

"Hey, people!

Here's a great 7 minute workout. Do each exercise for 30 seconds. I have also provided a detailed discussion of this by the 2 performance coaches who created it. I recommend reading that as well, but you can print this out to just have a quick guide for your routine.

Also make sure you read the general guidelines for exercise in the workbook.

Caution: This is a vigorous workout that involves high intensity exercise. So make sure you warm up adequately. The warm up for the Golden 8 Qi Gong series can work well for this.

In addition, be conservative. While we want high intensity, we do not want to hurt ourselves so be careful to push, but not so hard that you hurt yourself.






Everything in moderation."










HICT SAMPLE PROGRAM

The following is an example of a 12-station HICT program. All exercises can be done with body weight and implements easily acquired in almost any setting (*e.g.*, home, office, hotel room, etc.). The exercise order allows for a total body exercise to significantly increase the heart rate while the lower, upper, and core exercises function to maintain the increased heart rate while developing strength.

Exercises are performed for 30 seconds, with 10 seconds of transition time between bouts. Total time for the entire circuit workout is approximately 7 minutes. The circuit can be repeated 2 to 3 times.

1. Jumping Jacks Total body	 <p>1A 1B</p> <p>ACSM'S HEALTH & FITNESS JOURNAL</p>
2. Wall Sit Lower body	 <p>2</p> <p>ACSM'S HEALTH & FITNESS JOURNAL</p>
3. Push-up Upper body	 <p>3A 3B</p> <p>ACSM'S HEALTH & FITNESS JOURNAL</p>
4. Abdominal crunch Core	 <p>4A 4B</p> <p>ACSM'S HEALTH & FITNESS JOURNAL</p>
5. Step-up onto chair Total body	 <p>5A 5B</p> <p>ACSM'S HEALTH & FITNESS JOURNAL</p>

<p>6. Squat Lower body</p>	<p>6A 6B</p>  <p>ACSM'S HEALTH & FITNESS JOURNAL</p>
<p>7. Triceps dip on chair Upper body</p>	<p>7A 7B</p>  <p>ACSM'S HEALTH & FITNESS JOURNAL</p>
<p>8. Plank Core</p>	<p>8</p>  <p>ACSM'S HEALTH & FITNESS JOURNAL</p>
<p>9. High knees/running in place Total body</p>	<p>9A 9B</p>  <p>ACSM'S HEALTH & FITNESS JOURNAL</p>
<p>10. Lunge Lower body</p>	<p>10A 10B</p>  <p>ACSM'S HEALTH & FITNESS JOURNAL</p>
<p>11. Push-up and rotation Upper body</p>	<p>11A 11B</p>  <p>ACSM'S HEALTH & FITNESS JOURNAL</p>
<p>12. Side plank Core</p>	<p>12</p>  <p>ACSM'S HEALTH & FITNESS JOURNAL</p>