

Physical Education

HIIT Routines

In this assignment, we will be planning out two separate workouts. For our first workout, we should plan to use a High Intensity Interval Training (HIIT) routine. This first workout should have three exercises that would be used for a HIIT routine and should also show rest intervals.

How to Set Up Your Routine

Exercise 1 and how long this exercise will be done for

Rest interval 1 and its length

Exercise 2 and how long this exercise will be done for

Rest interval 2 and its length

Exercise 3 and how long this exercise will be done for

Rest Interval 3 and its length

Next, we will create a second workout using the same format as your first workout, but instead of a HIIT routine, this workout should be a low-impact routine. Each workout should show differences in intensity and time.

Potential Exercises to Use

- Push-ups
- Squats
- Power Clean
- Sit-ups
- Pull-ups
- Bench Press
- Lunges
- Burpees
- Planks
- Row

Grading Rubric

<u>Excellent</u> <u>(100%)</u>	Student was able to create both routines with significant differences in intensity, time intervals, and showed an understanding of HIIT and low intensity concepts.
<u>Proficient</u> <u>(80%)</u>	Student was able to create both routines with noticeable differences in intensity and time intervals, while showing a basic understanding of HIIT and low intensity concepts.
<u>Acceptable</u> <u>(70%)</u>	Student was able to create both routines with slight differences in intensity and time intervals and showed some understanding of HIIT and low intensity concepts.
<u>Poor (50%)</u>	Student was unable to create both routines with any differences and showed little to no understanding of HIIT and low intensity concepts.