

STRONG

by **HIITBURN**

4-WEEK PRE-TRAINING GUIDE



DISCLAIMER: The information provided in this guide is for educational purposes only. We are not doctors and this is not meant to be taken as medical advice and this is not a prescribed diet. This information is not prescribing nutritional interventions to treat diseases or their symptoms. The information provided in this guide is based upon our own experiences as well as our own interpretations of the current research that is available for strategies to help build healthy eating habits. The advice and tips given in this guide are meant for healthy adults only. You should consult your physician to insure advice and tips given in this guide are appropriate for your individual circumstances. If you have any health issues or pre-existing conditions, please consult your physician before implementing any of the information provided below. This product is for informational purposes only and the author does not accept any responsibility for any liabilities or damages, real or perceived, resulting from the use of this information. All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, without the written permission and signature of the author.

WELCOME TO THE 4-WEEK PRE-TRAINING GUIDE!

Thanks so much for taking the step towards strength. If weightlifting is newer to you, this 4-week Pre-Training guide will be a great way to ease into this program by allowing time for your body to get used to movements that will be included in the 12-week program.

Find weights for each of the movements that will be challenging but will still allow you to focus on perfect form for each movement.

Be sure to read through the “FOCUS ON FORM” and “LET’S TALK ABOUT LOGISTICS” sections of the main manual for the STRONG by HIITBURN program before starting.

Refer to the exercise description videos in this program to see how to correctly perform each of the movements.

So, let’s get after it!

WARM -UPS

WARM-UPS:

WARM-UPS: Warm-ups are extremely important to be sure your body is primed to perform well while also helping to prevent injury. Below are some suggested warm-ups to do before each workout. Be sure you are feeling fairly warmed up before jumping into your workout.

Longer HIIT Workout Days = Choose 5 of the full-body dynamic movements to include for your warm-up.

Leg Strength Days = Choose 3 of the full-body dynamic movements [from this video](#). Then complete the Leg Strength Warm-Up circuit to finish the warm-up.

Arm Strength Days = Choose 3 of the full-body dynamic movements [from this video](#). Then complete the Arm Strength Warm-Up circuit to complete that warm-up.

Full-Body Dynamic Warm-Up: Check out [this video](#) for an explanation of the below movements:

Jog 40-80 yards - repeat 4x
Karaoke with Step Over - 20 Steps each way
Walking Knee Tucks - 20 Steps
Walking High Kicks - 20 Steps
Walking Hip Stretch - 20 Steps
Lunge with a Twist - 20 Steps
Inch Worm with T-Push Ups - 20 reps
Alternating Side Lunges - 20 Steps

[Leg Strength Warm-Up:](#)

Complete 2 rounds of the following leg warm up exercises:

- 10 - Kettlebell Squat and Reach Stretch
- 10 - Kettlebell Slow Goblet Squats
- 10 - Kettlebell Slow Deadlifts

Arm Strength Warm-Up:

Complete 2 rounds of the following arm warm up exercises:

50 yard - [Waiter Walk DB Carry](#) (50yd/arm)

10 [Plate Halos](#) - each way

15 [Banded Lat Pull Downs](#) - can use a large resistance band on a pull up bar with straight arms or a mini-band with arms bent

Let's get to it!

Now that you've been prepped on some logistics, you are ready to jump in and start seeing results! We are here to help along the way so don't hesitate to reach out with any questions or concerns that come up! You can email us at support@hiitburn.com and let us know what you need!

Happy lifting!

HIITBURN Team

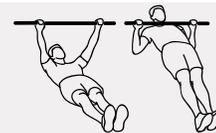
We'd love to hear about your progress! Email us at support@hiitburn.com or connect with us on Facebook or Instagram @hiitburn.

CIRCUIT 1

Rest 60-90 seconds between sets. Choose a height of bar that is challenging but still allows you to complete the movements. Work to touch your chest to the bar each time. The lower the bar is, the more difficult the movement will be.

BODYWEIGHT ROWS

3 sets x 8 reps



PRO-TIP: Focus on pulling your elbows down and pinching your shoulder blades together at the top of each Bodyweight Row.

Height of bar used: _____

CIRCUIT 2

Complete the following 2 movements, with no rest in-between for a superset. Rest for 60-seconds after the completion of both before repeating.

SINGLE ARM DB ROW ON BENCH

3 sets x 10 reps per arm



Weight used: _____

DB OVERHEAD PRESS

3 sets x 10 reps



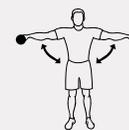
Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. Focus on not shrugging your shoulders but keeping them down and away from your ears.

DB SIDE SHOULDER RAISES

3 sets of 10 reps



CIRCUIT 4: HIIT FINISHER

3 rounds / 30-seconds on with 30-seconds rest for each exercise (9-minutes total)

MOUNTAIN CLIMBERS

30 seconds

MODIFIED IN-N-OUTS

30 seconds

ICE SKATERS

30 seconds

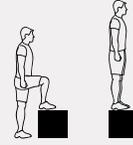


30-30 INTERVALS

4 rounds / 30-seconds on with 30-seconds rest (16-minutes total)

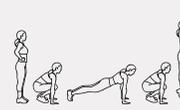
STEP UPS

30 seconds



NO PUSH UP BURPEES

30 seconds



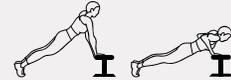
AIR SQUATS

30 seconds



INCLINE PUSH UPS

30 seconds



CIRCUIT 1

Rest 60-90 seconds between sets. Choose a weight that is challenging but still manageable for all sets. Focus on keeping a neutral spine (flat back) as you squat.

GOBLET SQUATS

4 sets x 10 reps



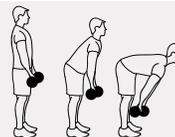
Weight used: _____

CIRCUIT 2

Rest 60-90 seconds between sets. Choose a weight that is challenging but still manageable for all sets. Have a slight bend in your knees to start but initiate movement by sending hips back; not bending your knees.

DB STRAIGHT LEG DEADLIFTS

4 sets x 10 reps



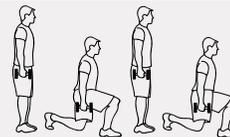
Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. Focus on keeping the weight in the middle or heel of your foot as you lunge back. Avoid letting your front knee go in front of your toes when you lunge. Try to bring the back knee to the ground if possible.

DB ALTERNATING REVERSE LUNGES

3 sets x 10 reps per leg



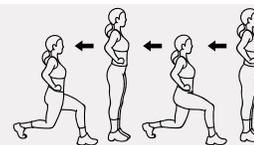
Weight used: _____

CIRCUIT 4: HIIT FINISHER

4 rounds / 30-seconds on with 30-seconds rest for each exercise (8-minutes total)

ALTERNATING LUNGES

30 seconds



SQUAT JACKS

30 seconds

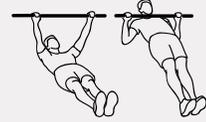


30-30 INTERVALS

4 rounds / 30-seconds on with 30-seconds rest (16-minutes total)

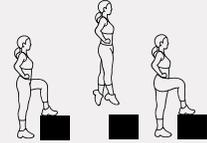
BODYWEIGHT ROWS

30 seconds



LEAP UPS

30 seconds



AIR SQUATS

30 seconds



SIT THROUGHS

30 seconds

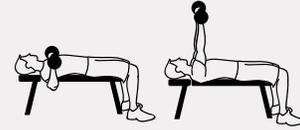


CIRCUIT 1

Rest 60-90 seconds between sets. Choose a weight that is challenging but still manageable for all sets. Be sure that your hands are stacked directly over your shoulders at the top of each rep.

DB CHEST PRESS

3 sets x 12 reps



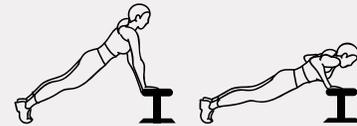
Weight used: _____

CIRCUIT 2

Rest 60-90 seconds between sets. Choose a height that allows you to bring your chest to the bench for each rep. Focus on keeping your body in a solid plank position from your shoulders to your toes for perfect form.

INCLINE PUSH UPS

3 sets x 10 reps



Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. Try to avoid letting your hips be up too high or sagging towards the ground. Keep your core tight by imagining you are pulling your belly button up towards the ceiling while in that plank position.

PLANK HOLDS

3 sets x 30-seconds



CIRCUIT 4: HIIT FINISHER

8 rounds / 30-seconds on with 30-seconds rest for all sprints. Try to find a consistent pace to maintain for all 8 rounds.

RUNNING OR ROWING SPRINTS

30 seconds



WEEK 2 // WORKOUT #6

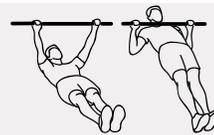
You will be repeating last week's workouts with some slight adjustments to the rep numbers. Continue to focus on perfect form and take note of how your body is adjusting to these workouts.

CIRCUIT 1

Rest 60-90 seconds between sets. Choose a height of bar that is challenging but still allows you to complete the movements. Work to touch your chest to the bar each time. The lower the bar is, the more difficult the movement will be.

BODYWEIGHT ROWS

3 sets x 10 reps



PRO-TIP: Focus on pulling your elbows down and pinching your shoulder blades together at the top of each Bodyweight Row.

Height of bar used: _____

CIRCUIT 2

Complete the following 2 movements, with no rest in-between for a superset. Rest for 60-seconds after the completion of both before repeating.

SINGLE ARM DB ROW ON BENCH

3 sets x 12 reps per arm



Weight used: _____

DB OVERHEAD PRESS

3 sets x 12 reps



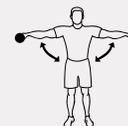
Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. Focus on not shrugging your shoulders but keeping them down and away from your ears.

DB SIDE SHOULDER RAISES

3 sets of 10 reps



CIRCUIT 4: HIIT FINISHER

3 rounds / 30-seconds on with 30-seconds rest for each exercise (9-minutes total)

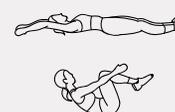
MOUNTAIN CLIMBERS

30 seconds



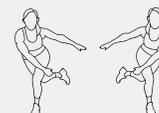
IN-N-OUTS

30 seconds



ICE SKATERS

30 seconds

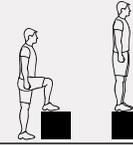


30-30 INTERVALS

4 rounds / 30-seconds on with 30-seconds rest (16-minutes total)

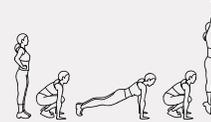
STEP UPS

30 seconds



NO PUSH UP BURPEES

30 seconds



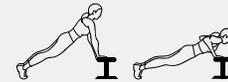
AIR SQUATS

30 seconds



INCLINE PUSH UPS

30 seconds



CIRCUIT 1

Rest 60-90 seconds between sets. Choose a weight that is challenging but still manageable for all sets. Remember to initiate each squat by sending your hips back and be sure that your weight is primarily in your mid-foot and heels.

GOBLET SQUATS

4 sets x 12 reps



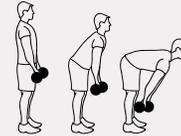
Weight used: _____

CIRCUIT 2

Rest 60-90 seconds between sets. Choose a weight that is challenging but still manageable for all sets.

DB STRAIGHT LEG DEADLIFTS

4 sets x 15 reps



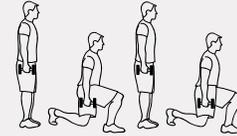
Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. Focus on keeping the weight in the middle or heel of your foot as you lunge back. Avoid letting your front knee go in front of your toes. Try to bring the knee to the ground if possible.

DB ALTERNATING REVERSE LUNGES

3 sets x 12 reps per leg



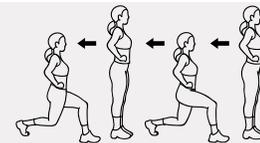
Weight used: _____

CIRCUIT 4: HIIT FINISHER

4 rounds / 30-seconds on with 30-seconds rest for each exercise (8-minutes total)

ALTERNATING LUNGES

30 seconds

SQUAT JACKS

30 seconds

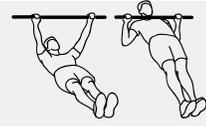


30-30 INTERVALS

4 rounds / 30-seconds on with 30-seconds rest (16-minutes total)

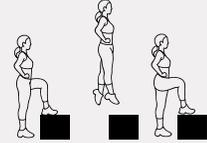
BODYWEIGHT ROWS

30 seconds



LEAP UPS

30 seconds



AIR SQUATS

30 seconds



SIT THROUGHS

30 seconds

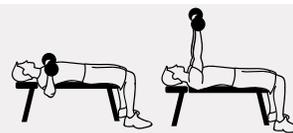


CIRCUIT 1

Rest 60-90 seconds between sets. Choose a weight that is challenging but still manageable for all sets.

DB CHEST PRESS

3 sets x 15 reps



Weight used: _____

CIRCUIT 2

Rest 60-90 seconds between sets. Choose a height that allows you to bring your chest to the bench for each rep. Focus on keeping your body in a solid plank position from your shoulders to your toes for perfect form.

INCLINE PUSH UPS

3 sets x 10 reps



Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. Remember to keep your hips in line with that plank position.

PLANK HOLDS

3 sets x 30-seconds



CIRCUIT 4: HIIT FINISHER

8 rounds / 30-seconds on with 30-seconds rest for all sprints. Try to find a consistent pace to maintain for all 8 rounds.

RUNNING OR ROWING SPRINTS

30 seconds

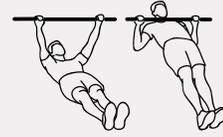


CIRCUIT 1

Rest 60-90 seconds between sets. Choose a height of bar that is challenging. Try to lower the bar slightly from previous weeks.

BODYWEIGHT ROWS

3 sets x 10 reps



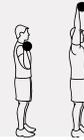
Height of bar used: _____

CIRCUIT 2

Rest 60-90 seconds between sets. Choose a weight that is challenging but still manageable for all sets.

DB OVERHEAD PRESS

3 sets x 12 reps



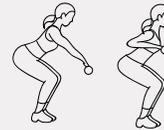
Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. Focus on having a flat back and trying to squeeze your shoulder blades together at the top of the row.

BARBELL BENT OVER ROWS

3 sets x 12 reps



Weight used: _____

CIRCUIT 4: HIIT FINISHER

4 rounds / 30-seconds on with 30-seconds rest for each exercise (8-minutes total)

T-PUSH UPS OR INCLINE T-PUSH UPS

30 seconds



DB SQUAT THRUSTERS

30 seconds



30-30 INTERVALS

4 rounds / 30-seconds on with 30-seconds rest (16-minutes total)

AIR SQUATS

30 seconds



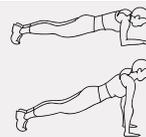
RUSSIAN TWIST

30 seconds



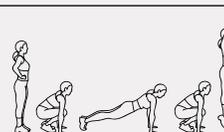
PLANK TO PUSH UP

30 seconds



NO PUSH UP BURPEE

30 seconds



CIRCUIT 1

Rest 60-90 seconds between sets. Choose a weight that is challenging but manageable. Focus on initiating the squat by sending your hips back. This helps to recruit your glutes. Try to increase your weight from last week.

[GOBELT SQUATS](#)

4 sets x 12 reps



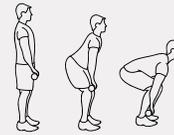
Weight used: _____

CIRCUIT 2

Rest 60-90 seconds between sets. This is a complex movement so be sure to read through the "DEADLIFT" section at the beginning of the main manual.

[BARBELL DEADLIFT](#)

4 sets x 10 reps



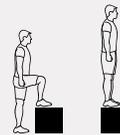
Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. As you do this, place one foot entirely on the box and first shift your weight to that foot. Try to not use the foot on the ground at all to propel you up. Instead as you shift the weight into the foot on the box, focus on driving through that heel and almost try to pull back with that heel (the foot won't actually move) in order to rely more on your glutes to get you up. Slowly lower to the ground and repeat. Start with a low box and no weight.

[STEP UPS](#)

3 sets x 10 reps per leg



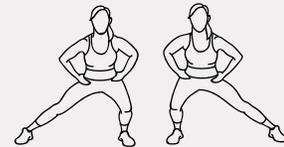
Weight used: _____

CIRCUIT 4: HIIT FINISHER

4 rounds / 30-seconds on with 30-seconds rest for each exercise (8-minutes total)

[ALTERNATING SIDE LUNGES](#)

30 seconds

[SQUAT JUMPS](#)

30 seconds



30-30 INTERVALS

4 rounds / 30-seconds on with 30-seconds rest (16-minutes total)

BURPEES

30 seconds



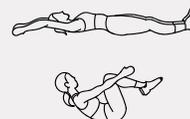
MOUNTAIN CLIMBERS

30 seconds



MODIFIED IN-N-OUTS

30 seconds



SQUAT TO SQUAT JUMPS

30 seconds



CIRCUIT 1

Rest 60-90 seconds between sets. Choose a weight that is slightly heavier than last week if possible.

DB CHEST PRESS

3 sets x 12 reps



Weight used: _____

CIRCUIT 2

Rest 60-90 seconds between sets. Choose a height that allows you to bring your chest to the bench for each rep. Focus on keeping your body in a solid plank position from your shoulders to your toes for perfect form.

INCLINE PUSH UPS

3 sets x 10 reps



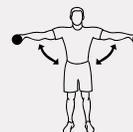
Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. Focus on not shrugging your shoulders but keeping them down and away from your ears.

DB SIDE SHOULDER RAISES

3 sets x 10 reps



Weight used: _____

CIRCUIT 4: HIIT FINISHER

8 rounds / 30-seconds on with 30-seconds rest for all sprints. Try to find a consistent pace to maintain for all 8 rounds.

RUNNING OR ROWING SPRINTS

30 seconds



WEEK 4 // WORKOUT #16

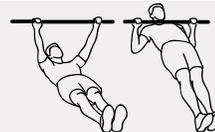
You will be repeating last week's workouts with some slight adjustments to the rep numbers. Continue to focus on perfect form and take note of how your body is adjusting to these workouts.

CIRCUIT 1

Rest 60-90 seconds between sets. Choose a height of bar that is the same as last week.

BODYWEIGHT ROWS

3 sets x 12 reps



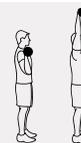
Height of bar used: _____

CIRCUIT 2

Rest 60-90 seconds between sets. Choose a weight that is challenging but still manageable for all sets.

DB OVERHEAD PRESS

3 sets x 15 reps



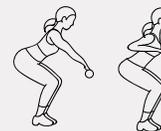
Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. Focus on having a flat back and trying to squeeze your shoulder blades together at the top of each row.

BARBELL BENT OVER ROWS

3 sets x 15 reps



Weight used: _____

CIRCUIT 4: HIIT FINISHER

4 rounds / 30-seconds on with 30-seconds rest for each exercise (8-minutes total)

T-PUSH UPS OR INCLINE T-PUSH UPS

30 seconds



DB SQUAT THRUSTERS

30 seconds



30-30 INTERVALS

4 rounds / 30-seconds on with 30-seconds rest (16-minutes total)

AIR SQUATS

30 seconds



RUSSIAN TWIST

30 seconds



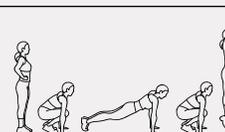
PLANK TO PUSH UP

30 seconds



NO PUSH UP BURPEES

30 seconds



CIRCUIT 1

Rest 60-90 seconds between sets. Choose the same weight as last week. Focus on initiating the squat by sending your hips back. This helps to recruit your glutes.

GOBELT SQUATS

4 sets x 15 reps



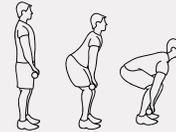
Weight used: _____

CIRCUIT 2

Rest 60-90 seconds between sets. This is a complex movement so be sure to read through the "DEADLIFT" section at the beginning of the main manual. Choose the same weight as last week or go slightly heavier.

BARBELL DEADLIFT

4 sets x 12 reps



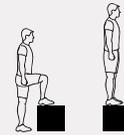
Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. As you do this, place one foot entirely on the box and first shift your weight to that foot. Try to not use the foot on the ground at all to propel you up. Instead as you shift the weight into the foot on the box, focus on driving through that heel and almost try to pull back with that heel (the foot won't actually move) in order to rely more on your glutes to get you up. Slowly lower to the ground and repeat. Start with a low box and no weight.

STEP UPS

3 sets x 12 reps per leg



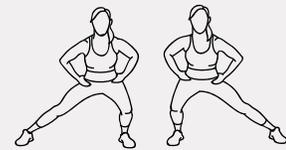
Weight used: _____

CIRCUIT 4: HIIT FINISHER

4 rounds / 30-seconds on with 30-seconds rest for each exercise (8-minutes total)

ALTERNATING SIDE LUNGES

30 seconds

SQUAT JUMPS

30 seconds

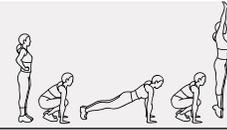


30-30 INTERVALS

4 rounds / 30-seconds on with 30-seconds rest (16-minutes total)

BURPEES

30 seconds



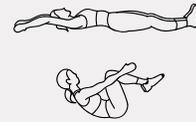
MOUNTAIN CLIMBERS

30 seconds



MODIFIED IN-N-OUTS

30 seconds



SQUAT TO SQUAT JUMPS

30 seconds



CIRCUIT 1

Rest 60-90 seconds between sets. Choose the same weight as last week.

DB CHEST PRESS

3 sets x 15 reps



Weight used: _____

CIRCUIT 2

Rest 60-90 seconds between sets. Choose a height that allows you to bring your chest to the bench for each rep. Focus on keeping your body in a solid plank position from your shoulders to your toes for perfect form.

INCLINE PUSH UPS

3 sets x 10 reps



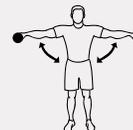
Weight used: _____

CIRCUIT 3

Rest 60-90 seconds between sets. Focus on not shrugging your shoulders but keeping them down and away from your ears.

DB SIDE SHOULDER RAISES

3 sets x 12 reps



Weight used: _____

CIRCUIT 4: HIIT FINISHER

8 rounds / 30-seconds on with 30-seconds rest for all sprints. Try to find a consistent pace to maintain for all 8 rounds.

RUNNING OR ROWING SPRINTS

30 seconds

