

# *HIIT STYLE EXERCISE ROUTINE*

Your whole body exercise in just 16 minutes a day

BONUS E-GUIDE



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"You don't become  
what you want,  
you become what  
you believe."

— OPRAH WINFREY

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# W

*elcome! We all know exercise is an important part of getting and staying healthy. We often get disheartened or lazy because we think it is too difficult, takes too long, or we just don't know where to start. This is a short guide to take you through a simple routine you can do anywhere.*

I think you will be pleasantly surprised at the simplicity and speed of the program. This is a basic routine suitable for any health and fitness level. It takes just 16 minutes a day, can be done in the comfort of your own home and requires no expensive equipment. It strengthens, tones and sculpts your body, while boosting energy, improving mitochondrial health, and supporting balance, healthy bones, and new brain connections.

As with all exercise programs, you will need to stick with it to see the benefits, but you will feel more energised surprisingly soon.

This program is based on a High Intensity Interval Training style and follows a combination of works, including the principles discussed in Dr Sears' PACE program.

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# REMINDERS, TIPS & POINTERS

- Maintain good posture throughout and keep good form,. Performing activities slowly if required (see next page for posture tips)
- If you can visualise which muscles you are using, focus on them as you perform the exercise, It helps to improve effectiveness
- Aim to breathe in through your nose and out through your mouth.
- If you become short of breath, either slightly reduce intensity or focus on releasing through the out breath, and making it a little longer. This helps to naturally improve the quality and size of your next in breath as well as giving you something to focus on, to push through
- If you find the 90 sec burst is too intense, do what you can to push through
  - focus on out breath
  - slightly reduce intensity
  - if you need to, shorten the burst length to 60 or more sec. As you improve, you can extend to the 90 sec mark.
- During the recovery/maintenance sequence you can slowly build up to 10 repetitions of each, starting at say 5.
- Once you are at 10 repetitions of each, then you can consider increasing the difficulty or speed of the exercises, and even changing up the routine

# REMINDERS, TIPS & POINTERS CONT.

## Good Posture:

- Shoulders back - focus on the lowest point of your shoulder blades, then gently pull the blades down, in and together - this activates the stabilising muscles not the strong and tight traps. It is a much smaller movement than "pulling your shoulders back"
- Gently activate "core stabilising" muscles.
  - Activate your lower abdominal muscles (Transverse Abdominus), by tightening, as if pulling tight the lower strap of a car seat belt across your lap.
  - Activate your pelvic floor by pulling up, as if you are stopping yourself from urinating.
- Gently tuck your bottom under, to reduce the extension in your lower back
- Knees always follow the direction of your feet. When you bend your knees, they should sit directly over your feet, in line with your second toe.
- Neck should be gently back with head pulling tall - as if you have a string attached to the centre of your head pulling you up. Gently tucking your chin down. As well as protecting your neck, this supports the correct shoulder and chest position, and correct muscle activation.
- Ensure that you are keeping all areas straight. Avoiding twisting, tilting or sliding your pelvis to either side. (eg when doing lunges or stretching the psoas)



# *YOUR GUIDE TO HIIT*

## *16 MIN TO*

### *SCULPT, ENERGISE AND HEAL*

#### **STEP 2: HIGH INTENSITY BURST**

Use up all your energy in this short burst. With stairs, step ups, sprinting or cycling

#### **STEP 1: WARM UP**

Get the blood pumping for 2 min  
eg - run on the spot

#### **STEP 3: RECOVER, MAINTAIN & STRENGTHEN**

Allow your heart rate to recover, using strengthening squats, push ups and lunges

#### **STEP 4: REPEAT**

Repeat steps 2 and 3 twice more

#### **STEP 5: COOL DOWN**

Use stretching to release metabolite build up (lactic acid etc), minimise injury, reduce post exercise soreness & increase flexibility





## STEP 1: WARM UP

To ensure your muscles are ready to perform & reduce risk of injury.



For 2 minutes, perform any activity that gently gets the blood pumping. At a level where you are able to have a conversation.

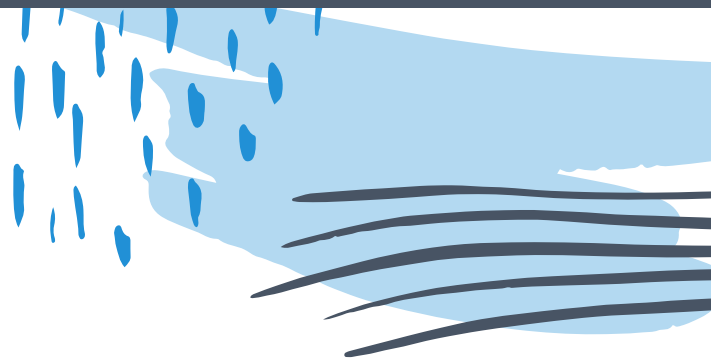
The aim is to warm up muscles, literally, increasing circulation and fresh blood into the muscles so that they can perform their required functions, when you request more from them during periods of increased intensity. Reducing risk of injury to the muscles, ligaments and tendons etc.



# 2

## STEP TWO

# PUSH IT WITH A HIGH INTENSITY BURST



The high intensity burst is using any activity which you can perform at high intensity. This is activity where you cannot talk.

You are aiming to push your cardiovascular and oxygen requirements. So, you should become out of breath.

During this period of activity, you are depleting your muscles of all their glycogen stores. They use this as energy. By depleting glycogen stores, the muscles are stimulated to create more glycogen (from fat) during the maintenance/recovery activity period.

This stimulates your body's need to use fat stores, to create more glycogen for muscles to use as energy. This is different to moderate intensity, longer exercise, which is aiming to increase fat burning, during exercise.

By doing this, we may use more fat, during the exercise period. However, research suggests that the post workout result is the body being stimulated to store more energy as fat, because these are the energy stores that were drained. The body requires fat stores, as energy reserves for just in case. If you are regularly depleting this energy store, it is designed to refill. Meaning that in the long run, we are teaching the body to hold onto more fat, instead of using it as a regular fuel source.

Further, by adding strength training to the routine, you stimulate an increase in muscle tissue. Muscle tissue requires more energy than fat tissue, so your metabolic requirements and therefore fat burning power, go up. This increased fat burning is active all day.







For your high intensity burst, you are using exercises such as sprinting, step ups, running up and down stairs or even running on the spot, as just a few options.

For the first set, you are pushing your body to the max, for just 30 seconds. After your maintenance/recovery period, you push your body to the max again, but this time for 60 seconds. Again, after your maintenance/recovery period, you push your body to the max for 90 seconds.

This allows you to slowly push your cardiovascular and respiratory systems further, without over straining them, because they are only at maximum capacity for a very short period. This stimulates an increased capacity in your cardiovascular and respiratory systems, in a safe way.





## STEP 3: MAINTENANCE, RECOVERY & STRENGTHENING

During HIIT, it is important to have a period of recovery in between high intensity. In this version, we are using this period to build muscle strength at the same time.

The recovery period allows your heart rate and breathing to return to a normal rate. Allowing your heart and lungs to recover, and your muscles to refill their glycogen stores. So, you'll be ready for your next intense period.

To start with, we stick to just three exercises. But as you speed up or want to increase the length of your workout, you can add a few extra exercises.

### Exercise 1: Squat

Keeping your feet parallel and your legs hip width apart, slowly bring your bottom down towards the ground.

Ensure that your heels are flat on the ground and your back is as upright (vertical to the ground) as possible.

Only go down as far as you can keep these.

Then, slowly stand again (you can clench your buttocks and hamstring as you lift)

Repeat 10 times



## Exercise 2: Lunge

Keeping your feet parallel and your legs hip width apart, bring one leg forward. Drop the back leg so the knee bends and your heel lifts. Then slowly, bend the front leg, keeping your back and neck straight. Then straighten your front leg.

Repeat 10 times

Swap legs and repeat 10 times



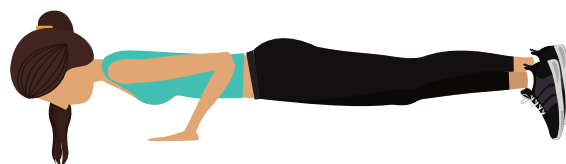
## Exercise 3: Push Ups

Place your hands on the floor, fingers facing forward, and under your chest or shoulders. Keep your elbow creases facing each other. Place your knees or toes (harder) on the ground and make a straight line between your head and the part of your legs touching the floor.

Ensuring your shoulder stabilisers active so your shoulders don't move towards your head. Bend your elbows. Keep your elbows close to your body and aim to get your nose to the floor. It is fine to only go a short way down, until you are strong enough.

Then slowly straighten your elbows again. Ensuring that your neck stays straight (do not look up) and your shoulders stay down and "back"

Repeat 10 times



# 4

## STEP FOUR REPEAT

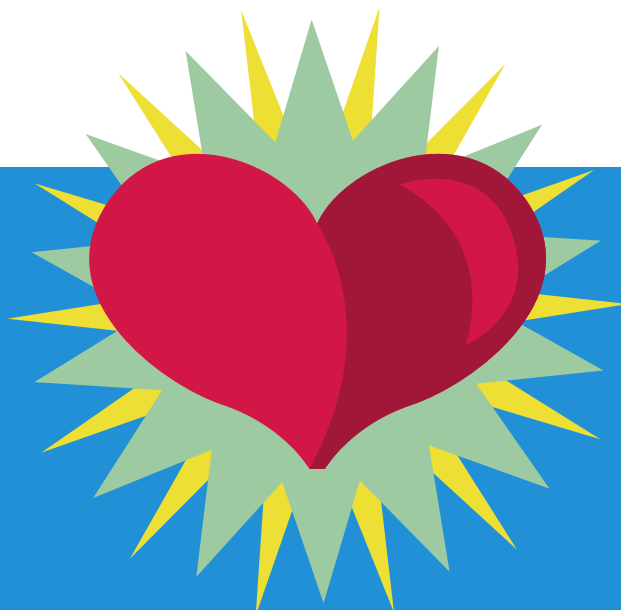
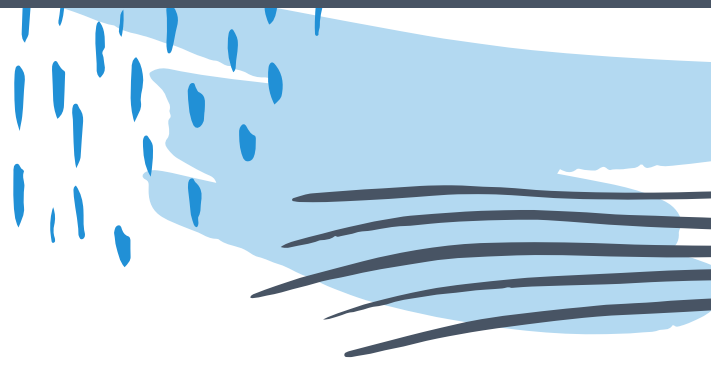
Now that you have completed one full cycle – a high intensity burst and three activities in the recovery period sequence, it is time to perform your second "set"

Start your second set with a 60 second high intensity burst, followed by the recovery/maintenance sequence.

Follow this up, with your third set.

Starting with a 90 second burst of high intensity and then the recovery/maintenance sequence.

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## STEP 5: COOL DOWN

To support removal of metabolites from your muscles, reduce soreness, optimise mobility & reduce risk of injury.

You're almost done! Stretching is a great time to increase body awareness and boost whole body healing. While stretching, you are able to notice differences between sides, what postures are difficult and how things differ from day to day. You can use this information to keep track of how you are doing on certain days and in general. You can also identify areas that need more help and aim to create equal mobility from side to side in each posture. Allowing you to improve tension and balance throughout your body, improving posture and minimising body strain and pain.

- Always aim for discomfort but not pain
- Only hold for 5-10 secs each time
- Repeat up to 3 times
- If you do 3 repetitions, hold the final one for a little longer, to relax into it
- If one side is worse than the other side, do one extra stretch on the more uncomfortable/painful side



## Arms:

For all these: keep your shoulders square to the front and avoid shoulders lifting, or coming forward. Also, avoid neck bending forward or backward.

### Back of Arm (triceps):

Bend your arm and bring it up and behind you (as in image to the right). Use your other hand to push down on your elbow to maximise the reach of your fingers down your back and the stretch in your triceps. Hold for 10 sec and repeat to opposite arm



### Rotator Cuff:

Bend your arm and bring it down and behind you. So that you are reaching your fingers up your back. Use your other hand to push up on your elbow to maximise the stretch. Hold for 10 sec and repeat to opposite arm

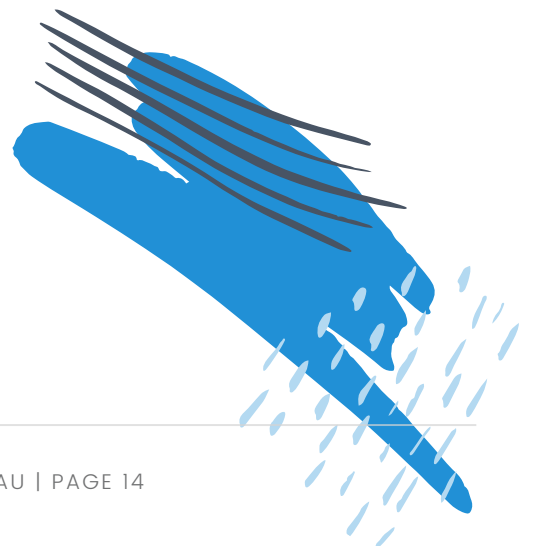
### Lateral Arm:

Bring one arm (straight as in image to the right), or bent so that your upper arm is across your body. Gently pulling your shoulder down and back. Hold for 10 sec and repeat with the opposite arm.



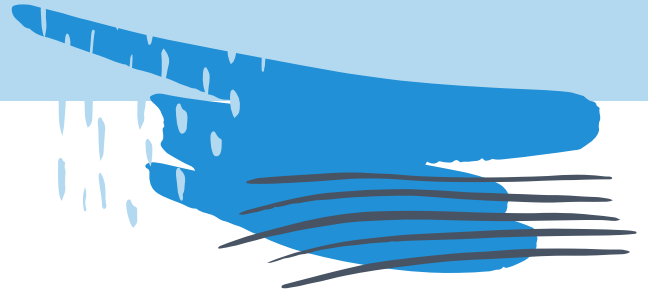
### Front of Arm (pecs):

Place your hand on the edge of a doorway so that your arm is stretched up straight at above 60 degrees. Step your body forward, away from your hand to stretch the chest/underarm area. Hold for 10 seconds, repeat at 45 degrees and horizontal and then repeat with opposite arm



## Neck:

From a straight, neutral head position



### Side bend:

Bring one ear as far towards that same shoulder as possible. Ensure that you don't bring your shoulder up to meet it or twist your chin down or up. Hold for 10 seconds the repeat to the other side

### Rotate:

Keeping your chin in the same line as your nose (vertical to floor), turn your head to one side, looking as far behind you as possible . Hold for 10 seconds. Repeat to the other side.

### Flexion:

Slowly roll your head down towards your chest, aiming to feel each vertebra roll forwards and then roll slowly back up.

### Extension:

Keeping your head straight, pull your chin backwards as far as you can (keeping your chin parallel to the floor). You should feel tension at the front of your chest and/or at the back. Then gently and slowly drop your head backwards. Slowly bring your head back up and re-centre your neck.

## Legs:

### Quadriceps:

Ensure you have a chair or wall to hold, just in case. Bend one leg behind you, holding your ankle. Keep your torso straight and your bottom tucked under. Bring your bent knee as close to next to your other leg as possible (as long as you keep the torso and bottom straight, avoiding an arch in your lower back). Hold for 10 seconds, then repeat with the other leg



### Hamstrings:

Standing up straight, with your legs hip width apart, and your hands on your hip joints (the place the leg bends from, not the pelvis). Bend forward at the hip only, keeping your back completely straight (non as the image to the left). Once you have help the posture with a straight back for 10 seconds, relax your back and drop into the pose (as in the image to the left). This stretches the fascia from the hamstrings through the buttocks to the lower back.

If you have any back problems, ensure that you bend your knees before your straighten back up to standing.



### Side Stretch:

Stand or kneel with your legs wide (on your knees you get an adductor stretch also). Bring one or both arms up above your head (I prefer one arm). Side bend to one side as far as possible (the opposite side to the arm in the air). Make sure to keep your pelvis, shoulders, middle and head all facing forward, no twists or tilts). Hold for 10 seconds and slowly come to centre. Repeat to the other side.





### Calves:

Standing towards a wall, with your feet hip width apart, bring one leg back a large step. Bend the front knee, so that you feel the stretch behind your back leg – knee, calf and or ankle, depending on where is most tight. Repeat with the other leg. Also try bending the back leg to feel the stretch more in the lower calf area and remember to repeat to the other side.

### Psoas:

From a kneeling position, bring one leg forward with the knee bent. Keep your knees hip width apart. Lean your torso (keeping it upright and your bottom tucked under), as far as is comfortable. Then twist your torso to face your bent knee, hold and repeat to the other leg.



### Gluteals:

Lie on your back, Bend one knee, keeping the foot on the floor. Place your other ankle over your bent knee, Stretch the top knee as outward rotated as possible and then bring the lower leg towards your chest, till you feel a stretch in the buttocks of your top leg. Hold for 10 seconds and repeat with the other leg.



# EXTENDING LEVEL OF DIFFICULTY...

- By keeping the strengthening exercises slow, and only going as far as you comfortably can with good posture, you strengthen the correct muscles
- Slowly increase the difficulty of each exercise as you are ready (always only if able to keep good posture)
  - by going further or deeper into the exercise
  - or by increasing the speed
  - or by altering the angle at which the exercise is done to increase complex muscle difficulty (for example, do the lunge with your back foot on a stool or lounge)
- bottles full of water or rice etc
- When you are wanting to increase the length and intensity of the workout, you can add wide leg squats, ab crunches, upside down beetle, dead lifts, or plank drops for example. Just add 1 or 2 of these.
- When you want to change up your routine, you can change to 3 of the above, or alternate between 3 of the above and the routine in this guide,

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