3 reps before failure). This is for those who only have one set of dumbbells.	Option 2: Find your 10 rep max. This is for those who have access to heavier dumbbells.
PULL TEST	DUMBBELL ROWS	Option 1: As many as possible (2-3 reps before failure). This is for those who only have one set of dumbbells.	Option 2: Find your 10 rep max. This is for those who have access to heavier dumbbells.
ANTERIOR CHAIN TEST	GOBLET SQUAT	Option 1: As many as possible (2-3 reps before failure). This is for those who only have one set of dumbbells.	Option 2: Find your 10 rep max. This is for those who have access to heavier dumbbells.
POSTERIOR CHAIN TEST	DUMBBELL DEADLIFTS	Option 1: As many as possible (2-3 reps before failure). This is for those who only have one set of dumbbells.	Option 2: Find your 10 rep max. This is for those who have access to heavier dumbbells.

READ BEFORE STARTING THE WORKOUTS

I want to make sure you're getting the most out of these workouts. And that means challenging YOURSELF!

We are all in different starting places, so it's really important to go at YOUR pace - even if that means lessening the reps, increasing rest time, taking an extra rest day, etc.

That said, let's make sure we are pushing ourselves to make progress each week. Let's talk about how to do that.

The workouts feel too easy? Try this:

If any of the exercises are feeling too easy, here's how to make it more challenging:

Focus on form and range of motion

- Make sure your form is on point and that you are doing the most challenging variation we give you with adequate range of motion. If you're doing squats and only are going down 1/4 of the way, focus on getting the full range of motion.

Increase the dumbbell weight

- Let's get stronger! Increasing your weights while keeping great form is one of the best ways to make progress in the workouts.

Slow down your reps for more time under tension

- For example on squats, you could decrease your rep speed to be about 3-5 seconds on the way down sitting into the squat, then make the push back to the standing position be more explosive at 1 second to the top.

READ BEFORE STARTING THE WORKOUTS

Go for more reps

- For example, if the workout outlines 40-seconds, try to use a challenging weight and push to get as many reps as you can while maintaining perfect form.

The workouts feel too hard? Try this:

Like I mentioned before, these are challenging workouts. So if they feel hard, it's because they are. That said, ANY fitness level can do these. If the workouts are feeling too challenging, here's what you can do:

Take the modification

- For most exercises, you'll see a modification up in the corner of the workout videos. So if the exercise feels too challenging that day, do the modification.

Lessen the reps and/sets

- It's OKAY not to do the exact number of outlined reps or sets, especially if you are just getting started. Feel free to cut the reps/sets down by 25-50%. For example, if an exercise calls for 40-seconds, try doing 20-30-seconds instead. Then over the course of the program, increase your time as you get stronger. For sets, if it calls for 4-sets, feel free to do 2-3. If it's 3 sets, do 2. Then over the course of the weeks, build up to the full workouts!

Take more rest

- It's OKAY to pause the video or take a little more rest if you are following this guide. The key to these workouts is giving it your all on the working sets. So allow yourself enough time to recover so you can go hard!

If you are just starting, one program you could do first is START STRONG, then once you complete that, come back to HYPE!

[**CLICK HERE FOR START STRONG!**](#)

READ BEFORE STARTING THE WORKOUTS

How do I know if I should increase the weights?

You want to have “two reps left in the tank” when doing most exercises. This means, you want the weight to feel challenging, but still manageable to complete the set safely with the ability to get two more reps without compromising form.

For example, let's say the for Overhead Press you get 20-reps in the 40-second time period but you are breezing through those reps with ease. If that's the case, increase the dumbbells weight. (note: you may not be able to get the outlined number of seconds, but that's OKAY. You're still making progress by increasing the weight. So keep that weight until you get the outlined number of time.)

Now let's say you're using 15 pound weights and by second 15, your form goes out the window because it's so heavy, I would suggest decreasing the weights to 12s or 10s until you can keep good form throughout.

Safety and form are most important. If you don't have a spotter who is well versed in lifting and/or you aren't sure if you can get to the designated rep range with good form, go to the point in the set where you could safely get two more reps. You can always bump down the weight to finish out the remaining reps in the set (this is called a drop set and is a super effective way to keep getting stronger!).

READ BEFORE STARTING THE WORKOUTS

I haven't increased my weights in a few workouts (especially upper body!). What am I doing wrong?

Nothing! We always say we want to work on progressive overload, which means adding stimulus to your muscles over time. This could be increasing the weights, changing the rep range, doing more challenging variations, etc.

That said, as you become a more experienced lifter, you will realize that you're not going to be able to increase the weights every single workout and there are some exercises where it could take months to do so! This is very normal especially for smaller muscle groups like shoulders, biceps, and triceps.

Even if you're not increasing the dumbbell weight, you can focus on improving form, changing rep ranges, changing tempo, and many more ways to keep making progress. Great things that last take time (like building strength and muscle!). Stay consistent and stick with it.

If ANY other questions come up as you go through this program, don't hesitate to reach out.

OKAY, now let's get to the workouts!

WORKOUT 1 - FULL BODY

FOLLOW ALONG VIDEO

PASSWORD: HYPE24



WARM UP

EXERCISE	TIME	REST	SETS
Spiderman Lunge Rotations (L)	30-seconds	10-seconds	2
Spiderman Lunge Rotations (R)	30-seconds	10-seconds	2
Jumping Jacks	30-seconds	10-seconds	2

STRONG CIRCUIT

EXERCISE	TIME	REST	SETS
Goblet Squats	40-seconds	20-seconds	3
Sumo RDL	40-seconds	20-seconds	3

BURN CIRCUIT

EXERCISE	TIME	REST	SETS
Overhead Press	40-seconds	20-seconds	3
DB Hip Thrust	40-seconds	20-seconds	3
DB Row	40-seconds	20-seconds	3

HYPE - WORKOUT MANUAL

WORKOUT 1 - FULL BODY

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

SWEAT CIRCUIT

EXERCISE	TIME	REST	SETS
Pushups	30-seconds	15-seconds	2
Squat Jacks	30-seconds	15-seconds	2
Sprint In Place	30-seconds	15-seconds	2

HYPE CIRCUIT

EXERCISE	TIME	REST	SETS
Toe Touches	20-seconds	10-seconds	2
Mountain Climbers	20-seconds	10-seconds	2
Modified V Sit Hold	20-seconds	10-seconds	2
Shoulder Taps	20-seconds	10-seconds	2

COOL DOWN

EXERCISE	TIME	REST	SETS
Adductor Rock Back (L)	30-seconds	10-seconds	2
Adductor Rock Back (R)	30-seconds	10-seconds	2
Child's Pose	30-seconds	10-seconds	2

COMPLETE



HYPE - WORKOUT MANUAL

WORKOUT 2 - GET HYPED

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

WARM UP

EXERCISE	TIME	REST	SETS
Alt Squat Slide	30-seconds	10-seconds	2
Dead Bug	30-seconds	10-seconds	2
Jumping Jacks	30-seconds	10-seconds	2

HYPE CIRCUIT 1

EXERCISE	TIME	REST	SETS
Alt. Reverse Lunge	20-seconds	10-seconds	2
Pushups	20-seconds	10-seconds	2
Modified In-N-Out	20-seconds	10-seconds	2
X-Body Mountain Climber	20-seconds	10-seconds	2

HYPE CIRCUIT 2

EXERCISE	TIME	REST	SETS
Squat to Toes	20-seconds	10-seconds	2
Reach Forward Plank	20-seconds	10-seconds	2
DB Glute Raise	20-seconds	10-seconds	2
Ice Skaters	20-seconds	10-seconds	2

COMPLETE



WORKOUT 3 - FULL BODY

FOLLOW ALONG VIDEO

PASSWORD: HYPE24



WARM UP

EXERCISE	TIME	REST	SETS
World's Greatest Stretch (L)	30-seconds	10-seconds	2
World's Greatest Stretch (L)	30-seconds	10-seconds	2
Squat Jumps	30-seconds	10-seconds	2

STRONG CIRCUIT

EXERCISE	TIME	REST	SETS
DB Alternating Lateral Lunge	40-seconds	20-seconds	3
DB Squat Clean	40-seconds	20-seconds	3

BURN CIRCUIT

EXERCISE	TIME	REST	SETS
Alt. Chest Press	40-seconds	20-seconds	3
DB Frog Glute Raises	40-seconds	20-seconds	3
Back Fly	40-seconds	20-seconds	3

WORKOUT 3 - FULL BODY

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

SWEAT CIRCUIT

EXERCISE	TIME	REST	SETS
Squat Thrusters	30-seconds	15-seconds	2
DB Alt. Anterior Lunge	30-seconds	15-seconds	2
Scissor Jacks	30-seconds	15-seconds	2

HYPE CIRCUIT

EXERCISE	TIME	REST	SETS
Alt Leg Raise	20-seconds	10-seconds	2
Side Plank Dip (L)	20-seconds	10-seconds	2
Side Plank Dip (R)	20-seconds	10-seconds	2
Hollow Body Hold	20-seconds	10-seconds	2

COOL DOWN

EXERCISE	TIME	REST	SETS
Around The World (L)	30-seconds	10-seconds	2
Around The World (R)	30-seconds	10-seconds	2
Child's Pose	30-seconds	10-seconds	2

COMPLETE



HYPE - WORKOUT MANUAL

WORKOUT 4 - GET HYPED

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

WARM UP

EXERCISE	TIME	REST	SETS
X Toe Touches	30-seconds	10-seconds	2
T Pushups	30-seconds	10-seconds	2
Scissor Jacks	30-seconds	10-seconds	2

HYPE CIRCUIT 1

EXERCISE	TIME	REST	SETS
DB Lateral Raise	20-seconds	10-seconds	2
Goblet Squat	20-seconds	10-seconds	2
Tricep Kickback	20-seconds	10-seconds	2
DB Hammer Curl	20-seconds	10-seconds	2

HYPE CIRCUIT 2

EXERCISE	TIME	REST	SETS
Outside Mountain Climber	20-seconds	10-seconds	2
Alt Heel Lowers	20-seconds	10-seconds	2
DB Farmers Carry	20-seconds	10-seconds	2
DB Speed Russian Twist	20-seconds	10-seconds	2

COMPLETE



WORKOUT 5 - FULL BODY

FOLLOW ALONG VIDEO

PASSWORD: HYPE24



WARM UP

EXERCISE	TIME	REST	SETS
Standing Hip Openers	30-seconds	10-seconds	2
Air Hip Hinge	30-seconds	10-seconds	2
Sprint In Place	30-seconds	10-seconds	2

STRONG CIRCUIT

EXERCISE	TIME	REST	SETS
DB Split Squat (L)	40-seconds	20-seconds	3
DB Split Squat (R)	40-seconds	20-seconds	3
DB RDL	40-seconds	20-seconds	3

BURN CIRCUIT

EXERCISE	TIME	REST	SETS
Half Kneeling Overhead Press (L)	40-seconds	20-seconds	3
Half Kneeling Overhead Press (R)	40-seconds	20-seconds	3
Alt. Bicep Curl	40-seconds	20-seconds	3

HYPE - WORKOUT MANUAL

WORKOUT 5 - FULL BODY

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

SWEAT CIRCUIT

EXERCISE	TIME	REST	SETS
T Pushups	30-seconds	15-seconds	2
Jump Lunges	30-seconds	15-seconds	2
X-Body Mountain Climbers	30-seconds	15-seconds	2

HYPE CIRCUIT

EXERCISE	TIME	REST	SETS
Butterfly Sit Ups	20-seconds	10-seconds	2
DB Half Kneeling Chop (L)	20-seconds	10-seconds	2
DB Half Kneeling Chop (R)	20-seconds	10-seconds	2
Reach Forward Planks	20-seconds	10-seconds	2

COOL DOWN

EXERCISE	TIME	REST	SETS
Seated Figure 4 (L)	30-seconds	10-seconds	2
Seated Figure 4 (R)	30-seconds	10-seconds	2
Child's Pose	30-seconds	10-seconds	2

COMPLETE



WORKOUT 6 - FULL BODY

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

WARM UP

EXERCISE	TIME	REST	SETS
Standing X Toe Touch	30-seconds	10-seconds	2
Squat to Stand	30-seconds	10-seconds	2
A Skip	30-seconds	10-seconds	2

STRONG CIRCUIT

EXERCISE	TIME	REST	SETS
Front Squats	40-seconds	20-seconds	3
B Stance RDL (L)	40-seconds	20-seconds	3
B Stance RDL (L)	40-seconds	20-seconds	3

BURN CIRCUIT

EXERCISE	TIME	REST	SETS
Arnold Press	40-seconds	20-seconds	3
Glute Bridge + Alt. Knee March	40-seconds	20-seconds	3
See Saw Row	40-seconds	20-seconds	3

WORKOUT 6 - FULL BODY

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

SWEAT CIRCUIT

EXERCISE	TIME	REST	SETS
Shoulder Tap + Pushup	30-seconds	15-seconds	2
DB Squat Jumps	30-seconds	15-seconds	2
Ice Skaters	30-seconds	15-seconds	2

HYPE CIRCUIT

EXERCISE	TIME	REST	SETS
Hollow Body Toe Touch	20-seconds	10-seconds	2
Side to Side Rocking Plank	20-seconds	10-seconds	2
Modified In-N-Out	20-seconds	10-seconds	2
DB High Plank Pull Through	20-seconds	10-seconds	2

COOL DOWN

EXERCISE	TIME	REST	SETS
Lying Figure 4 (L)	30-seconds	10-seconds	2
Lying Figure 4 (R)	30-seconds	10-seconds	2
Child's Pose	30-seconds	10-seconds	2

COMPLETE



HYPE - WORKOUT MANUAL

WORKOUT 7 - GET HYPED

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

WARM UP

EXERCISE	TIME	REST	SETS
Down Dog Foot Pedal	30-seconds	10-seconds	2
Air Hip Hinge	30-seconds	10-seconds	2
A Skip	30-seconds	10-seconds	2

HYPE CIRCUIT 1

EXERCISE	TIME	REST	SETS
B Stance Air Squat (L)	20-seconds	10-seconds	2
B Stance Air Squat (R)	20-seconds	10-seconds	2
Tricep Extensions	20-seconds	10-seconds	2
DB Calf Raises	20-seconds	10-seconds	2

HYPE CIRCUIT 2

EXERCISE	TIME	REST	SETS
Flutter Kicks	20-seconds	10-seconds	2
Sky Reach	20-seconds	10-seconds	2
Ground to Sky Jumps	20-seconds	10-seconds	2
Hamstring March	20-seconds	10-seconds	2

COMPLETE



WORKOUT 8 - FULL BODY

[FOLLOW ALONG VIDEO](#)

PASSWORD: HYPE24



WARM UP

EXERCISE	TIME	REST	SETS
Standing Knee Tucks	30-seconds	10-seconds	2
Shoulder CARs	30-seconds	10-seconds	2
Squat Jacks	30-seconds	10-seconds	2

STRONG CIRCUIT

EXERCISE	TIME	REST	SETS
DB Alt. Reverse Lunges	40-seconds	20-seconds	3
DB Single Leg Hip Thrust (L)	40-seconds	20-seconds	3
DB Single Leg Hip Thrust (R)	40-seconds	20-seconds	3

BURN CIRCUIT

EXERCISE	TIME	REST	SETS
DB Glute Bridge Chest Press	40-seconds	20-seconds	3
DB Sumo Squats	40-seconds	20-seconds	3
DB Lateral Raises	40-seconds	20-seconds	3

WORKOUT 8 - FULL BODY

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

SWEAT CIRCUIT

EXERCISE	TIME	REST	SETS
DB Alt. Snatch	30-seconds	15-seconds	2
DB Alt. Squat Press Out	30-seconds	15-seconds	2
Sprint in Place	30-seconds	15-seconds	2

HYPE CIRCUIT

EXERCISE	TIME	REST	SETS
Leg Raises	20-seconds	10-seconds	2
Side Star Plank (L)	20-seconds	10-seconds	2
Side Star Plank (L)	20-seconds	10-seconds	2
DB Hollow Body Pull Over	20-seconds	10-seconds	2

COOL DOWN

EXERCISE	TIME	REST	SETS
3-Way Hip & Ankle Opener (L)	30-seconds	10-seconds	2
3-Way Hip & Ankle Opener (R)	30-seconds	10-seconds	2
Child's Pose	30-seconds	10-seconds	2

COMPLETE



HYPE - WORKOUT MANUAL

WORKOUT 9 - GET HYPED

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

WARM UP

EXERCISE	TIME	REST	SETS
Inch Worm	30-seconds	10-seconds	2
I Y T	30-seconds	10-seconds	2
Squat Jacks	30-seconds	10-seconds	2

HYPE CIRCUIT 1

EXERCISE	TIME	REST	SETS
DB Frog Glute Raise	20-seconds	10-seconds	2
Tall Kneeling Pressout	20-seconds	10-seconds	2
Single Arm Snatch (L)	20-seconds	10-seconds	2
Single Arm Snatch (R)	20-seconds	10-seconds	2

HYPE CIRCUIT 2

EXERCISE	TIME	REST	SETS
Single Leg Glute Raise (L)	20-seconds	10-seconds	2
Single Leg Glute Raise (R)	20-seconds	10-seconds	2
Pulsar Squats	20-seconds	10-seconds	2
Butterfly Sit Ups	20-seconds	10-seconds	2

COMPLETE



WORKOUT 10 - FULL BODY

[FOLLOW ALONG VIDEO](#)

PASSWORD: HYPE24



WARM UP

EXERCISE	TIME	REST	SETS
Squat to Stand + Reach	30-seconds	10-seconds	2
T Pushups	30-seconds	10-seconds	2
Jumping Jacks	30-seconds	10-seconds	2

STRONG CIRCUIT

EXERCISE	TIME	REST	SETS
DB Bulgarian Split Squats (L)	40-seconds	20-seconds	3
DB Bulgarian Split Squats (R)	40-seconds	20-seconds	3
DB Sumo RDL	40-seconds	20-seconds	3

BURN CIRCUIT

EXERCISE	TIME	REST	SETS
DB Clean to Press	40-seconds	20-seconds	3
Renegade Row	40-seconds	20-seconds	3
Tricep Extensions	40-seconds	20-seconds	3

HYPE - WORKOUT MANUAL

WORKOUT 10 - FULL BODY

[FOLLOW ALONG VIDEO](#)



PASSWORD: HYPE24

SWEAT CIRCUIT

EXERCISE	TIME	REST	SETS
Pushups	30-seconds	15-seconds	2
Reverse Lunge Jumps (L)	30-seconds	15-seconds	2
Reverse Lunge Jumps (R)	30-seconds	15-seconds	2

HYPE CIRCUIT

EXERCISE	TIME	REST	SETS
DB V-Sit Press (L)	20-seconds	10-seconds	2
DB V-Sit Press (R)	20-seconds	10-seconds	2
Outside Mountain Climber	20-seconds	10-seconds	2
Toe Touch	20-seconds	10-seconds	2

COOL DOWN

EXERCISE	TIME	REST	SETS
World's Greatest Stretch (L)	30-seconds	10-seconds	2
World's Greatest Stretch (R)	30-seconds	10-seconds	2
Child's Pose	30-seconds	10-seconds	2

COMPLETE



CONGRATULATIONS, YOU DID IT!

First and foremost, congratulations on completing the HIITBURN HYPE Program! We are SO proud of you and all the hard work you put in. This is not an easy program, and your dedication is inspiring!

So take a moment to celebrate your success. You deserve it!

And if you haven't yet, send me a message or post to the Facebook Group about your success and what you loved about this program. I'd love to hear about it all!

Just know that this is only the beginning for you! Like I've said on a few of our calls, fitness is a journey not a quick fix. And you are on that journey now!

So you might be wondering, WHAT'S NEXT?

After completing a HIITBURN Program, the best next step is to keep going. That said, we have a few options for you:

1) [Be sure to download our HIITBURN App](#) - this gives you access to ALL our best challenges, programs, and workouts. That said, a great program to progress into next is our STRONG45 Program which can be found in the App. Feel free to start that immediately!

2) Repeat HYPE again – doing another round of HYPE is also a great way to keep making progress. Focus on increasing your weights, getting a few more reps in the intervals, beating your workout scores, etc.

The biggest thing is to KEEP GOING – this is only the beginning for you! As always, if you need any help at all, please do not hesitate to reach out.

Myself and the entire HIITBURN Team is here for you.

So proud of you! Now let's keep it going,

-Dennis & Kelsey

HIIT BURN®