

1-Week HIIT Training Plan

At **Men of Frame**, we understand that true growth comes from pushing limits—both physical and mental. Our **1-Week High-Intensity Interval Training (HIIT) Plan** is designed to help you develop the discipline, mental toughness, and physical power every man needs to take control of his life.

The Benefits

This plan isn't just about building muscle or burning fat—it's about becoming a stronger, more focused, and capable man. Some key benefits include:

- **Improved Endurance:** Short bursts of intense effort followed by active recovery train your body to perform at its peak.
- **Fat Loss and Strength Gain:** HIIT is one of the most efficient ways to shed fat while building lean muscle.
- **Time Efficiency:** In just 20–30 minutes a day, you'll see the results of hours of traditional workouts.
- **Mental Fortitude:** Pushing through intense intervals teaches resilience and determination, traits that translate to every area of your life.

How It Helps

This program focuses on whole-body exercises that build functional strength. Each day includes targeted workouts to improve core stability, explosive power, and cardiovascular fitness. By the end of the week, you'll notice:

- Increased energy levels.
- Improved focus and discipline in daily life.
- A stronger connection between your physical and mental strength.

Difficulty

This plan is challenging—by design. HIIT pushes you to the edge of your comfort zone, where growth happens. Whether you're new to fitness or an experienced athlete, this plan can be scaled to your fitness level. Every session is an opportunity to prove to yourself that you're capable of more.

Why This Plan Builds Mental Strength

To be a **Man of Frame**, you need to develop habits of perseverance and self-mastery. The intensity of this program forces you to confront challenges head-on, helping you:

- Embrace discomfort as a catalyst for growth.
- Cultivate the discipline to stick to a plan.
- Strengthen your resolve to achieve goals in and out of the gym.

Are You Ready to Commit?

This plan is more than a workout—it's a foundation for your transformation. If you're ready to take charge of your fitness and mindset, the **1-Week HIIT Training Plan** will guide you toward becoming the man you aspire to be.

Start your journey today, and remember: **A strong body builds a stronger mind.**

Instagram: [@keita_fitlife](#)

Youtube: [@Magnusabou](#)

Monday		
Exercise	Duration/Intensity	Description
Warm-Up	5-10 minutes	Brisk walk or light jog, followed by dynamic stretches.
Sprint Intervals		
Sprint	20 seconds	Run at maximum effort.
Walk/Rest	1 minute	Recover with a slow walk or complete rest.
Repeat	5-8 times	
HIIT Intervals	20 minutes	
Jumping Jacks	30 seconds (high-intensity)	Jump with legs apart and hands overhead.
Wednesday		
Exercise	Duration/Intensity	Description
Warm-Up	5-10 minutes	Brisk walk or light jog, followed by dynamic stretches.
HIIT Intervals	20 minutes	
Jumping Jacks	30 seconds (high-intensity)	Jump with legs apart and hands overhead.
Rest/Walk	1 minute (low-intensity)	Walk slowly or rest.
Bodyweight Squats	30 seconds (high-intensity)	Squat down and stand up quickly.
Rest/Walk	1 minute (low-intensity)	Walk slowly or rest.
Mountain Climbers	30 seconds (high-intensity)	Alternate knees to chest from a plank position.
Rest/Walk	1 minute (low-intensity)	Walk slowly or rest.
Push-Ups	30 seconds (high-intensity)	Perform push-ups at a fast pace.
Rest/Walk	1 minute (low-intensity)	Walk slowly or rest.
Repeat	3 times	
Cool Down	5-10 minutes	Brisk walk to lower heart rate, followed by static stretches.
Friday		
Exercise	Duration/Intensity	Description
Warm-Up	5-10 minutes	Brisk walk or light jog, followed by dynamic stretches.
Core Exercises		
Plank	30 seconds	Hold a plank position with a straight body.
Rest	30 seconds	Rest.
Bicycle Crunches	30 seconds	Alternate bringing opposite elbow to knee.
Rest	30 seconds	Rest.
Russian Twists	30 seconds	Twist torso with feet off the ground, tapping hands side to side.
Rest	30 seconds	Rest.
Repeat	2 times	
Cool Down	5-10 minutes	Brisk walk to lower heart rate, followed by static stretches.