

# A MINUTE TO WIN IT!

Presented by Helen Vanderburg  
2018 CanFitPro Lifetime Achievement  
2015/2013/2006/1996 CanFitPro Presenter of the Year  
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## **ONE MINUTE CAN MAKE A CHANGE!**

A lot can happen in a minute. Join this workshop and find out how effective a minute of training can be when you use the “on the minute” HIIT Training technique. In this workshop you will experience individual, partner and team challenges to energize your high intensity training classes. Come away with fun new exercises to inspire your clients.

## **HIIT TRAINING ON THE MINUTE**

### **Overview**

- High intensity training above lactate threshold
- Increases ability to tolerate high levels of intensity
- Energy system training: including both cardio and strength intervals
- Full body movement using compound exercises
- High demand of energy output therefore increased calorie burn
- Creates “overload”

### **HIIT Benefit**

- improved cardiovascular capacity
- increase VO2 max beyond steady state aerobic training
- improved hormonal profile. Promotes lipolysis
- maximizes calorie burn and metabolic rate

## **Minute to Win It HIIT Interval Types**

**Rolling Interval:** Three equal time one-minute intervals progressing from moderate to hard to maximum effort

**Tri Level Progression:** Decreasing work time with increasing rest time as the exercise progresses from moderate to high intensity on the minute

**Fartlek:** Random intervals on the minute

**Surge:** moderate to hard intensity for 45 seconds followed by a short surge of effort to breathlessness for 15 seconds

**Copenhagen:** 30 seconds at moderate intensity, 20 seconds at high intensity, 10 seconds all out.

## A Minute to Win it HIIT IT Workout

### Dynamic Warm up – 5-7 minutes

Walk with lunge/ Walk to lunge and dynamic hip extension

Skip with arm circles/ Skip with alternate arm swing

Squats: reaches

Shoulder opener

Low lunging with lateral flexion

Forward lunges

Lunge with dynamic hip drive

Cross over step

### Set 1: Rolling Intervals (1:00/1:00/1:00)

Lower body	Alternate Lunges – Lunge with overhead reach – split lunges
Core	Mountain Climbers Progression
Upper body	Triceps dip – hip drive – cross body drive

### Partner challenge Round 1: Ladder Curl ups

### Set 2: Tri Progression (45:15/30:30/15:45)

Cardio	Burpee progression
Cardio	Squat progression
Cardio	Jack Progression

### Partner Challenge Round 2: Ladder Squat Jumps

### Set 3: Fartlek (on the minute)

The Beast
Full curls
Frog jacks
V sit

### Partner Challenge Round 3: Ladder Push ups

### Set 4: Surge (:45:15)

:45	:15
Lateral Leap	Power skate
Pulse Squats	Power squat
Front to back lunge R	Power lunge
Front to back lunge L	Power lunge

### Partner Challenge 4: Ladder Burpees

### **Set 5: Copenhagen (30:20:10)**

Rock and roll push up
Thrusters
Tornado Lunges

### **Cool down and Recovery**

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### **Resources**

Kravitz, L., The fitness professionals guide to Circuits and Intervals.

[www.drlendravitiz.com/articles](http://www.drlendravitiz.com/articles)

Smith, Mark, Sprint Interval Training -“It’s a HIIT”, Research Paper, 2008

Tabata et al., Effects of moderate-intensity endurance; high-intensity on anaerobic capacity and VO2 max, Med. Science Sports Exercise 1996

Zulz M., Kravitz L., A look at the science of high-intensity interval training, IDEA Fitness Journal, February 2012