



# IN10SITY

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HIIT TRAINING PROGRAM

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DALE NELSON

## Main Program

### 8 Week Training Bodyweight Program

#### Disclaimer:

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## How the training plan works

### Exercise Order / Pairing

1a, 1b, 2a etc. if you're not familiar with this programming it simply describes the exercise order.

Numbers = Groups or pairs

Letters = Order

These numbers are grouped, so complete one exercise after the other. **a** exercise first followed by **b** exercise.

Once all the sets are completed for these 2 exercises move on to exercises with number 2

1a	
1b	
2a	
2b	

For example, 1a and 1b would be 2 different exercises within the SAME group, meaning they are performed back to back (superset) without rest.

After you've performed the 2 exercises without rest you take the prescribed rest period listed and then repeat.

Example 1:

1a. Chest Press - 60 seconds rest - 4 sets.

2a. Bent Over Row

In this instance you would perform your first set of Chest Press, rest 60 seconds and repeat 3 more times (for 4 sets total). As listed, you would take 60 seconds rest in between each set. After you've finished all 4 sets you would THEN move onto exercise 2a.

Example 2:

1a. Chest Press - 60 seconds rest - 4 sets.

1a. Bent Over Row - 60 seconds rest - 4 sets.

In this example you would be pairing the exercises together back to back.

To do this, you would complete your first set of chest press and then go STRAIGHT into the Bent Over Row (10 - 15 seconds is acceptable in between to physically move around the gym and start the second exercise).

After you performed BOTH exercises you would take the prescribed rest period, which is 60 seconds and then repeat the pair for 3 more sets.

Training Calendar

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Strength Workout 1	Bodyweight Accelerator 1	Hundreds: Legs	Bodyweight Accelerator 2	Strength Workout 2	Rest	Rest
Week 2	Strength Workout 1	Bodyweight Accelerator 1	Hundreds: Legs	Bodyweight Accelerator 2	Strength Workout 2	Rest	Rest
Week 3	Strength Workout 1	Bodyweight Accelerator 1	Hundreds: Legs	Bodyweight Accelerator 2	Strength Workout 2	Rest	Rest
Week 4	Origin Challenge	Rest	Core Blitz 1	Rest	Origin Challenge	Rest	Rest
Week 5	Strength Workout 3	Bodyweight Accelerator 3	Hundreds: Up/Down	Bodyweight Accelerator 4	Strength Workout 4	Rest	Rest
Week 6	Strength Workout 3	Bodyweight Accelerator 3	Hundreds: Up/Down	Bodyweight Accelerator 4	Strength Workout 4	Rest	Rest
Week 7	Strength Workout 3	Bodyweight Accelerator 3	Hundreds: Up/Down	Bodyweight Accelerator 4	Strength Workout 4	Rest	Rest
Week 8	Spartan Challenge	Rest	Core Blitz 2	Rest	Spartan Challenge	Rest	Rest

Weeks 1-3

Day 1: Strength Workout I			
Exercise	Sets	Reps	Comments
1a. Push Up X Toe Touch	60sec	Max Reps	Perform both exercises for the allotted time then rest for 60 seconds before moving to the next exercises, record reps during break.
1b. <a href="#">Incline Push Up</a>	30sec	Max Reps	
2a. <a href="#">Towel Row</a>	60sec	Max Reps	
2b. <a href="#">Corner Scapula Shrug</a>	30sec	Max Reps	
3a. Bench/Seat Dips	60sec	Max Reps	
3b. <a href="#">Doorway Triceps Extension</a>	30sec	Max Reps	
4a. <a href="#">Sumo Squat</a>	60sec	Max Reps	
4b. Wall Sit	30sec	Max Reps	
5a. Pike Push Ups	60sec	Max Reps	
5b. Hellcat	30sec	Max Reps	

Day 2: Bodyweight Accelerator I			
Exercise	Sets	Reps	Comments
1. Wall Sprint	3	50	Perform all reps for each exercise before moving onto the next. Complete exercises in order. Start a timer and compete workout for time. Timer is stopped once exercises are completed 3 times each.
2. Jumping Jacks	3	60	
3. Mountain Climber	3	40	
4. Seal Jack	3	40	
5. Run	3	200m	

Day 3: Hundreds Legs			
Exercise	Sets	Reps	Comments
1. Jump Squat	10	10	Complete with a little rest as possible.
2. Walking Lunge	10	10	

Day 4: Bodyweight Accelerator II - Abs			
Exercise	Sets	Reps	Comments
1. Inchworm Walkout + Plank Hip touch	4	20	Complete each set and reps with 30 seconds rest before moving on to the next exercise.
2. Bicycle Sit Ups	4	50	
3. Side Plank Hip Abduction	4	15-15	
4. V-Up	4	20	
5. Back Extensions	4	20	

Day 5: Strength Workout II			
Exercise	Sets	Reps	Comments
1. Wide Push Ups	3	Max Reps	Perform exercise for the allotted time with a 30 second rest. Record reps during break. Complete all sets for each exercise before moving to the next.
2. <a href="#">Towel Door Rows</a>	3	Max Reps	
3. Squats	3	Max Reps	
4. Bench/Seat Dips	3	Max Reps	
5. Single Leg Deadlifts	3	Max Reps	
6. Pike Push Ups	3	Max Reps	



Week 4

Day 1: Origin Challenge	
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Day 2: Rest	
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Day 3: Core Blitz			
Exercise	Sets	Reps	Comments
1. Inchworm Walkout + Plank Hip touch	3	20	Complete each set and reps with no rest before moving on to the next exercise.
2. Bicycle Sit Ups	3	50	
3. Side Plank Hip Abduction	3	15-15	
4. V-Up	3	20	
5. Back Extensions	3	20	
Rest for 60sec			

Day 4: Rest	
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Day 5: Origin Challenge	
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Origin Challenge:

How to complete the workout:

- 1) Complete for Time
- 2) Complete exercises in order. Take breaks as needed.
- 3) Once the full 100 reps have been complete move on to the next exercise until complete.
- 4) Record time taken.

100 Push Ups

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100 Inverted Rows

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100 Bodyweight Squats

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100 Full Sit Ups

Level	Time
Alpha	Under 20 minutes
Elite	Under 23 minutes
Champ	Under 25 minutes
Rookie	Under 27 minutes
Need a bit more work	Under 30 minutes

Weeks 5-7

Day 1: Strength Workout III			
Exercise	Sets	Reps	Comments
1a. Step Through Push Up	60sec	Max Reps	Perform both exercises for the allotted time then rest for 60 seconds before moving to the next exercises, record reps during break.
1b. Wide Push Up	30sec	Max Reps	
2a. <a href="#">Towel Door Row</a>	60sec	Max Reps	
2b. Reverse Hand Position Push Up	30sec	Max Reps	
3a. Diamond Push Ups	60sec	Max Reps	
3b. Commando	30sec	Max Reps	
4a. Single Leg Deadlift	60sec	Max Reps	
4b. Alternating Reverse Lunges	30sec	Max Reps	
5a. Y T W	60sec	Max Reps	
5b. Dive Bomber	30sec	Max Reps	

Day 2: Bodyweight Accelerator III			
Exercise	Sets	Reps	Comments
1. Squats	4	20	Complete all reps as quickly as possible then move straight into the next exercise without any breaks until each are completed. Rest 2 minutes before going back to the start.
2. Alternating Reverse Lunge	4	20	
3. Jump Squats	4	20	
4. Alternating Jump Lunges	4	20	
Rest 2 minutes			

Day 3: Hundreds Up Hundreds Down			
Exercise	Sets	Reps	Comments
1. Parallel Bar Dips	10	10	Complete with a little rest as possible.
2. Chin Up	10	10	

Day 4: Bodyweight Accelerator IV - Abs			
Exercise	Sets	Reps	Comments
1. <a href="#">Broad Jump</a>	3	8	Complete each set and reps with 30 seconds rest before moving on to the next exercise.
2. Cliff Hanger Crunch	3	30	
3. Side Bend Raises	3	20-20	
4. Floor Wipers (Bent Knee)	3	20-20	
5. Swimmers	3	40	

Day 5: Strength Workout IV			
Exercise	Sets	Reps	Comments
1. <a href="#">Towel Door Rows</a>	60sec	Max Reps	Perform exercise for the allotted time with a 30 second rest. Record reps during break. Complete all sets for each exercise before moving to the next.
2. Wide Push Ups	60sec	Max Reps	
3. Bench/Seat Dips	60sec	Max Reps	
4. Squats	60sec	Max Reps	
5. Pike Push Ups	60sec	Max Reps	
6. Single Leg Deadlifts	60sec	Max Reps	





Week 8

Day 1: Spartan Challenge	
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Day 2: Rest	
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Day 3: Core Blitz 2			
Exercise	Sets	Reps	Comments
1. Inchworm Walkout + Plank Hip touch	3	20	Complete each set and reps with no rest before moving on to the next exercise.
2. Bicycle Sit Ups	3	50	
3. Side Plank Hip Abduction	3	15-15	
4. V-Up	3	20	
5. Back Extensions	3	20	
Rest 60 seconds			

Day 4: Rest	
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Day 5: Spartan Challenge	
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## Spartan Challenge:

How to complete the workout:

- 1) Hold the Iso exercises for 1 minute then perform as many reps of the ballistix exercises as you can.
- 2) Keep count of each rep.
- 3) When you can no longer continue with strict movement or rest/pause between reps, then you have reached your maximum. Move on to the next exercise.

Iso	Ballistix
<a href="#">Door Jammers</a>	Pike Push Ups
Rest 1 minute	
Wall Squat	Jump Squats
Rest 1 minute	
Push Up Hover	Plyo Push Ups
Rest 1 minute	
<a href="#">V sit</a>	Full Sit Ups
Rest 2 minutes Repeat 1 more time	

Level	Total Reps
Alpha	85+
Elite	75-84
Champ	65-74
Rookie	51-64
Need a bit more work	Less than 50