



28 DAYS
OF INTERVAL TRAINING

SPONSORED BY CROSSROPE



ABOUT THE PROGRAM

Enjoy 4 full weeks of interval training including:

- Cardio
- Strength Training
- HIIT
- Tabata
- Jump Rope Training

Use the **Exercise Appendix** (at the end of this PDF) to view clips of every exercise. You can print individual pages to take them to the gym, or follow one of our **5 full length exercise videos** (links in the Exercise Appendix) to enjoy the benefits of working along with an instructor.



WHAT YOU'LL NEED

All you'll need to rock this program is your own body weight and a jump rope.

I use the CROSSROPE training system throughout this program (The Double Under Domination Set), **You can score your own CROSSROPE system for 5% off when you use the discount code GGSCROSS.** Click here to access <http://www.crossrope.com>.

[Click here to see the Girls Gone Sporty CROSSROPE review](#)



ASSUMPTION OF RISK

This program was put together by a certified fitness professional with a Master's Degree in Exercise and Sport Science. By participating in this program, you understand that all forms of exercise carry some risk, and you are assuming that risk by following this program.

Always consult a doctor before starting an exercise program, and always consult an exercise professional to receive personalized tips and assistance. Listen to your body and work your way up gradually, rather than taking on too much too soon.

By engaging in these exercises, you are releasing Girls Gone Sporty, LLC, Laura Williams, M.S.Ed., & all associated partners, including CROSSROPE, of any and all liability.

- 28 Day Interval Training -

CALENDAR

strength

cardio

tabata

hiit mix

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
workout 1	workout 2	rest	workout 3	workout 4	rest	workout 5

Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
workout 6	workout 7	rest	rest	workout 8	workout 9	workout 10

Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
rest	workout 11	workout 12	workout 13	rest	workout 14	workout 15

Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
rest	workout 16	workout 17	rest	workout 18	workout 19	workout 20



PRE-WORKOUT WARMUP



THIS WARMUP IS DESIGNED TO BE PERFORMED BEFORE EVERY WORKOUT

Perform this 5-minute warmup routine before starting every program.

JOG IN PLACE, 30 SECONDS

JUMPING JACKS, 30 SECONDS

HACKY SACKS, 30 SECONDS

INCH WORM, 30 SECONDS

SWITCH BACK LUNGES, 30 SECONDS

repeat series twice

VIDEO AVAILABLE - [CLICK HERE TO FOLLOW ALONG](#)

POST-WORKOUT STRETCH



THIS STRETCH IS DESIGNED TO BE PERFORMED AFTER EVERY WORKOUT

Perform this 6-minute post-workout cool down stretch after every program.

- TRICEPS STRETCH - 30 SECONDS PER ARM**
- SHOULDER STRETCH - 30 SECONDS PER ARM**
- CHEST OPENER - 30 SECONDS**
- SUMO STRETCH - 30 SECONDS**
- HIP FLEXOR STRETCH - 30 SECONDS PER SIDE**
- DOWNWARD DOG - 30 SECONDS**
- CAT/COW - 30 SECONDS**
- STRADDLE STRETCH - 30 SECONDS PER SIDE**

VIDEO AVAILABLE - [CLICK HERE TO FOLLOW ALONG](#)

WORKOUT 1

FOCUS: BODYWEIGHT STRENGTH



46 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

rest 30 seconds between each full set

3x

AIR SQUAT, 45 SECONDS
LOW SQUAT PULSE, 15 SECONDS

2x

RIGHT LEG LUNGE, 45 SECONDS
LOW LUNGE PULSE, 15 SECONDS
LEFT LEG LUNGE, 45 SECONDS
LOW LUNGE PULSE, 15 SECONDS

2x

PUSHUPS, 45 SECONDS
CHATURANGA HOLD, 15 SECONDS

1x

SPIDER PLANK, 45 SECONDS
LEFT SPIDER PULSE, 15 SECONDS
RIGHT SPIDER PULSE, 15 SECONDS

2x

SINGLE LEG DEADLIFT RIGHT, 45 SECONDS
RIGHT DEADLIFT PULSE, 15 SECONDS
SINGLE LEG DEADLIFT LEFT, 45 SECONDS
LEFT DEADLIFT PULSE, 15 SECONDS

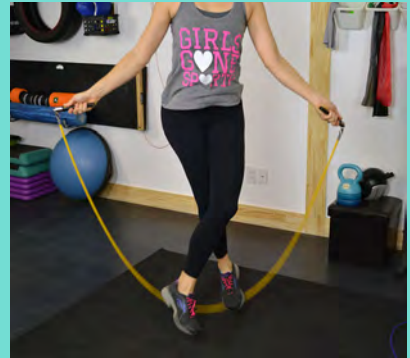
repeat series a second time

6 MINUTE STRETCH ROUTINE

VIDEO AVAILABLE - CLICK HERE TO FOLLOW ALONG

WORKOUT 2

FOCUS: JUMP ROPE CARDIO



35 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

LIGHT ROPE

2x

JUMP ROPE JOG, 30 SECONDS
JUMP ROPE SPRINT, 30 SECONDS

2x

JUMP ROPE HOP, 30 SECONDS
JUMP ROPE SPEED HOP, 30 SECONDS

2x

JUMP ROPE JOG, 30 SECONDS
JUMP ROPE HIGH KNEES, 30 SECONDS

2x

JUMP ROPE JOG, 30 SECONDS
JUMP ROPE BUTT KICKS, 30 SECONDS

2x

JUMP ROPE HOP, 30 SECONDS
JUMP ROPE LATERAL HOPS, 30 SECONDS

HEAVY ROPE

1x

JUMP ROPE JOG, 30 SECONDS
CRISS-CROSS, 30 SECONDS

1x

JUMP ROPE BACKWARD HOP, 30 SECONDS
BACKWARD SPEED HOP, 30 SECONDS

1x

JUMP ROPE HOP, 30 SECONDS
JUMP ROPE SPEED HOP, 30 SECONDS

MEDIUM ROPE

1x

JUMP ROPE HOP, 30 SECONDS
MUMMY KICKS, 30 SECONDS

2x

JUMP ROPE HOP, 30 SECONDS
RIGHT LEG HOP, 30 SECONDS
JUMP ROPE HOP, 30 SECONDS
LEFT LEG HOP, 30 SECONDS

2x

JUMP ROPE HOP, 30 SECONDS
FORWARD-BACK HOPS, 30 SEC.

2x

JUMP ROPE HOP, 30 SECONDS
JACK HOPS, 30 SECONDS

take a
1-minute
water break
when
switching
ropes

6 MINUTE STRETCH ROUTINE

VIDEO AVAILABLE - [CLICK HERE TO FOLLOW ALONG](#)

WORKOUT 3

FOCUS: TABATA



31 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

TABATA #1

SKATERS - 8, 20 SECOND SETS, EACH WITH A 10 SECOND REST PERIOD (4 minutes total)

TABATA #2

MOUNTAIN CLIMBERS - 8, 20 SECOND SETS, EACH WITH A 10-SECOND REST PERIOD (4 minutes total)

TABATA #3

MOGULS - 8, 20 SECOND SETS, EACH WITH A 10-SECOND REST PERIOD (4 minutes total)

TABATA #4

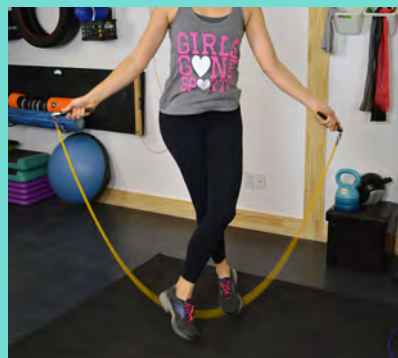
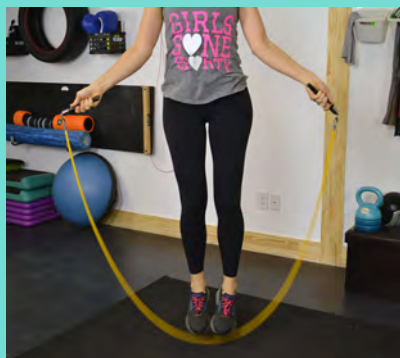
BEAR SQUATS - 8, 20 SECOND SETS, EACH WITH A 10-SECOND REST PERIOD (4 minutes total)

6 MINUTE STRETCH ROUTINE

take a
1-minute
water break
between
each
Tabata

WORKOUT 4

FOCUS: JUMP ROPE CARDIO



35 MINUTE WORKOUT - repeat of workout #2

LIGHT ROPE

2x

JUMP ROPE JOG, 30 SECONDS
JUMP ROPE SPRINT, 30 SECONDS

2x

JUMP ROPE HOP, 30 SECONDS
JUMP ROPE SPEED HOP, 30 SECONDS

2x

JUMP ROPE JOG, 30 SECONDS
JUMP ROPE HIGH KNEES, 30 SECONDS

2x

JUMP ROPE JOG, 30 SECONDS
JUMP ROPE BUTT KICKS, 30 SECONDS

2x

JUMP ROPE HOP, 30 SECONDS
JUMP ROPE LATERAL HOPS, 30 SECONDS

HEAVY ROPE

1x

JUMP ROPE JOG, 30 SECONDS
CRISS-CROSS, 30 SECONDS

1x

JUMP ROPE BACKWARD HOP, 30 SECONDS
BACKWARD SPEED HOP, 30 SECONDS

1x

JUMP ROPE HOP, 30 SECONDS
JUMP ROPE SPEED HOP, 30 SECONDS

5 MINUTE WARMUP ROUTINE

MEDIUM ROPE

1x

JUMP ROPE HOP, 30 SECONDS
MUMMY KICKS, 30 SECONDS

2x

JUMP ROPE HOP, 30 SECONDS
RIGHT LEG HOP, 30 SECONDS
JUMP ROPE HOP, 30 SECONDS
LEFT LEG HOP, 30 SECONDS

2x

JUMP ROPE HOP, 30 SECONDS
FORWARD-BACK HOPS, 30 SECS.

2x

JUMP ROPE HOP, 30 SECONDS
JACK HOPS, 30 SECONDS

take a
1-minute
water break
when
switching
ropes

6 MINUTE STRETCH ROUTINE

VIDEO AVAILABLE - [CLICK HERE TO FOLLOW ALONG](#)

WORKOUT 5

FOCUS: CARDIO/STRENGTH INTERVALS



29 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

AIR SQUATS, 15 SECONDS

BEAR SQUATS, 45 SECONDS

ALTERNATING LUNGES, 15 SECONDS

JUMPING LUNGES OR POWER LUNGES, 45 SECONDS

TRICEPS DIPS, 15 SECONDS

CRAB WALK, 45 SECONDS

MOUNTAIN CLIMBERS 15 SECONDS

TWISTING MOUNTAIN CLIMBERS, 45 SECONDS

JUMPING JACKS, 15 SECONDS

PLANK JACKS, 45 SECONDS

after 1-minute rest, perform 2 more times

6 MINUTE STRETCH ROUTINE

WORKOUT 6

FOCUS: HIGH INTENSITY INTERVALS



55 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

perform the program all the way through without rest

3x

WALKOUT SKATERS, 45 SECONDS
FAST SKATERS, 15 SECONDS

3x

STEP OUT MOGULS, 45 SECONDS
FAST MOGULS, 15 SECONDS

3x

STEP OUT MOUNTAIN CLIMBERS, 45 SECONDS
FAST MOUNTAIN CLIMBERS, 15 SECONDS

3x

ALTERNATING LUNGES, 45 SECONDS
JUMPING LUNGES OR POWER LUNGES, 15 SECONDS

3x

JUMPING JACKS, 45 SECONDS
QUICK JACKS, 15 SECONDS

3x

STEP OUT HALF-BURPEES, 45 SECONDS
FAST HALF BURPEES, 15 SECONDS

3x

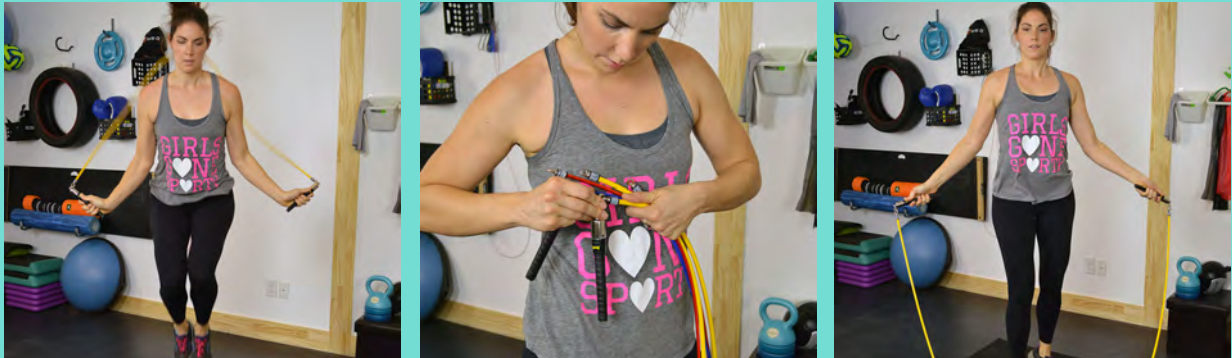
AIR SQUATS, 45 SECONDS
LOW JACK SQUATS, 15 SECONDS

rest 2 minutes and repeat the full program

6 MINUTE STRETCH ROUTINE

WORKOUT 7

FOCUS: JUMP ROPE TABATA



31 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

TABATA #1: heavy rope

FAST HOPS - 8, 20 SECOND SETS, EACH WITH A 10 SECOND REST PERIOD

TABATA #2: medium rope

BACKWARD HOPS - 8, 20 SECOND SETS, EACH WITH A 10-SECOND REST PERIOD

TABATA #3: light rope

TUCK JUMPS - 8, 20 SECOND SETS, EACH WITH A 10-SECOND REST PERIOD

TABATA #4: heavy rope

SPRINT JUMPS - 8, 20 SECOND SETS, EACH WITH A 10-SECOND REST PERIOD

6 MINUTE STRETCH ROUTINE

take a
1-minute
water break
between
each
Tabata

switch out
CROSSROPE
ropes during
your water
break

VIDEO AVAILABLE - CLICK HERE TO FOLLOW ALONG

WORKOUT 8

FOCUS: CARDIO/STRENGTH CIRCUIT



41 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

HACKY SACKS, 60 SECONDS

TRAVELING SQUATS, 60 SECONDS

CHERRY PICKERS, 60 SECONDS

CURTSY LUNGES, 60 SECONDS

HIGH KNEES, 60 SECONDS

SUMO SQUATS, 60 SECONDS

BUTT KICKS, 60 SECONDS

BRIDGES, 60 SECONDS

CRAB WALKS, 60 SECONDS

PUSHUPS, 60 SECONDS

BEAR CRAWL, 60 SECONDS

DIPS, 60 SECONDS

INCHWORMS, 60 SECONDS

OBLIQUE TWISTS, 60 SECONDS

rest 2 minutes, repeat a second time through

6 MINUTE STRETCH ROUTINE

WORKOUT 9

FOCUS: ISOMETRIC STRENGTH



43 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

4x

PLANK, 45 SECONDS
REST, 15 SECONDS

4x

WALL SIT, 45 SECONDS
REST, 15 SECONDS

4x

REVERSE PLANK, 45 SECONDS
REST, 15 SECONDS

2x

LUNGE HOLD LEFT, 45 SECONDS
REST, 15 SECONDS
LUNGE HOLD RIGHT, 45 SECONDS
REST, 15 SECONDS

2x

SIDE PLANK LEFT, 45 SECONDS
REST, 15 SECONDS
SIDE PLANK RIGHT, 45 SECONDS
REST, 15 SECONDS

4x

CHATURANGA HOLD, 45 SECONDS
REST, 15 SECONDS

4x

CHAIR POSE, 45 SECONDS
REST, 15 SECONDS

4x

SUPERMAN HOLD, 45 SECONDS
REST, 15 SECONDS

6 MINUTE STRETCH ROUTINE

WORKOUT 10

FOCUS: CARDIO



41 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

Perform this cardio workout on any piece of cardio equipment of your choosing, or if you'd prefer, perform it outside as you walk, jog, or cycle.

RATE OF PERCEIVED EXERTION (RPE)

RPE is your perception of your own physical exertion, defined as a number between 1-10, where 1 is the equivalent of sitting still, and 10 is the equivalent of an all-out sprint.

2 min. RPE 5

1 min. RPE 7



2 min. RPE 6

1 min. RPE 8

1 min. RPE 7

2 min. RPE 4

6 MINUTE STRETCH ROUTINE

WORKOUT 11

FOCUS: TABATA



41 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

TABATA #1

BURPEES

POWER LUNGES

Alternate between the two exercises for 8 rounds of 20 seconds work/10 seconds rest (4 minutes total)

TABATA #2

AROUND THE WORLD

JACK SQUAT

Alternate between the two exercises for 8 rounds of 20 seconds work/10 seconds rest (4 minutes total)

TABATA #3

SKATERS

HIGH-LOW PLANK

Alternate between the two exercises for 8 rounds of 20 seconds work/10 seconds rest (4 minutes total)

repeat all 3 Tabatas a second time

6 MINUTE STRETCH ROUTINE

take a
1-minute
water break
between
each
Tabata

WORKOUT 12

FOCUS: CORE STRENGTH



35 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

2x

1 MINUTE PLANK
30 SECONDS REST
1 MINUTE SIDE PLANK
30 SECONDS REST

2x

1 MINUTE SITUPS
30 SECONDS REST
1 MINUTE OBLIQUE TWISTS
30 SECONDS REST

1x

1 MINUTE SUPERMANS
30 SECONDS REST

1x

1 MINUTE V-SIT HOLD
30 SECONDS REST
1 MINUTE ACTIVE V-SITS
30 SECONDS REST

1x

1 MINUTE ALTERNATING LEG LIFTS
30 SECONDS REST
1 MINUTE LEG LIFTS
30 SECONDS REST

2x

1 MINUTE ALTERNATING ARM/LEG EXTENSION
30 SECONDS REST

6 MINUTE STRETCH ROUTINE

WORKOUT 13

FOCUS: HIGH INTENSITY INTERVALS



35 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

SERIES 1

45 SECONDS BURPEES
15 SECONDS REST

45 SECONDS MOUNTAIN CLIMBERS
15 SECONDS REST

45 SECONDS HIGH-TO-LOW SQUATS
15 SECONDS REST

45 SECONDS HIGH-TO-LOW PLANK
15 SECONDS REST

45 SECONDS POWER LUNGE
15 SECONDS REST

SERIES 2

45 SECOND PLANK JACK
15 SECOND REST

45 SECOND JUMPING JACK
15 SECOND REST

45 SECOND SUMO SQUAT WITH LEG STOMP
15 SECOND REST

45 SECOND BEAR SQUAT
15 SECOND REST

45 SECOND AROUND THE WORLD
15 SECOND REST

rest 1 minute after each full series - perform both series twice

6 MINUTE STRETCH ROUTINE

WORKOUT 14

FOCUS: STRENGTH INTERVALS W/ JUMP ROPE



39 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

SERIES 1

use a heavier jump rope

60 SECONDS WALL SQUAT
30 SECONDS JUMP ROPE (HEAVY ROPE)

60 SECONDS AIR SQUAT
30 SECONDS JUMP ROPE (HEAVY ROPE)

60 SECONDS LOW SQUAT PULSE
30 SECONDS JUMP ROPE (HEAVY ROPE)

60 SECONDS BEAR SQUAT
30 SECONDS JUMP ROPE (HEAVY ROPE)

SERIES 2

use a lighter jump rope

60 SECONDS CHATURANGA HOLD
30 SECONDS JUMP ROPE (LIGHTER ROPE)

60 SECONDS PUSHUPS
30 SECONDS JUMP ROPE (LIGHTER ROPE)

60 SECONDS LATERAL WALKING PLANK
30 SECONDS JUMP ROPE (LIGHTER ROPE)

60 SECONDS CHEST TAPS
30 SECONDS JUMP ROPE (LIGHTER ROPE)

rest 1 minute after each full series - perform both series twice

6 MINUTE STRETCH ROUTINE

VIDEO AVAILABLE - CLICK HERE TO FOLLOW ALONG

WORKOUT 15

FOCUS: CARDIO INTERVALS W/ JUMP ROPE



45 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

60 SECONDS JUMP ROPE JOG

60 SECONDS JUMPING JACKS

60 SECONDS JUMP ROPE SCISSOR STEP

60 SECONDS HACKY SACKS

60 SECONDS JUMP ROPE HOP

60 SECONDS BEAR CRAWL

60 SECONDS JUMP ROPE LEG CROSS

60 SECONDS CRAB WALK

60 SECONDS JUMP ROPE BACKWARD HOPS

60 SECONDS CHERRY PICKERS

rest 2 minutes, repeat two more times

6 MINUTE STRETCH ROUTINE

use the
jump rope
weight of
your choice

WORKOUT 16

FOCUS: TABATA



31 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

TABATA #1

SIDE SLIDES
TWISTING MOUNTAIN CLIMBERS
HIGH KNEES
HALF BURPEES

Rotate between the four exercises two times for a total of 8 periods of 20 seconds work/10 seconds rest (4 minutes total)

TABATA #2

MOGULS
HIGH-LOW PLANK
CHERRY PICKERS
SKATERS

Rotate between the four exercises two times for a total of 8 periods of 20 seconds work/10 seconds rest (4 minutes total)

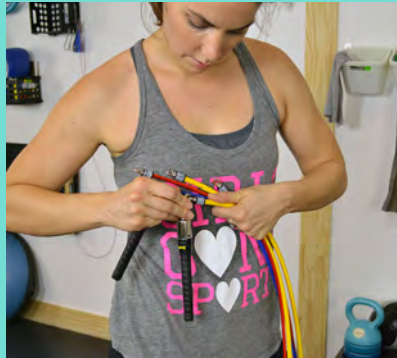
repeat each Tabata a second time

6 MINUTE STRETCH ROUTINE

take a
1-minute
water break
between
each
Tabata

WORKOUT 17

FOCUS: JUMP ROPE CARDIO



27 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

SERIES 1: HOPS

45 SECONDS HEAVY ROPE
15 SECONDS REST

45 SECONDS MEDIUM ROPE
15 SECONDS REST

45 SECONDS LIGHT ROPE
15 SECONDS REST

SERIES 3: BACKWARD

45 SECONDS HEAVY ROPE
15 SECONDS REST

45 SECONDS MEDIUM ROPE
15 SECONDS REST

45 SECONDS LIGHT ROPE
15 SECONDS REST

SERIES 2: TWISTS

45 SECONDS HEAVY ROPE
15 SECONDS REST

45 SECONDS MEDIUM ROPE
15 SECONDS REST

45 SECONDS LIGHT ROPE
15 SECONDS REST

SERIES 4: JACK LEGS

45 SECONDS HEAVY ROPE
15 SECONDS REST

45 SECONDS MEDIUM ROPE
15 SECONDS REST

45 SECONDS LIGHT ROPE
15 SECONDS REST

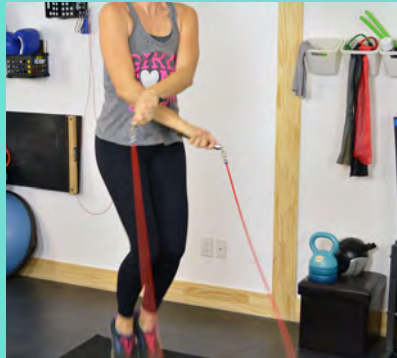
rest 1 minute after each full series

6 MINUTE STRETCH ROUTINE

VIDEO AVAILABLE - CLICK HERE TO FOLLOW ALONG

WORKOUT 18

FOCUS: STRENGTH W/ JUMP ROPE INTERVALS



41 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

- 2 MINUTES ALTERNATING LUNGES
- 1 MINUTE JUMP ROPE HOPS

- 2 MINUTES AIR SQUATS
- 1 MINUTE JUMP ROPE MUMMY KICKS

- 2 MINUTES BRIDGES
- 1 MINUTE JUMP ROPE HEEL TAPS

- 2 MINUTES QUADRUPED HIP EXTENSION
- 1 MINUTE JUMP ROPE LATERAL HOPS

- 2 MINUTES TRICEPS DIPS
- 1 MINUTE JUMP ROPE TWISTS

- 2 MINUTES CHEST TAPS
- 1 MINUTE JUMP ROPE LEG CROSS

- 2 MINUTES INCH WORMS
- 1 MINUTE JUMP ROPE SCISSOR STEPS

- 2 MINUTES SINGLE LEG DEADLIFT
- 1 MINUTE JUMP ROPE CRISS-CROSS

- 2 MINUTES DIVE BOMB PUSHUP
- 1 MINUTE JUMP ROPE JOG

- 2 MINUTES JACK SQUATS
- 1 MINUTE JUMP ROPE SPRINTS

use the
jump rope
weight of
your choice

6 MINUTE STRETCH ROUTINE

WORKOUT 19

FOCUS: CARDIO



36 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

Perform this cardio workout with your jump rope, or on any piece of cardio equipment of your choosing. If you'd prefer, perform it outside as you walk, jog, or cycle.

RATE OF PERCEIVED EXERTION (RPE)

RPE is your perception of your own physical exertion, defined as a number between 1-10, where 1 is the equivalent of sitting still, and 10 is the equivalent of an all-out sprint.

5x

30 seconds RPE 5
30 seconds RPE 8

5x

30 seconds RPE 6
30 seconds RPE 8

5x

30 seconds RPE 4
30 seconds RPE 9

5x

30 seconds RPE 5
30 seconds RPE 8

1x

5 minutes RPE 6

6 MINUTE STRETCH ROUTINE

WORKOUT 20

FOCUS: TABATA (BODY WEIGHT & JUMP ROPE)



31 MINUTE WORKOUT

5 MINUTE WARMUP ROUTINE

TABATA #1: medium jump rope

JUMP ROPE SPRINTS
JUMP ROPE TWISTS
JUMP ROPE SINGLE-LEG LEFT SIDE
JUMP ROPE SINGLE LEG RIGHT SIDE

Rotate between the four exercises two times for a total of 8 periods, each period consisting of 20 seconds work/10 seconds rest (4 minutes total)

TABATA #2: heavy jump rope

JUMP ROPE BACKWARD
JUMP ROPE JACK LEGS
JUMP ROPE SCISSOR STEPS
JUMP ROPE BACKWARD

Rotate between the four exercises two times for a total of 8 periods, each period consisting of 20 seconds work/10 seconds rest (4 minutes total)

TABATA #3: bodyweight training

BURPEES
BEAR SQUATS
PLANK JACK
AROUND THE WORLD

Rotate between the four exercises two times for a total of 8 periods, each period consisting of 20 seconds work/10 seconds rest (4 minutes total)

take a
1-minute
water break
between
each
Tabata

TABATA #4: core

OBLIQUE TWISTS
V-SITS
LEG LIFTS
SUPERMANS

Rotate between the four exercises two times for a total of 8 periods, each period consisting of 20 seconds work/10 seconds rest (4 minutes total)

6 MINUTE STRETCH ROUTINE



EXERCISE APPENDIX

CLICK HERE FOR PLAYLIST 1:
Brief clips of all exercises included in the 28 Day program

CLICK HERE FOR PLAYLIST 2:
Warmup, cool down, and 5, full-length workout videos

Read on to select individual exercise clips

Individual Exercise Appendix

This exercise appendix includes links to short YouTube clips that demonstrate each exercise in the 28 Days of Interval Training program. Find the exercise you're looking for by looking in either the "[Jump Rope Exercises](#)" section or the "[Body Weight & Cardio Exercises](#)" section. Within each section, exercises can be found in alphabetical order according to the name listed in each workout.

Jump Rope Exercises

-A-

-B-

[Backward Jumps](#)

[Butt Kicks](#)

-C-

[Criss-Cross Arms](#)

[Cross Legs](#)

-D-

-E-

-F-

[Fast Hops](#)

[Forward-Back](#)

-G-

-H-

[Heel Taps](#)

[High Knees](#)

[Hops](#)

-I-

-J-

[Jack Legs](#)

Jogging

-K-

-L-

Lateral Hops

Left Leg Hop

-M-

Mummy Kicks

-N-

-O-

-P-

-Q-

-R-

Right Leg Hop

-S-

Single Leg Hops

Scissor Legs

Sprinting

-T-

Tuck Jumps

Twists

-U-

-V-

-W-

-X-

-Y-

-Z-

Body Weight & Cardio Exercises

-A-

[Air Squats](#)

[Alternating Arm-Leg Extension w/ Crunch](#)

[Alternating Leg Lifts](#)

[Alternating Lunges](#)

[Around the World](#)

-B-

[Bear Crawls](#)

[Bear Squats](#)

[Bridges](#)

[Butt Kicks](#)

-C-

[Chair Pose](#)

[Chaturanga Hold](#)

[Cherry Pickers](#)

[Chest Taps](#)

[Crab Walks](#)

[Curtsy Lunges](#)

-D-

[Deadlift Pulses](#)

[Dips](#)

[Dive Bomb Pushups](#)

-E-

-F-

[Fast Half Burpee](#)

Fast Moguls

Fast Mountain Climbers

Fast Skaters

-G-

-H-

Hacky Sacks

Half Burpee

High Knees

High-to-Low Plank

High-to-Low Squat

-I-

Inchworms

-J-

Jumping Jacks

Jumping Lunges

-K-

Knee Pushups

-L-

Lateral Walking Planks

Lateral Slides

Leg Lifts

Lunge (Right & Left Leg)

Lunge Hold

Low Lunge Pulse

Low Squat Jacks

-M-

Moguls

Mountain Climbers

-N-

-O-

Oblique Twist

-P-

Plank

Plank Jacks

Power Lunges (Alternating Legs)

Power Lunges (Single Leg)

Pushups

-Q-

Quadruped Hip Extension

Quick Jacks

-R-

Reverse Plank

-S-

Side Plank

Side Slides

Single Leg Deadlift

Single Leg Deadlift Pulses

Situps

Skaters

Spider Plank

Spider Plank Pulses

Squat Jacks

Squat Pulse

Step Out Half Burpee

Step Out Moguls

Step Out Mountain Climbers

Sumo Squats (w/ and w/out stomp)

Supermans

Superman Hold

-T-

Traveling Squats

Twisting Mountain Climbers

-U-

-V-

V-Sits (active)

V-Sit Hold

-W-

Walk Out Skaters

Walking Planks

Wall Sit (or Wall Squat)

-X-

-Y-

-Z-