



SHIELDS TRAINING

FULL BODY • BODYWEIGHT • NO EQUIPMENT

5 DAY HIIT & CIRCUIT PLAN

Full-body sessions • Bodyweight only • No equipment

Five timed full-body circuits using only clear floor space. Alternate harder interval days with moderate circuits so you can recover between demanding sessions.

YOUR WEEK

Monday — Day 1: Full-body HIIT

Tuesday — Day 2: Low-impact circuit

Wednesday — Day 3: Athletic HIIT

Thursday — Day 4: Controlled circuit

Friday — Day 5: Full-body HIIT challenge

Saturday & Sunday — Rest or an easy walk

FOLLOW THE TIMER

Days 1, 3 & 5: 40 seconds work / 20 seconds rest. Complete 4 rounds.

Days 2 & 4: 30 seconds work / 30 seconds rest. Complete 3 rounds.

Complete all 6 exercises in order to finish one round. After exercise 6, take 60 seconds rest instead of the usual rest. No extra round rest is needed after the final round.

WARM UP — 5 MINUTES

March or jog on the spot for 60 seconds, then do 10 easy squats, 10 hip hinges, 6 reverse lunges per leg and 10 arm circles each way. Continue gentle movement until warm. Cool down with 2–3 minutes of easy walking and comfortable stretching.

EFFORT & PROGRESSION

On HIIT days, aim for 7–8/10 effort during the cardio moves. Keep strength and core movements controlled. On moderate days, stay at 5–6/10. Start with 2 rounds or 20 seconds work / 40 seconds rest if needed; build towards the full session before increasing pace.

Technique comes first: pause during any work interval if form slips. Stop if a movement causes sharp pain. For single-side movements, swap sides halfway through the interval. Use a controlled pace for crunches, twists and knee raises; keep the neck relaxed and avoid swinging.



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DAY 1

Full-body HIIT • Approximately 34 minutes

40s WORK / 20s REST / 4 ROUNDS

01 Burpee

Hands down, jump feet back to plank and in; stand with a small jump.

Easier: Step feet back and in; stand without jumping.

02 Press-up

Brace your trunk; lower smoothly with elbows around 45 degrees.

Easier: Keep knees on the floor.

03 Bodyweight squat

Sit between your hips; keep heels down and stand tall.

Easier: Use a shallower squat.

04 Mountain climber

Hands under shoulders; alternate knees towards chest.

Easier: Slow the knee drives.

05 Crunch

Lie on your back, knees bent; lift shoulder blades without pulling neck.

Easier: Use a smaller lift.

06 Calf raise

Stand tall; lift both heels, pause, then lower slowly.

Easier: Use a smaller range; keep feet slightly wider.

HOW TO COMPLETE THIS SESSION

Work through all 6 exercises in order. After exercise 6, rest 60 seconds instead of the normal rest, then repeat. Push cardio intervals to 7–8/10 effort; control all strength reps.



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DAY 2

Low-impact full-body circuit • Approximately 26 minutes

30s WORK / 30s REST / 3 ROUNDS

01 Bodyweight squat

Sit between your hips; keep heels down and stand tall.

Easier: Use a shallower squat.

02 Pike press-up

Hips high; bend elbows to lower head between hands, then press up.

Easier: Bend knees and use a smaller lowering range.

03 Alternating reverse lunge

Step back softly; drive through the front foot and alternate legs.

Easier: Shorten the step and reduce the depth.

04 Calf raise

Stand tall; lift both heels, pause, then lower slowly.

Easier: Use a smaller range; keep feet slightly wider.

05 Russian twist

Sit with knees bent, heels down; turn your ribs gently side to side.

Easier: Sit more upright and reduce the rotation.

06 Lying knee raise

Lie on your back; draw bent knees towards chest, then lower slowly.

Easier: Lower one leg at a time; keep the other foot down.

HOW TO COMPLETE THIS SESSION

Work through all 6 exercises in order. After exercise 6, rest 60 seconds instead of the normal rest, then repeat. Keep this at 5–6/10 effort and focus on smooth movement.



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DAY 3

Athletic full-body HIIT • Approximately 34 minutes

40s WORK / 20s REST / 4 ROUNDS

01 Squat jump

Squat and jump; land softly and reset before the next rep.

Easier: Use a squat to calf raise without jumping.

02 Press-up

Brace your trunk; lower smoothly with elbows around 45 degrees.

Easier: Keep knees on the floor.

03 Alternating reverse lunge

Step back softly; drive through the front foot and alternate legs.

Easier: Shorten the step and reduce the depth.

04 Mountain climber

Hands under shoulders; alternate knees towards chest.

Easier: Slow the knee drives.

05 Russian twist

Sit with knees bent, heels down; turn your ribs gently side to side.

Easier: Sit more upright and reduce the rotation.

06 Burpee

Hands down, jump feet back to plank and in; stand with a small jump.

Easier: Step feet back and in; stand without jumping.

HOW TO COMPLETE THIS SESSION

Work through all 6 exercises in order. After exercise 6, rest 60 seconds instead of the normal rest, then repeat. Push cardio intervals to 7–8/10 effort; control all strength reps.



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DAY 4

Controlled full-body circuit • Approximately 26 minutes

30s WORK / 30s REST / 3 ROUNDS

01 Bodyweight squat

Sit between your hips; keep heels down and stand tall.

Easier: Use a shallower squat.

02 Press-up

Brace your trunk; lower smoothly with elbows around 45 degrees.

Easier: Keep knees on the floor.

03 Calf raise

Stand tall; lift both heels, pause, then lower slowly.

Easier: Use a smaller range; keep feet slightly wider.

04 Alternating reverse lunge

Step back softly; drive through the front foot and alternate legs.

Easier: Shorten the step and reduce the depth.

05 Crunch

Lie on your back, knees bent; lift shoulder blades without pulling neck.

Easier: Use a smaller lift.

06 Lying knee raise

Lie on your back; draw bent knees towards chest, then lower slowly.

Easier: Lower one leg at a time; keep the other foot down.

HOW TO COMPLETE THIS SESSION

Work through all 6 exercises in order. After exercise 6, rest 60 seconds instead of the normal rest, then repeat. Keep this at 5–6/10 effort and focus on smooth movement.



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DAY 5

Full-body HIIT challenge • Approximately 34 minutes

40s WORK / 20s REST / 4 ROUNDS

01 Burpee

Hands down, jump feet back to plank and in; stand with a small jump.

Easier: Step feet back and in; stand without jumping.

02 Pike press-up

Hips high; bend elbows to lower head between hands, then press up.

Easier: Bend knees and use a smaller lowering range.

03 Squat jump

Squat and jump; land softly and reset before the next rep.

Easier: Use a squat to calf raise without jumping.

04 Alternating reverse lunge

Step back softly; drive through the front foot and alternate legs.

Easier: Shorten the step and reduce the depth.

05 Mountain climber

Hands under shoulders; alternate knees towards chest.

Easier: Slow the knee drives.

06 Crunch

Lie on your back, knees bent; lift shoulder blades without pulling neck.

Easier: Use a smaller lift.

HOW TO COMPLETE THIS SESSION

Work through all 6 exercises in order. After exercise 6, rest 60 seconds instead of the normal rest, then repeat. Push cardio intervals to 7–8/10 effort; control all strength reps.