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# HIIT YOUR CORE

4 WEEK TRAINING PROGRAM  
BY JESS NIEL



## ABOUT THE TRAINER

Jess is an experienced Personal Trainer and Pilates Instructor at Crunch Chatswood. Combining her years of experience and knowledge on all things core; this program serves as the ultimate core-focussed full body workout! Choose your level and add this HIIT-out to the end of your gym session (or use it as a session itself) everyday and you'll see the results in just four weeks!

**START NOW**



# TIPS

- LIFT AND SHRINK THE BELLY BUTTON ("ZIP" THE STOMACH UP)
- BREATHE IN, BREATHE OUT - NEVER HOLD YOUR BREATH
- KEEP SHOULDERS STACKED OVER ELBOWS/ HANDS ALWAYS
- IF LOWER BACK HURTS, THE EXERCISE IS BEING DONE INCORRECTLY OR IS TOO ADVANCED, USE THE EASIER VERSION. UNTIL YOU GET STRONGER / MORE CONFIDENT IN THAT MOVEMENT
- QUALITY OVER QUANTITY - DONT SACRIFICE YOUR FORM FOR MORE REPS, YOU'LL LOSE ALL THE GREAT BENEFITS! 4 PERFECT REPS ARE BETTER THAN 20 IMPERFECT ONES

GO TO BEGINNER



# BEGINNER

EXERCISE	REPS / TIME	WEIGHT
HIGH PLANK ROWS	20 secs work / 10 secs rest x 4	NA
HIGH PLANK T-TWIST	20 secs work / 10 secs rest x 4	NA
MOUNTAIN CLIMBERS	20 secs work / 10 secs rest x 4	NA
RUSSIAN TWIST	20 secs work / 10 secs rest x 4	5kg plate Feet Down
SIDE PLANK HIP LIFTS	20 secs work / 10 secs rest x 4 Each Side	On Knees
SIDE PLANK "THREAD THE NEEDLE"	20 secs work / 10 secs rest x 4 Each Side	On Knees
REVERSE PLANK LIFTS	20 secs work / 10 secs rest x 4	Bent Knees

**GO TO INTERMEDIATE**



## INTERMEDIATE

EXERCISE	REPS / TIME	WEIGHT
HIGH PLANK ROWS	30 secs work / 10 secs rest x 4	5 - 10kg Dumbbells
HIGH PLANK T-TWIST	30 secs work / 10 secs rest x 4	5 - 10kg Dumb- ell Feet Wide
MOUNTAIN CLIMBERS	30 secs work / 10 secs rest x 4	NA
RUSSIAN TWIST	30 secs work / 10 secs rest x 4	5 - 10kg Plate Feet Off Ground
SIDE PLANK HIP LIFTS	30 secs work / 10 secs rest x 4	On Knee Top Leg Lifted & Straight
SIDE PLANK "THREAD THE NEEDLE"	30 secs work / 10 secs rest x 4	On Knee Top Leg Lifted & Straight
REVERSE PLANK LIFTS	30 secs work / 10 secs rest x 4	Straight Legs

**GO TO ADVANCED**





## ADVANCED

EXERCISE	REPS / TIME	WEIGHT
HIGH PLANK ROWS	45 secs work / 15 secs rest x 4	5 - 10kg Dumbbells
HIGH PLANK T-TWIST	45 secs work / 15 secs rest x 4	5 - 10kg Dumb- ell Feet Together
MOUNTAIN CLIMBERS	45 secs work / 15 secs rest x 4	Bend elbows to push up as knee comes in
RUSSIAN TWIST	45 secs work / 15 secs rest x 4	5 - 10kg Plate Bicycle legs
SIDE PLANK HIP LIFTS	45 secs work / 15 secs rest x 4	On Feet Optional: Lift top leg
SIDE PLANK "THREAD THE NEEDLE"	45 secs work / 15 secs rest x 4	On Feet & Hold 1 - 2kg Dumbbell
REVERSE PLANK LIFTS	45 secs work / 15 secs rest x 4	Straight Legs



## LOCATIONS

**NSW** | CHATSWOOD, LIVERPOOL, BANKSTOWN,  
PARRAMATTA, MORTDALE, ROCKDALE, CARINGBAH,  
SYDNEY CBD, ALEXANDRIA & DEE WHY!

**VIC** | HIGHPOINT, MENTONE, SPRINGVALE,  
EPPING & HOPPERS CROSSING

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As with all new exercise programs it is important to consult with your doctor. If you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath stop immediately. If you have any questions or need advice regarding this program, or have a preexisting injury that prevents you from doing any of the exercises, please consult any one of our friendly PTs in-club for personalized fitness advice.