

14 DAY HIIT KICKSTART

Two weeks of short, hard sessions. Low impact days built in.

LENGTH	EQUIPMENT	FOCUS	LEVEL
14 Days	Dumbbells Optional	Fat Loss & Conditioning	Intermediate

WEEK 1

TAP A WORKOUT TO OPEN THE VIDEO

01	FULL BODY HIIT	► Full Body HIIT for Fat Loss (No Repeats)	30 min	☐
02	STANDING CARDIO	► Standing HIIT for Cardio and Fat Burn	20 min	☐
03	FULL BODY HIIT	► Full Body HIIT for Fat Burn (No Repeats)	25 min	☐
04	DUMBBELL HIIT	► Dumbbell HIIT for Strength and Fat Loss	25 min	☐
05	FULL BODY HIIT	► Full Body HIIT for Fat Burn (At Home)	20 min	☐
06	DUMBBELL HIIT	► Full Body Dumbbell HIIT for Fat Loss	30 min	☐
07	LOW IMPACT	► Low Impact HIIT (No Jumping, At Home)	30 min	☐

WEEK 2

08	CARDIO HIIT	► HIIT for Fat Loss and Cardio (No Equipment)	20 min	☐
09	FULL BODY HIIT	► Full Body HIIT for Cardio and Fat Burn	30 min	☐
10	ONE DUMBBELL	► One Dumbbell HIIT for Fat Loss and Strength	20 min	☐
11	ADVANCED	► Advanced HIIT for Fat Loss (High Intensity)	30 min	☐
12	LOW IMPACT	► Low Impact HIIT (No Equipment, No Jumping)	20 min	☐
13	FULL BODY HIIT	► Full Body HIIT for Fat Loss (No Repeats)	23 min	☐
14	FINAL BURN	► Full Body HIIT to Burn Fat and Calories	30 min	☐

HOW TO RUN IT

- Form first. Speed second. Every rep.
- Use the low impact days as written. They're what gets you to Day 14.
- If a workout wrecks you, cut the last round and come back tomorrow.

NOTES