

# GIVE ME ALL YOU GOT, GIRL!

This high intensity interval workout is a fast and furious pattern of high intensity cardio intervals and strength training for active recovery to push your chicks fab fitness results to the next level.

## The pattern alternates cardio and strength:

5 min (hard as you can go), 5 min (recovery)  
 4 min (hard as you can go), 4 min (recovery)  
 3 min (hard as you can go), 3 min (recovery)  
 2 min (hard as you can go), 2 min (recovery)  
 1 min (hard as you can go)  
 1 min (recovery)

NOTE: You want your chicks to be at a perceived exertion of 9 out of 10 during the cardio portions. How do they know they are there? Your chicks will be breathing heavily out of their mouths and feel like at the end of the cardio they **NEED** this recovery. Remind them they get to recover so **GIVE IT ALL THEY HAVE** and push themselves as hard as they can go to get the benefits of the high intense intervals.

### 5 MIN – Warm up

	CARDIO	STRENGTH
<b>5 MIN</b>	<ul style="list-style-type: none"> <li>Weighted Burpees</li> <li>Kickboxing (mix front kicks, roundhouse, side to side kicks)</li> <li>Punches w weights</li> <li>Standing Mountain climbers</li> <li>Tire runs forward and back</li> </ul>	<ul style="list-style-type: none"> <li>Prisoner squats (at 30 seconds hold low and pulse)</li> <li>Prisoner Squat w knee up</li> <li>Prisoner Squat w Leg lift to side</li> <li>Prisoner Squat w donkey kick</li> <li>Prisoner Squat (at 30 sec hold low and pulse)</li> </ul>
<b>4 MIN</b>	<ul style="list-style-type: none"> <li>Frog jumps forward and back</li> <li>Football runs (ins and outs)</li> <li>High knees forward and back</li> <li>Foot ball runs (add 180 jumps)</li> </ul>	<ul style="list-style-type: none"> <li>Alternating forward lunges with woodchop</li> <li>Walking lunges with ab twist</li> <li>Alternating reverse curtsy lunges</li> <li>Walking lunges with overhead press</li> </ul>
<b>3 MIN</b>	<ul style="list-style-type: none"> <li>Plank jumps</li> <li>Side shuffles w a jump</li> <li>Jumping Jacks with weights</li> </ul>	<ul style="list-style-type: none"> <li>Push ups</li> <li>Side to side push ups</li> <li>Dips</li> </ul>
<b>2 MIN</b>	<ul style="list-style-type: none"> <li>High knees forward and back</li> <li>Skipping and Speedbags</li> </ul>	<ul style="list-style-type: none"> <li>Wall sit with bicep curl</li> <li>Diamond Push ups on wall</li> </ul>
<b>1 MIN</b>	<ul style="list-style-type: none"> <li>Inchworm burpees</li> </ul>	<ul style="list-style-type: none"> <li>Planks with hip taps</li> </ul>

### 5 MIN – Abs and Cooldown



FitChicks.ca | *The gym is so last season!*

