

WORKOUT PLAN

COACH: ALEX

TYPE: HIIT & CONDITIONING

TARGET ZONES

Maximize cardiovascular endurance and core stability. High intensity, short rests.

DRILLS

| TIME / REPS | EXERCISE |
|-------------|---|
| 0 - 10 MIN | DYNAMIC WARM-UP (Jumping jacks, high knees) |
| 10 - 30 MIN | CIRCUIT 1: 45s WORK / 15s REST (Burpees, Mountain Climbers) |
| 30 - 45 MIN | CIRCUIT 2: KETTLEBELL SWINGS & CORE |
| 45 - 55 MIN | COOL DOWN & STATIC STRETCHING |