

LEAN WITH STYLE

5 HIIT Workouts To Get Your A** In Shape

Burn Off The Fat WITHOUT Losing Muscle



These 5 workouts follow the protocol of High-Intensity Interval Training (HIIT). If you don't know what HIIT is, basically, think of sprinting. You run

as fast as you can for a small period of time (high-intensity interval) and then you rest (low-intensity interval) and repeat.

That's HIIT.

I do believe in incorporating other forms of cardio such as LISS and Steady State (traditional cardio), but this should do the job for now.

At the end of the workouts, I'll go over a couple guidelines you should follow if you want to maintain as much muscle as possible while still losing weight and burning fat!

1. Stair Sprints



This can be done on the Stair Master machine at your local gym, or you can do this outside at your local high school stadium or any set of stairs.

Whichever you choose, the workout will be very similar in structure. You just climb stairs as fast as possible.

If on the Stairmaster, choose a speed that will make you go **fast**. Meaning you should almost be running up the stairs.

For example, the Stairmaster at my local gym has 1-20 as the levels for speed.

Choose a speed from 15-20 as your high-intensity interval, and a speed from 1-3 as your low-intensity interval.

Go hard on your high-intensity interval for as long as you can (usually 15-25 seconds), then switch to your low-intensity interval for one minute.

Repeat this for 20-30 minutes.

If done outside, run up the stairs as fast as possible until you reach the top. If the stairs are "never-ending," do it for as long as you can. This will be your high-intensity interval.

Then, walk back down to the bottom, this will be your low-intensity interval.

If you still need to Rest by the time you walk back down, please do so.

Remember, if you need more time to rest, feel free. Just aim to shorten the rest intervals to over time as your progress.

2. Tire Flips



This cardio workout has become one of my favorites.

My local gym actually has tires (about 220lbs) that you can flip for cardio on turf. Unfortunately, not all gyms have this so I understand if you can't do this but if you can, **do it**.

It works wonders!

What I do, is I go to the end of the gyms turf and back.

It takes about 6 tire flips one way and 6 tire flips back.

Once I get back to the start, I rest and repeat for 20-30 minutes.

3. Hill Sprints



I love sprinting outside in the mornings.

It's my "go-to" HIIT workout.

There's this huge hill down this trail that kind of hidden near my house.

I love it.

What I do is sprint up the hill as far as I can until I run out of "all-out" energy and then jog up the rest of the hill to this big pole (pictured below).

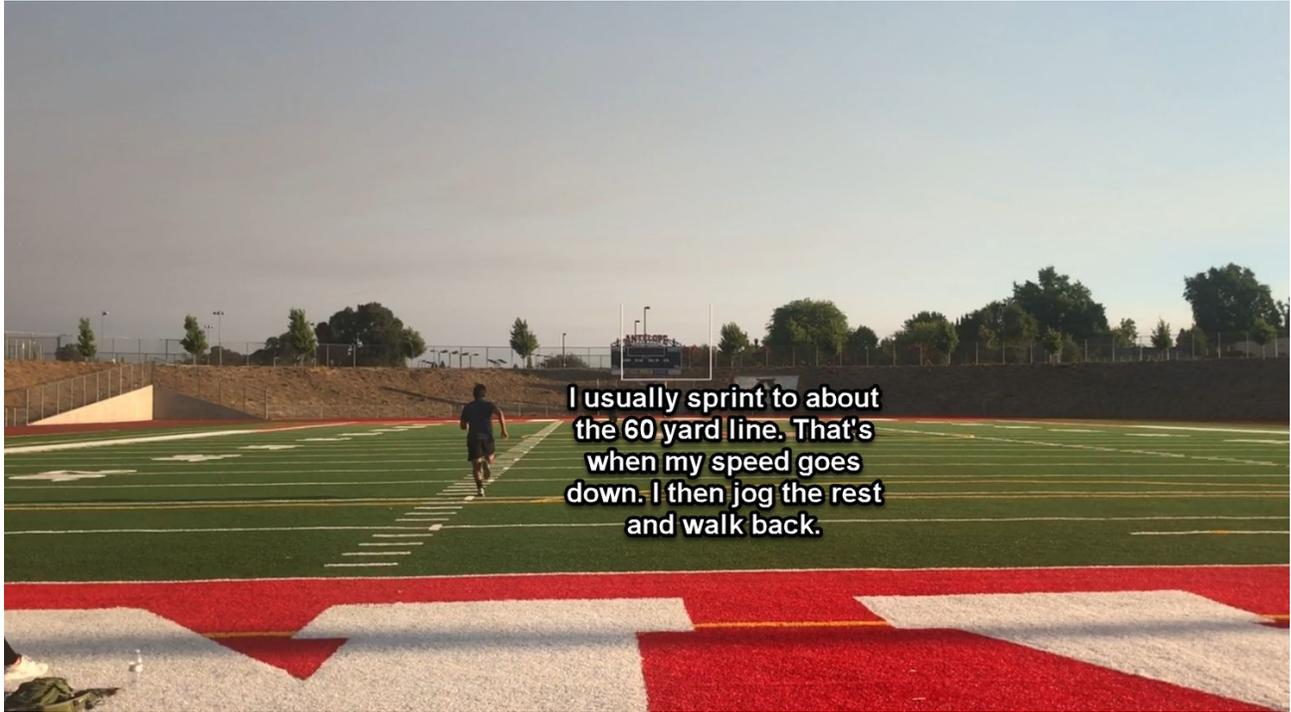


This workout kicks your a.**

An alternative would be just doing regular sprints, but with a twist.

You definitely don't have to go to your local stadium especially if it's a hassle to get in.

I have to hop the fence every-time because I go early at 6-7am :D



Anyways, you would do this just like any other HIIT workout, however, I add in some extras like push-ups and squats. Here's how:

- I sprint 100 yards (*no, I can't go all out for all 100 yards and not many people can, but sprint as hard as you can for as long as you can and jog the rest*).
- Once I'm done sprinting, I do 10 Air Squats and 10 Push-Ups and that's it.
- Then I Walk back 100 yards and I do that 8 times and I'm done.

If you don't have access to your local football stadium or hills near your house, you can also do this on a treadmill at your local gym.

4. Kettlebell Swings



Again, the same rules apply as the previous 3 workouts.

Pick a KB, around 15-25 lbs depending on your fitness level.

Set your high-intensity interval to 10-15 swings and perform these as fast as possible with proper form.

Once your swings are done, rest and repeat for 20-30 minutes.

Your legs are going to burn ;)

5. Multiple Exercises



This workout requires no equipment at all except maybe a pull-up bar.

Pick 6-10 bodyweight exercises.

For example:

- Jump squats,
- Burpees,
- pull-ups,
- jumping lunges,
- High-knees

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- mountain climbers, and
 - planks.

Exchange these with any other bodyweight exercises that you prefer. Do as many reps as you can for each exercise for 10-20 seconds with no rest in between.

Once done performing all 4-8 exercises, rest. That will count as 1 round. Repeat as many rounds as possible in 20-30 minutes. An example of how this would look:

Round 1:

- Jump Squats (15 sec)
- Burpees (15 sec)
- Pull-ups (15 sec)
- Jumping Lunges (15 sec)
- High-knees (15 sec)
- Push-ups (15 sec)
- Jumping Jacks (15 sec)
- Mountain Climbers (15 sec)
- Planks (15 sec)

Rest. Repeat.

HIIT Schedule

These workouts do wonders for me and I feel great afterward. I usually do this 3-4 times per week while cutting and 1-2 times per week while bulking.

The goal of any HIIT workout is to work as hard as you can in a short period of time. I believe any of the workouts listed above will help you get in better shape.

However, we have some other important things to talk about.

Wait Just a Second..

Don't go to the gym just yet.

I know you're eager to go and torture yourself at the gym but wait just a second. There are some things you need to know about how to lose weight.

You can do cardio 7 days a week, and still fail to see any results. In fact, many fall victim to the mindset of "~~more cardio = more weight loss~~".

Unfortunately, **this is wrong**, unless you apply certain things to your diet.

First, we must go over the fundamentals... because if you don't have those down, then you're SOL and **no amount of cardio will save you.**

Calories are the first on the list.

You Must Be In A Caloric Deficit

The law of energy balance is irrefutable.

Simply put, in order to lose weight, **you must** burn more calories than you consume.

Period. Point. Blank.

In order to calculate your caloric deficit, you can simply multiply your body weight by 11-12.

If you have more than 15 pounds to lose, multiply your body weight by 11.

If you have less than 15 pounds to lose, multiply your body weight by 12.

This equation should give you a good steady rate of weight loss. **It's not perfect, but it'll work for now.**

You should expect to lose 1-1.5 pounds a week using these multipliers (even 3-4 pounds a week if you're really overweight, but these numbers should slow down eventually).

If you weigh 200 lbs, simply multiply your body weight by 11 or 12.

$200 \times 11 = 2100$ calories to eat every day to lose weight.

"How Do I Track My Calories?"

The easiest way is to use an app like MyFitnessPal that can tell you the nutritional content of a wide variety of foods.

MyFitnessPal is not only great for flexible dieting (or IIFYM: If It Fits Your Macros) but it also makes you aware of what you put in your body.

I teach the process of tracking macros and Flexible Dieting/IIFYM in my book, ***IIFYM: If It Fits Your Macros: The Ridiculously Simple Guide To Losing Weight Without Giving Up Your Favorite Foods***

You Must Eat a Healthy Ratio of Macronutrients

You can't just eat less! Although the number of calories you eat will determine if you lose weight, supplying those calories with a healthy macronutrient ratio is vital for obtaining an amazing physique.

There are 3 macronutrients: protein, carbs, and fat.

1g of Protein = 4 calories

1g of Carbohydrates = 4 calories

1g of Fat = 9 calories (that's more than double of protein and carbs!)

Protein is important for not only for helping the body build and preserve muscle, but it also providing satiety, which is very important when it comes to dieting!

Carbohydrates are necessary for fueling your workouts and your body's energy stores.

Fat has more than twice as much energy as protein or carbohydrates, hence why you don't nearly have as much fat in a diet as you do carbs or protein. It helps to have an adequate amount however in order to provide the body with essential fatty acids for it to survive.

Make sure that the majority of your macronutrients (80%) come from nutrient-rich and filling foods and the rest (20%) from "junk".

So long as you're in a caloric deficit and hitting your macronutrient goals, you will lose weight and your body will begin to change.

I go over the entire process of calculating your macronutrients and creating a meal plan in my new book *[IIFYM: If It Fits Your Macros: The Ridiculously Simple Guide To Losing Weight Without Giving Up Your Favorite Foods.](#)*

[Learn More Here.](#)

You Must Lift Weights.

Cardio + Lifting Weights + Caloric Deficit + Healthy Ratio of Macros =
Incredible Fat Loss!

You don't want to look “skinny-fat” right?

Then you must lift weights.

You see, the more muscle you put on your body, the more calories your body burns throughout the day...

Not only that, but you want to lift **HEAVILY, safely**. You want to focus on lifting heavy with compound movements.

Why?

Lifting heavier weights over time (progressive overload), with about 80-85% of your 1 rep max in the 4-6 rep range, with compound movements has been shown to increase gains dramatically when compared to working with isolation movements.

You want to begin each workout with a compound movement (squats, deadlifts, bench press, overhead press, pull-ups) depending on what type of workout split you're doing.

Example: If you're hitting legs today, start off with some Barbell Squats for 3 sets of 4-6 reps using about 85% percent of your 1 rep max (1RM) for weight.

Then, do another compound exercise for legs such as the Romanian Deadlift, or Split Squats with the same instructions.

Once you do 2 compound exercises with those instructions, you can continue to finish your workout with isolation exercises (leg extensions, hamstring curls, etc.) with a higher rep range and lighter weights.

Apply this to any workout day (chest, back, shoulders, etc.) and you will see tremendous gains!

Make sure to focus on lifting in the 4-6 rep range with compound movements using 85% of your 1RM at the start of your workouts!

If you want a more detailed workout plan, you can check out our beginner [3-day workout routine here.](#)

Conclusion

All in all, HIIT is a great way to burn fat and lose weight.

However, you can't do it alone and expect to see results. **Everything else must be in place for the fat-loss stars to align.**

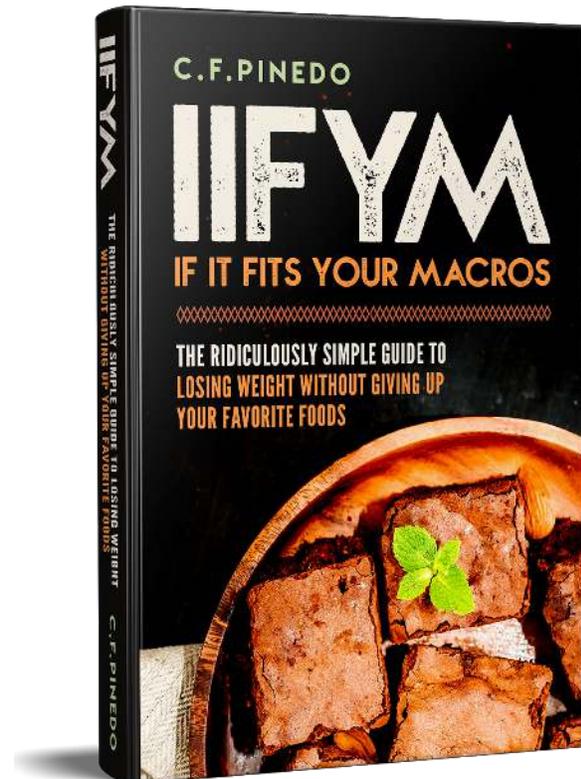
If you want to stop guessing your way to fat-loss success, then you'll want to check [out my new book](#).

Combining what I teach in my book and this guide will [guarantee your success at losing weight and burning fat](#).

To Your Success,

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