

TRAINING MANUAL



HIIT BURN[®]

STRONGER **30x30**



STRONGER 30x30

Training Guide

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WELCOME TO STRONGER 30 X 30

This is a High Intensity Interval Training (HIIT) workout program that utilizes dumbbells to help you get stronger while also creating an amazing burn in every workout!

The workouts will be focused around lower body, upper body, and full body. We also include a warm up and cool down in each workout, and you'll also hit your core and cardio!

The workouts are follow along and right around 30-minutes each. The great thing about STRONGER 30x30 is that you can go at your own pace during the working interval.

Modifications are provided throughout the videos, so modify as needed. Remember, this is you vs. you, so challenge yourself each day you show up to do the workouts.

Let's get to it!

Documenting your journey

It's incredibly powerful to see progress through photos and videos. **We'd love to see your journey through STRONGER 30x30 on social media.**

Instagram: Tag **@hiitburn**

Use these Hashtags on your posts: **#hiitburn**

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

STRENGTH TEST

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!

Bodyweight Push Test

Complete as many Push Ups as possible without rest. If you can't get a full Push Up or very few, start by getting as many full push ups as you can, and then move into Incline Push Ups and get as many of those as you can! If you can't get any full push ups, simply start with Incline Push Ups.

This test helps analyze strength in your chest, shoulders, triceps, and abs.

Bodyweight Pull Test

Pulling movements can feel more challenging to do with no equipment, but we have TONS of options for you to choose from if you do have some minimal equipment or don't have any equipment at all.

Complete as many Pull Ups (or the outlined variations) as possible without rest. If you can't get a Pull Up, but have a Pull Up bar, you can do a Pull Up Hold, meaning hold yourself at chin level on the bar for as long as possible and record the time.

Another option for the Pull Test is doing as many Bodyweight Rows as possible without rest. These can be done on a barbell at a low height, rings, TRX bands, or a very sturdy table. If you don't have access to any bar, but do have a dish towel or a band, you can do Towel/Band Rows, and get as many as possible without rest! Keep tension on the towel/band the entire time.

This test helps analyze strength in your back, biceps, shoulders, traps, and abs.

Bodyweight Anterior Chain Test

Complete as many Squat Jumps as possible without rest. If you can't complete a Squat Jump, you can modify with Air Squats or Box Squats.

This test helps analyze strength in the anterior chain (AKA front part of your body, for this test specifically, your legs) such as your quads.

Bodyweight Posterior Chain Test

Complete Single Leg Glute Hold as long as possible without rest. Record the time. After your first leg, test the other leg as well! If you can't complete a Single Leg Glute Hold, you can modify with Glute Bridge Hold, which will have both legs on the ground. *This test helps analyze strength in the posterior chain (AKA back part of your body, for this test specifically, your legs) such as your glutes and hamstrings.*

STRENGTH TEST – QUICK GUIDE

Bodyweight			
Push Test	Push Ups	Until Failure	
Pull Test	Pull Ups*	Until Failure	*or modification. Bodyweight Rows until failure or Pull Up Hold for Time
Anterior Chain	Squat Jumps*	Until Failure	*or modification. Air Squats or Box Squats
Posterior Chain	Single Leg Glute Hold* (both legs)	For Time	*or modification. Glute Hold (two feet)

STRENGTH TEST - VIDEO LINKS

CLICK HERE FOR ALL VIDEOS



- [Pushups](#)
- [Pullups](#)
- [Bodyweight Rows](#)
- [Squat Jumps](#)
- [Bodyweight Squats](#)
- [Single Leg Glute Holds](#)

THE WORKOUTS

For all of these workouts, there are a couple of ways you can challenge yourself and keep making progress:

Lift heavier weights over time during the working intervals. This will help continue to build muscle and get stronger. With this approach, you may get fewer reps during the interval, but as long as you are challenging yourself, you'll be getting stronger and more defined!

Lift light to moderate weights during the working intervals. This will make the workout feel like high intensity cardio with added resistance. With this approach, you may get more reps during the interval to feel the burn and get your heart rate up!

Both approaches are great options, it just depends on your goals, what types of weights you have access to, and what you enjoy!

For video exercises descriptions, you can visit:

<https://hiitburn.com/s30dl-21ch-hb/>

SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	REST	STRENGTH TEST WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5	REST
WEEK 2	REST	WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5	REST
WEEK 3	REST	WORKOUT 6	WORKOUT 7	WORKOUT 8	WORKOUT 9	WORKOUT 10	REST
WEEK 4	REST	WORKOUT 6	WORKOUT 7	WORKOUT 8	WORKOUT 9	STRENGTH TEST WORKOUT 10	REST



WORKOUT #1

[CLICK HERE FOR FOLLOW ALONG VIDEO](#)



LEGS & GLUTES

SETS	EXERCISE	REPS	SETS	REST
Warm Up				
1A	Squat to Stand	30 sec.	2	5 sec.
1B	Inch Worm	30 sec.	2	5 sec.
1C	Scissor Jacks	30 sec.	2	5 sec.
Strength				
2	Dumbbell Goblet Squats	40 sec.	4	20 sec.
3	Dumbbell RDL	40 sec.	4	20 sec.
Strength SuperSets				
4A	Dumbbell Glute Raise	30 sec.	3	15 sec
4B	DB Alternating Lateral Lunges	30 sec.	3	15 sec
5A	DB Alternating Reverse Lunges	30 sec.	3	15 sec
5B	Glute Clams	30 sec.	3	15 sec
HIIT Finisher				
6A	Incline Push Ups	30 sec.	3	15 sec
6B	Squat Jacks	30 sec.	3	15 sec
6C	Reach Forward Plank	30 sec.	3	15 sec

COACHING TIP

Focus on your mind-muscle connection in this workout. For squatting movements, focus on feeling the burn in your quads and on deadlift and glute raise movements, focus on squeezing your glutes!



WORKOUT #2

[CLICK HERE FOR FOLLOW ALONG VIDEO](#)



BACK, BICEPS, TRICEPS, ABS

SETS	EXERCISE	REPS	SETS	REST
Warm Up				
1A	Bird Dog	30 sec.	2	5 sec.
1B	World's Greatest Stretch	30 sec.	2	5 sec.
1C	Jumping Jacks	30 sec.	2	5 sec.
Strength				
2	DB Bent Over Row	40 sec.	4	20 sec.
3	Dumbbell Bear Crawl Renegade Row	40 sec.	4	20 sec.
Strength SuperSets				
4A	Dumbbell Bicep Curl	30 sec.	3	15 sec
4B	Dips - Legs Extended	30 sec.	3	15 sec
5A	Plank to Push Up	30 sec.	3	15 sec
5B	Sky Reaches	30 sec.	3	15 sec
HIIT Finisher				
6A	Squat Jacks	30 sec.	3	15 sec
6B	Mountain Climbers	30 sec.	3	15 sec
6C	Shoulder Taps	30 sec.	3	15 sec

COACHING TIP

Bear Rows are challenging, but great for strengthening your back and abs. Focus on staying steady by squeezing your core.



WORKOUT #3

[CLICK HERE FOR FOLLOW ALONG VIDEO](#)



LEGS & GLUTES

SETS	EXERCISE	REPS	SETS	REST
Warm Up				
1A	Air Squat	30 sec.	2	5 sec.
1B	Adductor Rocks	30 sec.	2	5 sec.
1C	High Knees	30 sec.	2	5 sec.
Strength				
2	Dumbbell Bulgarian Split Squat	40 sec.	4	20 sec.
3	Dumbbell Hip Thrust	40 sec.	4	20 sec.
Strength SuperSets				
4A	Dumbbell Alternating Lateral Lunges	30 sec.	3	15 sec
4B	Dumbbell Glute Bridge	30 sec.	3	15 sec
5A	Dumbbell Deadlift	30 sec.	3	15 sec
5B	Frog Glute Raises	30 sec.	3	15 sec
HIIT Finisher				
6A	Alternating Reverse Lunges	30 sec.	3	15 sec
6B	Outside Mountain Climbers	30 sec.	3	15 sec
6C	Squat to Toes	30 sec.	3	15 sec

COACHING TIP

For the Bulgarian Split Squats, focus on keeping the majority of your weight in your front foot and use the back foot that is elevated for balance.



WORKOUT #4

[CLICK HERE FOR FOLLOW ALONG VIDEO](#)



CHEST, SHOULDERS & ABS

SETS	EXERCISE	REPS	SETS	REST
Warm Up				
1A	Inch Worm	30 sec.	2	5 sec.
1B	Cat Cow	30 sec.	2	5 sec.
1C	Ice Skaters	30 sec.	2	5 sec.
Strength				
2	Dumbbell Chest Press	40 sec.	4	20 sec.
3	Dumbbell Overhead Press	40 sec.	4	20 sec.
Strength SuperSets				
4A	Dumbbell V Sit Press (15 sec/side, w/ 5 sec transition)	30 sec.	3	15 sec
4B	Dumbbell Chest Fly	30 sec.	3	15 sec
5A	Hollow Body Hold	30 sec.	3	15 sec
5B	Dumbbell Lateral Shoulder Raises	30 sec.	3	15 sec
HIIT Finisher				
6A	Squat Jumps	30 sec.	3	15 sec
6B	In-N-Outs	30 sec.	3	15 sec
6C	Shoulder Taps	30 sec.	3	15 sec

COACHING TIP

A lot of these exercises may not seem like they are “ab” exercises (like Overhead Press!), but they really utilize core strength, so focus on squeezing your core throughout the movements.



WORKOUT #5

[CLICK HERE FOR FOLLOW ALONG VIDEO](#)



FULL BODY

SETS	EXERCISE	REPS	SETS	REST
Warm Up				
1A	Walking Hip Stretch	30 sec.	2	5 sec.
1B	Alternating Lateral Lunges	30 sec.	2	5 sec.
1C	Scissor Jacks	30 sec.	2	5 sec.
Strength				
2	Dumbbell Alternating Reverse Lunges	40 sec.	4	20 sec.
3	Dumbbell Single Arm Row (20 sec/ side)	40 sec.	4	20 sec.
Strength SuperSets				
4A	Dumbbell Glute Raises	30 sec.	3	15 sec
4B	Dumbbell Arnold Press	30 sec.	3	15 sec
5A	Dumbbell Split Squat (15 sec/side)	30 sec.	3	15 sec
5B	Dumbbell Half Kneeling Overhead Press (15 sec/side)	30 sec.	3	15 sec
HIIT Finisher				
6A	Squat to Squat Jump	30 sec.	3	15 sec
6B	Sit Through	30 sec.	3	15 sec
6C	Leg Raises	30 sec.	3	15 sec

COACHING TIP

This workout is hitting a little bit of EVERYTHING! Make the most out of each exercise because each of them are important as we are targeting total body today.



WORKOUT #6

[CLICK HERE FOR FOLLOW ALONG VIDEO](#)



LEGS & GLUTES

SETS	EXERCISE	REPS	SETS	REST
Warm Up				
1A	Walking High Kicks	30 sec.	2	5 sec.
1B	Bird Dog	30 sec.	2	5 sec.
1C	Squat to Toes	30 sec.	2	5 sec.
Strength				
2	Dumbbell Front Squat	40 sec.	4	20 sec.
3	Dumbbell Single Leg Hip Thrust	40 sec.	4	20 sec.
Strength SuperSets				
4A	Dumbbell Alternating Reverse Lunges	30 sec.	3	15 sec
4B	Dumbbell Glute Raises	30 sec.	3	15 sec
5A	Dumbbell Goblet Squats	30 sec.	3	15 sec
5B	Dumbbell Alternating Lateral Lunges	30 sec.	3	15 sec
HIIT Finisher				
6A	Ice Skaters	30 sec.	3	15 sec
6B	Jumping Jacks	30 sec.	3	15 sec
6C	Walking Lunges	30 sec.	3	15 sec

COACHING TIP

There are a lot of single leg moves in this workout, which are super helpful for correcting imbalances and continuing to get stronger!



WORKOUT #7

[CLICK HERE FOR FOLLOW ALONG VIDEO](#)



BACK, BICEPS, TRICEPS & ABS

SETS	EXERCISE	REPS	SETS	REST
Warm Up				
1A	Inch Worm	30 sec.	2	5 sec.
1B	World's Greatest Stretch	30 sec.	2	5 sec.
1C	Quick Feet	30 sec.	2	5 sec.
Strength				
2	Dumbbell Renegade Row	40 sec.	4	20 sec.
3	Dumbbell Bent Over Row	40 sec.	4	20 sec.
Strength SuperSets				
4A	Close-Grip Push Ups	30 sec.	3	15 sec
4B	In-N-Outs	30 sec.	3	15 sec
5A	Dumbbell Bicep Curl	30 sec.	3	15 sec
5B	Dumbbell Arnold Press	30 sec.	3	15 sec
HIIT Finisher				
6A	T Push Ups	30 sec.	3	15 sec
6B	Hip Ups	30 sec.	3	15 sec
6C	Bear Crawl Side to Side	30 sec.	3	15 sec

COACHING TIP

Close Grip Push Ups really target your triceps as well as your chest! Modify if needed because these are challenging (but really effective!).



WORKOUT #8

[CLICK HERE FOR FOLLOW ALONG VIDEO](#)



LEGS & GLUTES

SETS	EXERCISE	REPS	SETS	REST
Warm Up				
1A	Knee Tucks	30 sec.	2	5 sec.
1B	Kneeling 90/90 + Half Split	30 sec.	2	5 sec.
1C	Jumping Jacks	30 sec.	2	5 sec.
Strength				
2	Dumbbell RDL	40 sec.	4	20 sec.
3	Dumbbell Single Leg Hip Thrust	40 sec.	4	20 sec.
Strength SuperSets				
4A	Dumbbell Hip Thrusts	30 sec.	3	15 sec
4B	Dumbbell Split Squats (15 sec/side)	30 sec.	3	15 sec
5A	Dumbbell Step Ups	30 sec.	3	15 sec
5B	Dumbbell Squat Thrusters	30 sec.	3	15 sec
HIIT Finisher				
6A	Squat Jacks	30 sec.	3	15 sec
6B	Shoulder Taps	30 sec.	3	15 sec
6C	Glute Raises	30 sec.	3	15 sec

COACHING TIP

Squat Thrusters are tough strength-wise and also they get your heart rate up! Focus on using your legs for power and drive your hips to get the momentum of the weights into the overhead position.



WORKOUT #9

[CLICK HERE FOR FOLLOW ALONG VIDEO](#)



CHEST, SHOULDERS & ABS

SETS	EXERCISE	REPS	SETS	REST
Warm Up				
1A	Bird Dog	30 sec.	2	5 sec.
1B	Cat Cow	30 sec.	2	5 sec.
1C	Ground to Sky Jumps	30 sec.	2	5 sec.
Strength				
2	Dumbbell Overhead Press	40 sec.	4	20 sec.
3	Dumbbell Chest Fly	40 sec.	4	20 sec.
Strength SuperSets				
4A	Dumbbell Upright Row to Press	30 sec.	3	15 sec
4B	T Push Up	30 sec.	3	15 sec
5A	Dumbbell Chest Press	30 sec.	3	15 sec
5B	V Sit Hold	30 sec.	3	15 sec
HIIT Finisher				
6A	Shoulder Tap Push Ups	30 sec.	3	15 sec
6B	Hollow Body Hold	30 sec.	3	15 sec
6C	High Knees	30 sec.	3	15 sec

COACHING TIP

Overhead Press is a foundational exercise to keep practicing often. It's great for building strong and defined shoulders!



WORKOUT #10

[CLICK HERE FOR FOLLOW ALONG VIDEO](#)



FULL BODY

SETS	EXERCISE	REPS	SETS	REST
Warm Up				
1A	Glute Raise to Clam	30 sec.	2	5 sec.
1B	High Side Plank Reach Through (15 sec/side)	30 sec.	2	5 sec.
1C	Squat Jacks	30 sec.	2	5 sec.
Strength				
2	Dumbbell Half Kneeling Overhead Press	40 sec.	4	20 sec.
3	Dumbbell Bulgarian Split Squat	40 sec.	4	20 sec.
Strength SuperSets				
4A	Dumbbell Glute Raises	30 sec.	3	15 sec
4B	Dumbbell Bear Crawl Renegade Row	30 sec.	3	15 sec
5A	Dumbbell Alternating Lateral Lunges	30 sec.	3	15 sec
5B	Dumbbell Lateral Shoulder Raises	30 sec.	3	15 sec
HIIT Finisher				
6A	Sit Through	30 sec.	3	15 sec
6B	Leg Raises	30 sec.	3	15 sec
6C	Squat Jumps	30 sec.	3	15 sec

COACHING TIP

Tuck your hips under and keep your core tight to have a strong foundation in the Half Kneeling Overhead Press!



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