



# EXERCISE PLAN



# OVERVIEW

## YOUR HIIT WORKOUTS

Over the next 7 days you will be performing 4 different fat-burning, strength-building, mobility-promoting, fast & fun HIIT workouts on Monday, Wednesday, Thursday and Sunday.

Each workout should last no longer than 25 minutes with a warm up and cool down. You should try to perform your workouts in the morning before breakfast where possible. But if not, don't worry, just as long as you get those workouts in!

You will find the workout videos on our Green and Lean YouTube Page.

These workouts have been designed by Tatler award-winning Personal Trainer Tom Cheeseman and are performed by the Green and Lean team for your enjoyment. They will support your diet plan on your journey to getting Green and Lean!

### What is HIIT?

HIIT stands for High Intensity Interval Training. Interval training is comprised of periods of heartrate raising activity; you should aim to perform at around 90% effort, followed by periods of rest, where you bring your heartrate back down to normal before starting the cycle again. We are big fans of FitBit for all things to do with heart rate, steps and calorie tracking ([www.fitbit.com/uk](http://www.fitbit.com/uk)).

Your Green and Lean HIIT workouts will have varied exercise and rest periods to keep your body guessing; this way you are continually challenged! HIIT training also creates an after-burn effect, meaning that you carry on burning fat all day long.

### Benefits of your Green and Lean HIIT Workouts

In conjunction with your meal plan, you can expect to:

- Reduce body fat
- Build healthy lean muscle – i.e. get 'toned'
- Boost your metabolism
- Improve bone density and cardiovascular endurance
- Improve mobility

# TRAINING TIPS

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## Remember –

- Always warm up prior to your sessions and cool down afterwards. Use this time to meditate/tune into your body and how you're feeling/focus on your goals for the day ahead.
- For HIIT to be most effective, you must really push yourself during the work phase, you should find it very difficult, if you're able to chat or you find yourself contemplating your to-do list for the day, you're not working hard enough!
- Don't compromise form for speed – it is better to perform fewer reps correctly than to rush through with bad form.
- Don't be afraid to modify moves to suit your fitness level. For example, perform push-ups or planks on your knees until you're strong enough to go to your toes, do static squats and walking burpees if you're not comfortable with jumps. Persevere, stay consistent, and you will get there! If you need help with exercise modifications, email [customerservice@honestlyhealthyfood.com](mailto:customerservice@honestlyhealthyfood.com) or search the specific move on YouTube for guidance.
- Never do more than one HIIT workout per day. Any more than this is detrimental to your progress; remember you will still be burning fat all day after your workout. Rest is part of the programme and a balance of movement and recovery is essential for a strong, fat-burning body. Think of it like this, if you find yourself wanting to do extra workouts, you're not pushing yourself hard enough during your sessions!
- The workouts are designed to challenge you. If you find the exercises too easy, add in dumbbells, jumps, or try to increase the number of reps to keep pushing yourself, and/or decrease your rest time in between rounds.
- The most effective way to ensure you are performing at the correct intensity is to invest in a heart-rate monitor. These can be purchased fairly cheaply, we like FitBit ([www.fitbit.com/uk](http://www.fitbit.com/uk)) and are a great motivating tool to keep you in the fat-burning zone. You are aiming to keep your heart-rate in the 85%-95% effort range for the duration of the active part of each workout.
- Keep pushing! Your body won't go where your mind doesn't push it – you're only ever a maximum of 30 seconds away from rest – focus on the end goal and how good you'll feel once you're done and you'll soon be looking forward to your workout days and feeling fitter than you've ever felt before!

Most of all, enjoy it – think of how lucky you are to get the chance to use your body and improve it every day – go make yourself proud!

# LET'S GET SWEATY!

## What you need to get started:

The beauty of this programme is that you can do these exercises anywhere you like - at home, in a hotel, at the gym, in the park.

You just need to wear something that you feel comfortable moving around and getting sweaty in. We are major Sweaty Betty Fans!! You don't even have to wear trainers if you don't want to (just make sure that the floor is suitable to exercise on)!

We suggest using a yoga/fitness mat for when you need to perform on the floor, but again it is not 100% necessary. A cushion can also be used to support your knees instead.

Apart from that, you just need:

**Water! A sweat towel! Some inspiring music!**  
(Check out our **Green and Lean Spotify playlists**)

**Lots of energy!**

To access the workouts go to our **Green and Lean** You Tube channel [here](#).

(Or search for "Green and Lean" on YouTube)

# HIIT WORKOUT 1

## MONDAY

Warm Up - Dynamic Stretches (5 to 10 reps per side)

1. Spine mobility with hip flexor stretch
2. Lower spine rotation with glute bridge
3. Press up rotation and shoulder taps then left foot to left hand, right to right
4. Squat / right and left forward lunge

### HIIT CIRCUIT

Complete 4 rounds of this circuit of 5 exercises:

1. Plank Feet Taps
2. Squats 1.5
3. Press Ups
4. Russian Twists
5. High knees

Note: The workout and rest times vary per round

Round 1: 25 secs ON / 15 secs REST between exercises  
REST for 60 secs

Round 2: 30 secs ON / 15 secs REST between exercises  
REST for 60 secs

Round 3: 20 secs ON, NO rest between exercises!  
REST for 60 secs

Round 4: 35 seconds ON, NO rest between exercises!  
REST for 60 secs

### Cool Down - Static Stretches

Calves / Hamstring / Hip Flexor / Glute Stretch / Lat Stretch /  
Trap stretch

# HIIT WORKOUT 2

## WEDNESDAY

Warm Up - Dynamic Stretches (5 to 10 reps per side)

1. Spine mobility with hip flexor stretch
2. Lower spine rotation with glute bridge
3. Press up rotation and shoulder taps then left foot to left hand, right to right
4. Squat / right and left forward lunge

### HIIT CIRCUIT

Complete 4 rounds of this circuit of 5 exercises:

1. Bunny Hop (from side to side)
2. Press Up with Alternating Shoulder Taps
3. Squat + 2 Reverse Lunges
4. Walkout / Jump
5. Mountain Climbers

Note: The workout and rest times vary per round

Round 1: 25 secs ON / 15 secs REST between exercises  
REST for 60 secs

Round 2: 30 secs ON / 15 secs REST between exercises  
REST for 60 secs

Round 3: 20 secs ON, NO rest between exercises!  
REST for 60 secs

Round 4: 35 seconds ON, NO rest between exercises!  
REST for 60 secs

### Cool Down - Static Stretches

Calves / Hamstring / Hip Flexor / Glute Stretch / Lat Stretch /  
Trap stretch

# HIIT WORKOUT 3

## THURSDAY

### Warm Up - Dynamic Stretches (5 to 10 reps per side)

1. Spine mobility with hip flexor stretch
2. Lower spine rotation with glute bridge
3. Press up rotation and shoulder taps then left foot to left hand, right to right
4. Squat / right and left forward lunge

### HIIT CIRCUIT

Complete 4 rounds of this circuit of 5 exercises:

1. Plank with Alternating Arm Extensions
2. Squat 1.5 and Jump
3. Press Ups
4. Reverse Crunch
5. Sprint on the Spot

Note: The workout and rest times vary per round

Round 1: 25 secs ON / 15 secs REST between exercises  
REST for 60 secs

Round 2: 30 secs ON / 15 secs REST between exercises  
REST for 60 secs

Round 3: 20 secs ON, NO rest between exercises!  
REST for 60 secs

Round 4: 35 seconds ON, NO rest between exercises!  
REST for 60 secs

### Cool Down - Static Stretches

Calves / Hamstring / Hip Flexor / Glute Stretch / Lat Stretch / Trap stretch

# HIIT WORKOUT 4

## SUNDAY

Warm Up - Dynamic Stretches (5 to 10 reps per side)

1. Spine mobility with hip flexor stretch
2. Lower spine rotation with glute bridge
3. Press up rotation and shoulder taps then left foot to left hand, right to right
4. Squat / right and left forward lunge

### HIIT CIRCUIT

Complete 4 rounds of this circuit of 5 exercises:

1. Lateral Shuffle
2. Side Plank and Rotations
3. Reverse Lunge and Forward Knee Drive
4. Plank Walks
5. Walkouts

Note: The workout and rest times vary per round

Round 1: 25 secs ON / 15 secs REST between exercises  
REST for 60 secs

Round 2: 30 secs ON / 15 secs REST between exercises  
REST for 60 secs

Round 3: 20 secs ON, NO rest between exercises!  
REST for 60 secs

Round 4: 35 seconds ON, NO rest between exercises!  
REST for 60 secs

### Cool Down - Static Stretches

Calves / Hamstring / Hip Flexor / Glute Stretch / Lat Stretch /  
Trap stretch

# HOW TO TRACK YOUR PROGRESS

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Sometimes it's hard to see your own progress. One way that you can is to take before and after photos! It is really important to do this consistently so you can benchmark your success.

As scary as it may be, it will really help you to see your progress. Sadly measuring yourself on the scales is not a true reflection of your progress as you must remember muscle weighs more than fat.

You will be burning fat and toning up at the same time, which might result in more pounds on the scales, but great physical results!

Alongside this, try measuring yourself with a tape measure in the same places. Around your stomach, thigh, waist or arms will help you to see the progress that you're making!

Here are some tips to ensure that you are taking the best progress photos throughout your transformation:

Take your "before" photos prior to starting your plan. Then set a reminder to retake your photos at the end of the week.

Make sure you take the photo in the same circumstances (I.E. your bedroom, wardrobe mirror 7am, Sunday) and make sure they are full length body shots and ensure you have both 1 front view and 1 side view.

Keep your feet together (ankles touching), keep your hands slightly away from your body and assume a natural relaxed stance, NOT posing. Wear a crop top or bra, underwear or shorts.

Take the image on the same angle (vertical and horizontal position).