

WORKOUT OF THE MONTH

High Intensity Circuit Training (HICT) Full-Body, Body Weight



WORKOUT BUILT BY:

Katelyn Drake

Certified Personal Trainer

Recreation
centres

Edmonton



1

Mountain Climbers

- In a plank position, bring your knees toward your elbows on the same side, alternate
- Make sure that your hips and lower back stay neutral during the exercise
- Progress: Drive knee towards opposite shoulder to target obliques

1 minute, followed by 30 seconds of rest



2

Lunge

- Stand with your feet apart (one forward, one backward)
- Lower your body by bending the knees to 90 degrees. Return to starting position.
- Repeat exercise on opposite leg

1 minute, followed by 30 seconds of rest



3

Tricep Dip

- Sit on the edge of the bench and grip the edge next to your hips
- Extend legs hip-width in front of you
- Lower yourself down towards the ground, then in a slow controlled movement push up to the start position. Repeat.

1 minute, followed by 30 seconds of rest



4

Burpees with Push Up

- Touch the ground with your chest (push up position), perform a push up then get back up and jump with your hands higher than your shoulders.
- Repeat quickly

1 minute, followed by 30 seconds of rest



5

Body Weight Squat

- Push the hips back and flex the knees to lower the body down until the thighs are parallel to the ground
- Keep the back straight, chest out and shoulders back and down
- You can balance yourself by raising the arms forward as you lower

1 minute, followed by 30 seconds of rest



6

Plank with Opposite Shoulder Tap

- Position yourself in a plank position, feet shoulder width apart
- Keep your abdominals braced and tap the opposite shoulder with the hand
- Make sure your hips and trunk don't shift to one side as you tap. Your trunk should remain still.

1 minute, followed by 30 seconds of rest

Resistance Training Guide & Tracker



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Perform each exercise for 1 minute, then rest for 30 seconds. Repeat the circuit 2-3 times!

TRAINER TIP: Breathe... make sure that you're getting maximum oxygen flow while generating energy to get you through this workout! Remember... in through your nose, out through your mouth... Follow along so you can feel the burn!

EXERCISE	DATE																				
	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	
Mountain Climbers																					
Lunge																					
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