



Men'sHealth

HIGH POWER HIIT **GUIDE**

PROGRAM BY GERREN LILES

INTRODUCTION

Your expert trainer, Gerren Liles, designed this interval-training program to fit into your day, no matter what life throws at you. You'll mix and match workouts based on how you feel, what you have time for, and the equipment you have on hand. One thing won't change: you'll push yourself hard for 15 minutes. Short bursts of work are key to getting your heart rate up so you burn more fat in less time.

Here's a list of the High Power HIIT workouts you'll find on the app:

- 1 Dumbbell Upper Body**
- 2 Dumbbell Lower Body**
- 3 Dumbbell Total Body**
- 4 Bodyweight Upper Body**
- 5 Bodyweight Lower Body**
- 6 Total Body Conditioning**

What you'll need:

- A pair of dumbbells for three of the workouts
- A mat (optional)

MEET YOUR COACH

Gerren Liles is a master instructor for Equinox Fitness clubs, founding trainer for MIRROR, personal trainer, and fitness consultant. Gerren is a highly sought-after fitness personality with numerous television, print and digital appearances to his credit. As a former school teacher, he believes that working out should be fun, while also being informative and empowering to allow his clients and members to take charge of their own health.



Ready to go ALL OUT?

Begin by doing one 15-minute workout each day. When you're ready to put in more time and boost your results, start stacking! You can combine two, three, or even four workouts back-to-back. Just remember to alternate between upper, lower, and total body workouts in your session, so that you give your muscles adequate time to recover. This will maximize your performance.

HERE ARE SOME OF GERREN'S FAVORITE COMBOS:

30-MINUTE COMBOS	<ul style="list-style-type: none">▪ Dumbbell Upper Body + Bodyweight Upper Body▪ Dumbbell Lower Body + Bodyweight Lower Body▪ Dumbbell Total Body + Bodyweight Total Body
45-MINUTE COMBOS	<ul style="list-style-type: none">▪ Dumbbell Upper Body + Dumbbell Lower Body + Dumbbell Total-Body▪ Dumbbell Upper Body + Dumbbell Lower Body + Bodyweight Total Body
60-MINUTE COMBOS	<ul style="list-style-type: none">▪ Dumbbell Lower Body + Dumbbell Upper Body + Bodyweight Lower Body + Bodyweight Upper Body
BODYWEIGHT ONLY	<ul style="list-style-type: none">▪ Bodyweight Upper Body + Bodyweight Lower Body + Bodyweight Total Body finisher

YOU HAVE TONS OF WAYS TO GET FIT. LET'S GO!