

21 Minute HIIT & Strength Circuit

Medical Disclaimer

Before starting any new exercise program, consult a qualified health professional. Especially if you have pre-existing health conditions, injuries or are new to exercise. This program is for general informational purposes only and is not a substitute for personal medical advice or individual coaching.

Program Overview

Perform each movement for 40 seconds, followed by 20 seconds of rest or transition. Complete as many quality reps as possible during the 40-second work interval.

Total time per round: 7 minutes. Repeat 1–3 times depending on ability and time.

3 Rounds = 21 Minutes



Exercise Circuit

Exercise	Movement Pattern	Bodyweight Version	Loaded Version	Coaching Cues & Notes
Squat to Press VIDEO	Knee-dominant, mobility	Bodyweight squat + reach overhead	Goblet squat with DB/KB	Keep heels grounded; full extension overhead
Push-up VIDEO	Horizontal push	Incline or standard push-up	Weighted vest or resistance band push-up	Core tight; elbows ~45° from body
Reverse Lunge (Alt) VIDEO	Unilateral knee/hip	Alternating reverse lunges	DBs at sides or front rack	Tall posture; back knee toward floor
Bent-Over Row VIDEO	Horizontal pull	Bodyweight prone row (on floor)	DB, KB, or band row	Hinge hips; squeeze shoulder blades
Glute Bridge March VIDEO	Posterior chain + core	Glute bridge with marching knees	Barbell hip thrust or band tension	Hips high; avoid lumbar hyperextension
Bear Crawl Shoulder Tap VIDEO	Anti-rotation core + stability	Crawl position shoulder taps	Weighted vest or longer time	Hips stable; slow & controlled
Burpee VIDEO (Low Impact Option: Step Back Burpee)	Full body / metabolic	No push-up or jump (scaled)	Add push-up and jump with load	Stay controlled; land softly



Scaling Suggestions

Fitness Level	Recommendation
Beginner	Start with 1 round. Use bodyweight only. Focus on form. Rest 1–2 mins between rounds.
Intermediate	Complete 2–3 rounds. Add light to moderate resistance. Limit rest to 30–60 seconds.
Advanced	Perform 3 rounds. Use resistance (30–60% BW where applicable). Minimize rest between rounds.

Evidence-Based Benefits

- *Combines HIIT (for metabolic conditioning) with resistance movements for strength and muscle retention.*
- *Efficient for cardiovascular health, fat loss, and functional strength.*
- *Research supports short-duration high-effort training for VO₂ max, insulin sensitivity, and neuromuscular fitness.*

