

TEAM TRAINING MANUAL

HIIT TEAM



BARBELL DEADLIFT

Set Up

Bar over midfoot, hands outside of thighs, shoulders over bar, hips above knees, pack shoulders down, grip the bar and pull the slack out.

Execution

Take a deep breath in, push feet into the floor to lift the bar against the body and have the hips meet the bar at the top for lockout. Exhale at the top. Chest and hips rise at the same time. Hinge hips back to return the bar to the floor, keeping it as close as possible to the legs. Reset with a breath at the bottom.

Coaching Cues

Pull the slack out, push the floor away, full body tension throughout the lift and stand tall.

Visual References



BARBELL FRONT SQUAT

Set Up

Keeping a straight back to start, take an overhand grip and lift the bar up into the front rack position. This position requires the bar rolled back into the fingers and the elbows pointing forward. The bar rests on the shoulders, not the collarbone. Feet are hip width apart or slightly wider, toes pointed out is personal preference based on mobility.

Execution

Inhale to brace, shift the hips back and lower down into your squat, keeping tall in the chest and elbows up throughout the descent. Keep weight in heels and mid foot until parallel or lower in the bottom position. Push feet hard into the ground and stand back up, keeping the torso angle the same and exhaling at the top.

Coaching Cues

Elbows up and forward, hips and knees move together, keep upper back tight, look straight ahead throughout the lift.

Visual References



BARBELL ROMANIAN DEADLIFT

Set Up

With a straight back, push hips back with arms down straight to grab the bar and stand up with it. The exercise begins from the top position which involves the barbell being held with a double overhand grip, just outside hip width, and the weight pressed against the upper thigh.

Execution

Inhale, hold that breath to brace core and push hips back horizontally in a slow and controlled fashion. Keep the barbell as close to the body as possible while a hamstring stretch is felt. Keep spinal alignment straight by only hinging the hips and once they can't go back further, pause for a second before pushing feet into the floor and standing back up, squeezing the glutes at the top to lockout.

Coaching Cues

Keep the bar close, shut the car seat door, stretch the hamstrings slowly, bend the knees as little as needed.

Visual References



KETTLEBELL SWING

Set Up

Start arms length away, feet hip width apart, hinge hips back, tilt kettlebell towards you, screw feet into the floor and squeeze shoulder blades back.

Execution

Inhale as you hike the kettlebell back and up towards your groin, hinging the hips back out of the way to let the weight pass between the legs. Knees are slightly bent, power through the hips to extension and keep arms straight with a firm grip on the kettlebell as it swings forward. Lock out at the top and stand tall. Exhale into the lockout and inhale to repeat for additional reps.

Coaching Cues

Explosive movement, lock the arms, let hips do the work, relax with gravity on the way down, accelerate the weight up. Standing plank at the top.

Visual References



KETTLEBELL SUMO SQUAT

Set Up

Pick up the kettlebell with both hands, double overhand grip with the weight held in straight arms at hip height. If using two weights, hold one in each hand with a neutral grip. Position legs into a wide stance, wider than hips with toes pointed out 30-45 degrees.

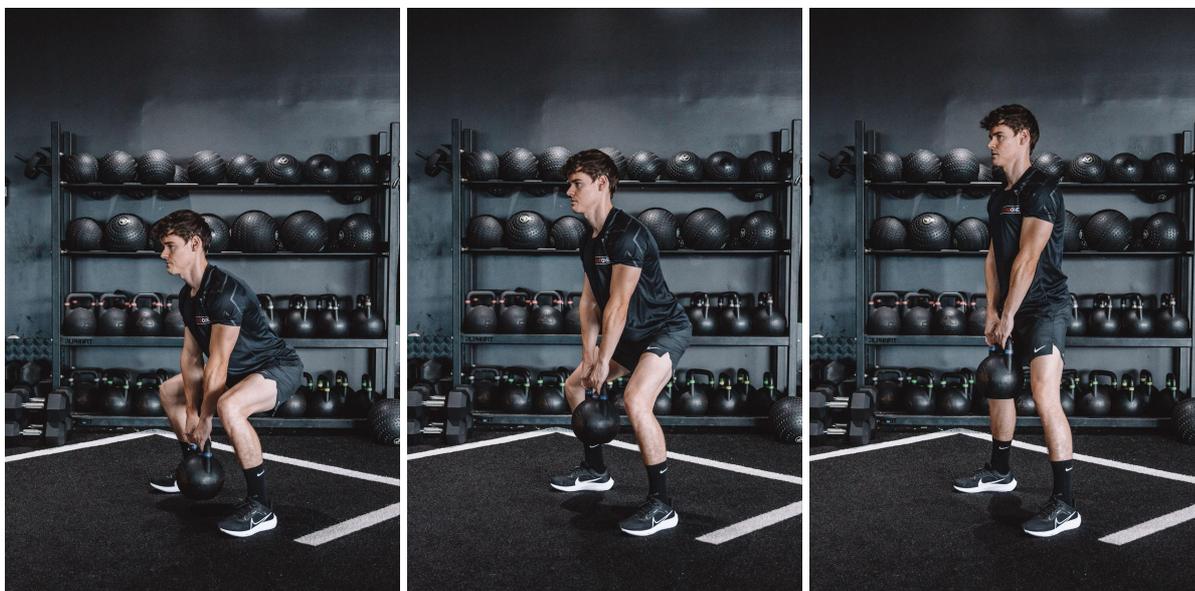
Execution

Inhale and hold breath to initiate squat descent, bending at the hips and knees simultaneously to lower the kettlebell to the floor. Upon reaching the bottom, push feet into the floor and keep body angle the same as the stand up occurs to finish back at the starting position. Keep a soft bend in the knees at the top.

Coaching Cues

Lean forward with torso. Shift bodyweight forward to stay over the weight. Feel the groin stretch into the bottom of the squat. Push the floor away to stand up.

Visual References



KETTLEBELL GORILLA ROW

Set Up

This can be done with one or two weights, either one arm at a time or alternating arms if two weights are in use. The kettlebells start on the floor, between the legs with a wider stance. Push the hips back into a deep hinge and allow the knees to bend as much as required to firmly grip the kettlebell handles. Back is close to parallel to the floor and the chest is facing towards the floor and is positioned over the weights.

Execution

With two kettlebells in use, one hand pushes down firmly into one while the other squeezes tight and drives the elbow up and back towards the hip. The torso remains as still as possible, as do the legs, therefore allowing the arm to move and produce a strong squeeze of the back muscles at the end range of motion. Slowly return the kettlebell to the floor and repeat this movement on the other side.

Coaching Cues

Strong wrist, drive up and back through the elbow. Brace the abs, back remains straight throughout, do not lift the torso to lift the weight. Go lighter if that is not possible. Think push and pull, push down on one side while pulling up the row on the other.

Visual References



DUMBBELL BENT OVER ROW

Set Up

Pick up dumbbells in a neutral grip, inhale and shift the hips into a hinge with straight back and arms hanging long. Feel the hamstrings take the load of this position and brace abdominals along with glutes to stabilise the lower back. Torso at least at forty five degree angle if not lower to the floor based on mobility.

Execution

Squeeze arms up and back, leading from the elbows. Driving the dumbbells back towards the hip crease, not the chest. Squeeze the shoulder blades and mid back for a slight pause to finish the concentric phase before lowering the dumbbells by lengthening the arms out slowly to the starting position.

Coaching Cues

Row to the hips, keep torso long, maintain hip hinge for hamstring stability. Shoulders away from ears, relax them to avoid shrugging the weights.

Visual References



STANDING DUMBBELL ARNOLD PRESS

Set Up

Begin standing tall with Dumbbells at shoulder height, palms facing the body so the knuckles would be facing a mirror. Elbows are up and not in contact with the torso. Keep feet shoulder width apart with a slight bend in the knees and brace core to prevent from tipping forward.

Execution

Initiate movement by simultaneously rotating outward and pressing the dumbbells above head. The movement is circular and smooth, one motion until lockout at the top. Exhale during the pressing portion and inhale when reversing the movement to return back to the starting position.

Coaching Cues

Elbows up, push feet into floor, squeeze glutes to protect lower back. One smooth movement, rotate the arms, lock out at the top.

Visual References



DUMBBELL ALTERNATING SNATCH

Set Up

Start by standing directly over a dumbbell with the weight positioned in the middle, just in front of the feet. Squat down so that you are in a similar start position to a deadlift, with the chest and head up and shoulders slightly higher than the hips while gripping the handle firmly with whichever hand that will start.

Execution

With a straight back, pull the dumbbell up by extending the arm and as it passes the knees, explosively extend the body and allow the dumbbell to fly up freely. Guide it vertical, keeping it close until the torso can drop slightly and lock the elbow out to reach full extension with the weight above head. Allow the dumbbell to drop down in similar fashion and swap hands to repeat on the other side.

Coaching Cues

Power from the hips, accelerate the weight, zip it up the body, hips and shoulders rise at same rate, hand to hand switch either at bottom or top based on personal preference.

Visual References



DUMBBELL LATERAL RAISES

Set Up

With a dumbbell held firmly in each hand, stand tall and shift bodyweight forward slightly so the balance is maintained just over the midfoot. Brace the abdominal muscles to remain locked in before the weights are lifted. Palms currently face each other from either side of the body.

Execution

Extend the arms out to the side and allow the hands to rotate slightly so the palms are facing down. Maintain a slight bend in the elbows and exhale as the weights are lifted. Pause at the end range of motion where the elbows are in line with the shoulders and the dumbbells are slightly in front of the body. Maintain core tension to prevent the body swinging as the weights are lowered slowly back down to the start position and inhale to reset.

Coaching Cues

Cast the dumbbells away, create space, maintain a slight elbow bend, no swinging, slow and controlled throughout. Target the smaller muscles of the shoulder.

Visual References



DUMBBELL BENCH PRESS

Set Up

Sit and position dumbbells on thighs, take a breath in as you lay back flat, nudging the weights up into a straight arm starting position by using some momentum from your thighs. Pin the shoulders down, screw feet into the floor to create full body tension before initiating the movement.

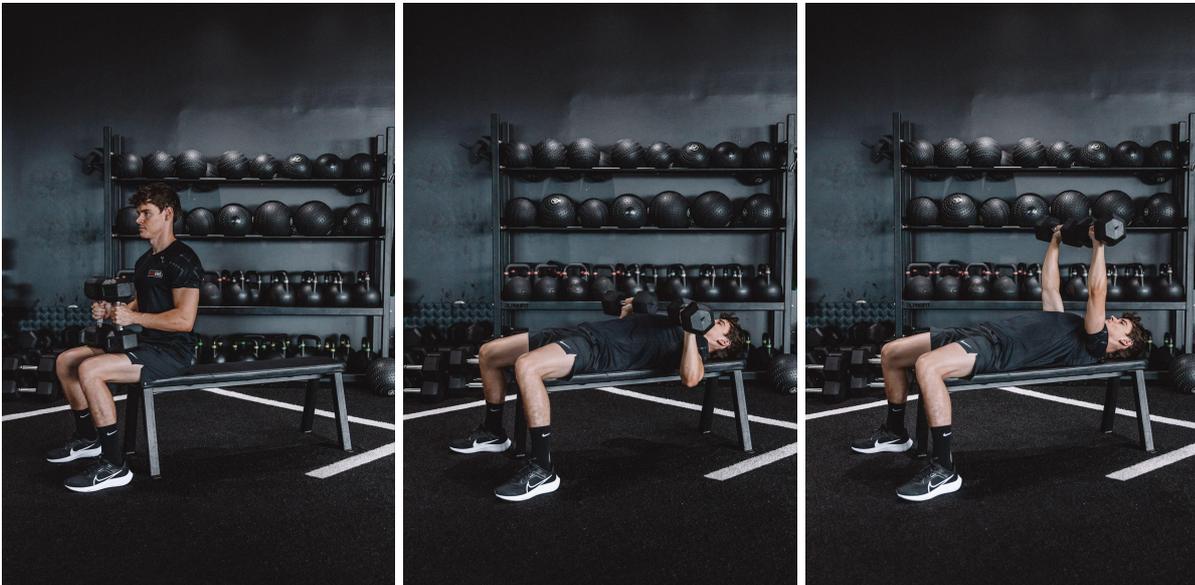
Execution

Starting from the top with extended arms, inhale as the dumbbells lower to each side of the chest, the elbows bending and remaining tucked to achieve depth and a stretch at the bottom position. Exhale as the press begins to lift the dumbbells back up where they meet each other without touching at the top.

Coaching Cues

Screw feet into the floor, create a shelf with upper back muscles, controlled descent, strong ascent, elbows to be tucked rather than flared out.

Visual References



DUMBBELL BULGARIAN SPLIT SQUAT

Set Up

Take hold of your dumbbells and sit upon the edge of your bench. Extend both legs out to lengthen and land with your heels to determine your foot position from the bench. Bring one foot back in and then stand up, placing that leg back onto the bench with the midfoot across the edge, shoelaces down. Maintain a slight shift forward with the torso and keep a tight grip on the dumbbells with straight arms.

Execution

This single leg variation begins by slowly lowering down and back through the hip, putting the majority of weight on the front leg that is working to support the body. Look to maintain a vertical shin on the front leg by pushing the hips back, targeting the glutes more before driving the heel into the floor to stand back up to the starting position. The torso remains slightly angled forward and there is a soft bend in the front knee.

Coaching Cues

Hips are headlights, they face forwards. Back foot flat, keep weight shifted upon front leg to load it. Sink down slowly into the descent, angle torso forward, not upright. Make the front leg do the work.

Visual References



DEAD BALL GOOD MORNINGS

Set Up

Hold the ball tightly to the chest and stand tall, keeping a slight bend in the knees. Alternatively, it can be held behind the neck to adjust the loading position, however starting at the chest is advised unless already well experienced.

Execution

Inhale, hold the breath and actively hinge from the hips, pushing them back horizontally to load the hamstrings. The ball remains tight to the chest and pause slightly in the bottom position before pushing the feet harder into the floor to reverse the motion back up into a standing position. The back remains straight throughout.

Coaching Cues

The weight is connected to the body, minor knee bend dependent upon flexibility as the pattern is a hinge, not a squat. Move through the hips, not the back.

Visual References



DEAD BALL GROUND TO SHOULDER

Set Up

The Dead Ball starts on the floor and is stood over, feet hip width apart with the weight positioned in between the legs. This is predominantly a lower body exercise which involves more moving parts such as the torso and arms.

Execution

While keeping the back straight and chest up, squat down to pick the ball up and upon ascent, continue to extend the hips to provide power that propels the ball upward. Both hands remain gripping the ball as it passes up the chest and is then hoisted to rest upon the top of one shoulder with one hand coming off the ball. Bring the ball back down, two hands resume contact and control from the chest down to the floor to complete one rep.

Coaching Cues

Squat with the legs, rather than bend over through the back. Think fast and explosive, getting the ball from A (ground) to B (shoulder) as quickly as possible. Alternate the target shoulder each rep.

Visual References



BENCH REVERSE CRUNCH & LIFT

Set Up

Lay down flat on the bench and reach back with the arms to grab hold of the bench's edge with both hands. This will provide an anchor to assist with the movement and boost stability.

Execution

Initiate by tucking the knees and flexing the hips for the knees to be drawn in towards the elbows. The lower back will start to rise off the bench and allow the spine to flex to crunch the abdominals further. As the knees approach the elbows, straighten the legs and lift directly upward, pointing the toes up as the hips elevate off the bench too. Maintain control and balance with the assistance of the hands gripping the bench before lowering back into the bent knee position and untucking so legs straighten out again.

Coaching Cues

Anchor down from the top, knees to elbows followed by feet to the ceiling. Descend slowly and in controlled fashion to challenge the abdominals. Regress by limiting to the reverse crunch alone until more strength and stability is developed.

Visual References



HOLLOW ROCKS

Set Up

Lie faceup on the floor, feet together, and bring them four to six inches off the ground. Raise the arms overhead so the biceps are beside the ears. Press the lower back into the floor to assist in contracting the core and raise the arms off the ground so neither feet or hands are in contact with the floor.

Execution

While keeping the chin tucked to maintain a neutral spine, gently rock forward and back, creating a cradle motion without allowing the legs to lift the feet up any higher in the air. Neither hands or heels should touch the floor as tension builds on the core, increasing the range of motion of the rocking action if possible too.

Coaching Cues

Push the lower back into the floor, create abdominal pressure, start with just the hollow hold without any rocking if just starting out. Think of a cradle and not waking the baby. It's a gentle motion, not an aggressive swing. Keep the feet low to the floor, regress also by keeping arms down by the side rather than behind the head.

Visual References



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