



## **FFR HIGH INTENSITY INTERVAL PROGRAM BLOCK I Week 1-4**

### **WHAT:**

This is the FFR program for conditioning (cardio). We will utilize high-intensity interval training (HIIT). High Intensity Interval Training (HIIT) alternates between high-intensity work periods and low-intensity active recovery periods.

These routines were built for you to be performed on your active recovery days between your BURN or BUILD but can also be used as extra conditioning days when needed

### **HOW:**

The program is built in 4 week Blocks. With each week the Interval progressions changing.

You will alternate between high intensity “ON” periods and low intensity “OFF” periods.

Ex. An interval that reads :20 on / :40 off means you will do the work at a high intensity for the :20 and then active recover for the :40.

For beginners your active recovery periods could be modified to complete rest periods

You will get to choose any of the Exercises from below in our list of Equipment Needed or our “FIT TO FIGHT 12”

### **WEEKLY PROGRESSION:**

Week 1: Perform :20 “ON” / :60 “OFF” x 6 Sets

Week 2: Perform :30 / :90 x 8 Sets

Week 3: Perform :40 / :60 x 10 Sets

Week 4: Perform :60 / :60 x 12 Sets

## **COACHING TIPS:**

\*For BW exercises during your “ON” time you should be going at whatever 100% is for you. You want to be working at a high intensity level. During your “OFF” time, if you are a beginner you can complete rest by doing nothing but focusing on your breathing and preparing for your next set. If you are more advanced during your “OFF” time you will be performing the same movement at 30-50% of your max effort intensity.

Ex. For a run you may be sprinting for your “ON” period and for your “OFF” period you could either be standing, walking or jogging depending on your fitness level.

For weighted exercises during your “OFF” period drop the weight down to 30-50% and move a slower pace.

## **What You’ll Need:**

Air Assault Bike or Spin Bike(Any bike will work)

Rower

Treadmill Runs

Kettlebell

Battle Rope Slams

Medicine Ball

Your Body Weight

\*ALL of this equipment is optional and if you don’t have access to it then here are the FIT TO FIGHT 12

## **FIT TO FIGHT 12:**

1. Burpee
2. Speed Burpee
3. Mountain Climbers
4. Med Ball Slams
5. Squat Jumps
6. High Knees
7. BB/KB/DB Hang Clean Squat To Press
8. Speed Skater
9. KB Swing
10. Blast Off Push Up
11. Jumping Jack
12. Wide Outs





