



My name is Joe Wicks. I created and developed the 'Lean in 15' programme. My philosophy is around HITT training and how this can be used to improve overall fitness and wellbeing.

### So what is HITT training?

HITT stands for 'High, Intensity, Interval, Training' – you work for as hard as you can for a short period of time, then have a rest period before your next exercise.

### Why does HITT training work?

HITT is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

**TASK:** You will select either the beginner/intermediate/advanced fitness session to complete during this lesson. For each session you will complete 4 exercises, for 4 rounds. Between each exercise and each round you will get a rest period. The idea is that you work **AS HARD AS YOU CAN** for the work periods as you will get a rest after each one.

LEAN IN  
15



# HIIT-Beginner

**Success criteria:** Complete each exercise in order and repeat the circuit 5 times.

**Easy-** Work at a high intensity for 20 seconds and have a 40 second rest.

**Medium-** Work at a high intensity for 30 seconds and rest for 30 seconds.

**Hard-** Work at a high intensity for 40 seconds and rest for 20 seconds.



**1. High Knees-** bring your knees as high up to your chest as quick as possible.



**2. Mountain Climbers-** get onto the floor in a press-up position and bring your knees to your chest as quick as possible. Your feet can touch the floor under your chest.



**3. Burpees** – begin in a standing position, then bend into a squat with your hands on the floor. Kick your feet out and then back in again.

**4. Lunges-** Start in the standing position and then bend with one leg in front of the other. Make sure that your knee does not go past your toes. Make it more difficult by adding 2 weights.

# HIIT-Intermediate

**Success criteria:** Complete each exercise in order and repeat the circuit 4 times.

**Easy-** Work at a high intensity for 20 seconds and have a 40 second rest.

**Medium-** Work at a high intensity for 30 seconds and rest for 30 seconds.

**Hard-** Work at a high intensity for 40 seconds and rest for 20 seconds.



**1. High Knees with punches-** bring your knees as high up to your chest as quickly as possible. At the same time punch left and right.  
**Ext: Use some hand weights whilst punching**



**2. Squats-** start in the standing position with your arms out straight. Then bend at the knee and stick your bum back as you lower.  
**EXT: Complete a jump squat**



**3. Mountain Climbers-** get onto the floor in a press-up position and bring your knees to your chest as quickly as possible. Your feet can touch the floor under your chest.  
**EXT: Your feet can only touch the floor when your legs are back in the straight position**



**4. Lunges-** Start in the standing position and then bend with one leg in front of the other. Make sure that your knee does not go past your toes.  
**EXT: Use some hand weights whilst you are performing your lunge.**

# HIIT-Advanced

**Success criteria:**-Complete each exercise in order and repeat the circuit 4 times.

**Easy-** Work at a high intensity for 20 seconds and have a 40 second rest.

**Medium-** Work at a high intensity for 30 seconds and rest for 30 seconds.

**Hard-** Work at a high intensity for 40 seconds and rest for 20 seconds.



**1. Jump squats** -Start in the standing position with your arms out straight. Then bend at the knee and stick your bum back as you lower. When you go to stand, jump so that your feet leave the floor, control this down to perform another squat.

**EXT: Perform a jump squat onto a bench/step**



**4. Lunges with weights-** Start in the standing position and then bend with one leg in front of the other. Make sure that your knee does not go past your toes.

**EXT: Jump lunges with weights**



**5. Burpees** – Begin in a standing position, then bend into a squat with your hands on the floor. Kick your feet out and then back in again.

**EXT: Jump onto a bench/step**

**2. Abdominal Crunches-** Lay on your back with your knees bent, tighten your abs and raise them to your knees.

**EXT: Hold a plank for as long as possible**



**3. Star Jumps-** Legs shoulder width apart, complete as fast as you can, making sure your hands touch above your head.

**EXT: Your feet can only touch the floor when they return to underneath your body.**