

12 Week HIIT Program

This is a modified version of [The Ultimate 8-Week HIIT-For-Fat-Burning Program](#). For those with a moderate level of fitness, you may consider completing this progression over an **8 week period**. If you have not worked out for a while or are out of shape, I recommend trying the 12 week progression below.

High-Intensity is 100% effort – i.e. sprinting, jumping rope as quickly as possible, pedaling a stationary bike as hard as you can. During the low-intensity period, you can either rest or work at an extremely low intensity. For example, the resistance on my recumbent bike goes from 1-20. During the low intensity periods, I usually put it on ‘2’ and pedal at around 90 rpms. During high intensity, I put it on ‘18’ and pedal as hard and fast as I can.

I recommend completing three workouts at each level before moving up. To complete the program over 12 weeks, you need to workout 3 times per week. If the workouts progress too quickly, you can spend an extra workout or week at a particular level. If the workouts are easy to complete, you can also skip ahead to the next level.

LEVEL 1 - Weeks 1 & 2

Each set consists of:

- 15 seconds: High-Intensity Exercise
- 45 seconds: Rest or Low-Intensity Exercise

Complete 15 Sets

Total time: 15 minutes

LEVEL 2 – Weeks 3 & 4

Each set consists of:

- 20 seconds: High-Intensity Exercise
- 40 seconds: Rest or Low-Intensity Exercise

Complete 15 Sets

Total time: 15 minutes

LEVEL 3 – Weeks 5 & 6

Each set consists of:

- 25 seconds: High-Intensity Exercise
- 35 seconds: Rest or Low-Intensity Exercise

Complete 15 Sets

Total time: 15 minutes

LEVEL 4 – Weeks 7 & 8

Each set consists of:

- 30 seconds: High-Intensity Exercise
- 30 seconds: Rest or Low-Intensity Exercise

Complete 15 Sets

Total time: 15 minutes

LEVEL 5 – Weeks 9 & 10

Each set consists of:

- 35 seconds: High-Intensity Exercise
- 25 seconds: Rest or Low-Intensity Exercise

Complete 15 Sets

Total time: 15 minutes

LEVEL 6 - Weeks 11 & 12

Each set consists of:

- 40 seconds: High-Intensity Exercise
- 20 seconds: Rest or Low-Intensity Exercise

Complete 15 Sets

Total time: 15 minutes