

Level II Sports Drills: Part I

40-45 min

Fast Side Shuffle



1. Warm up: Brisk walk / light jog for 10-12 minutes.



2. Fast Side Shuffle (20 sec): at jog-run pace. Bend your knees, lower your hips and shuffle your feet quickly. Go 10 sec to L and 10 sec to R.

High Knees Backpedaling



3. High Knees and Backpedaling (20 sec): 10 sec each at jog-run speed. Use a vigorous arm swing.

Crossover Steps



4. Crossover Steps (20 sec): 10 sec to L and to R at jog-run speed. Keep a fast pace and lower your hips as in #2

5. Brisk walk / light jog for 1 minute.



6. Repeat #2-#5--4 more times
(5 times total)

How To Maximize Your Workout Using High Intensity Interval Training

Ridha Arem



How To Maximize Your Workout Using High Intensity Interval Training:

Hiit: Transform Your Body and Maximize Your Performance (Achieve Your Best Fitness and Health With High-intensity Interval Training) Kevin Whitfield,101-01-01 Unleash your potential with specialized HIIT workouts for running cycling swimming strength and muscle building as well as endurance training Discover the ultimate HIIT protocol with Tabata and learn the secrets of optimizing recovery while minimizing discomfort This eBook goes beyond mere physical training by incorporating HIIT with yoga and Pilates for improved flexibility and balance Fuel your body with the vital nutrition essential for optimum performance and results Track your progress overcome plateaus and incorporate HIIT seamlessly into your busy lifestyle Stay motivated and consistent while preventing and managing injuries during your HIIT sessions The eBook extends its reach to cater to seniors and focuses on HIIT for mental health and team sports further broadening its applicability and usefulness Here Is A Preview Of What You ll Learn What is HIIT HIIT vs Steady State Exercise HIIT Implementation Sample HIIT Workouts for All Levels HIIT Myths and Pitfalls The Importance of Metabolism HIIT Duration and Intensity Introduction to TRX Training Much much more You re about to learn everything you need to know about HIIT training and how it can improve your health body and lifestyle HIIT is an enhanced method of interval cardio respiratory exercises HIIT calls for repetitive bouts of short period high intensity drill intervals combined with periods of lower intensity intervals of active recovery It has been proven to be one of the most effective cardiovascular training methods that allows you to burn fat while maintaining muscle mass

Hiit: High Intensity Interval Workouts You Can Do at Home (A Simple Clear Cut Guide to Losing Weight With High Intensity Interval Training Today) Cody Olmstead,101-01-01 You re about to learn everything you need to know about hiit training and how it can improve your health body and lifestyle Hiit is an enhanced method of interval cardio respiratory exercises Hiit calls for repetitive bouts of short period high intensity drill intervals combined with periods of lower intensity intervals of active recovery It has been proven to be one of the most effective cardiovascular training methods that allows you to burn fat while maintaining muscle mass Here is a preview of what you ll learn What is high intensity interval training Studies on high intensity interval training How high intensity interval can help you lose weight High intensity interval workouts Tips on how to burn off fat faster with hiit A two week meal plan to complement hiit And much much more This book delivers everything you need to know about hiit but above that the actual meat itself to get you started the best guidelines for hiit illustrated easy to follow samples of various movements sample hiit workouts and ideas for all fitness levels beginners to advanced Nutrition guidance for long term success and much more Why wait Take your fitness to another level today and get started with high intensity interval training at the comfort of your own home

How to Maximize Your Workout Using High Intensity Interval Training Marc Holden,2013-08-15 How d You Like to Learn About a Workout Much More Efficient Than Anything Out There Learn the training method of the leanest fastest and most powerful animal on our planet And yes you can use it in almost every workout

even if you are a beginner So start learning how to train with much MORE RESULTS in LESS TIME now Learn today how you can maximize your exercises and workouts How you can get more results in less time using high intensity interval training This workout is for people who really want to get the body of their dream WITHOUT spending many hours in the gym All you need are a few short workouts and you will start burning calories like never before Did you know that a group of people who only did perform 4 minute workouts 4 times a week did showed a significant increase in aerobic anaerobic systems compared to a group who did 60 minute workouts 5 times a week All thanks to HIIT HIIT provides you with numerous benefits In general the benefits offered by HIIT include Improved speed and athletic performance Shorter workouts which means more free time Strength in muscles Strength in the cardiovascular system Muscle toning Weight loss through fat loss Higher metabolism Overall HIIT touches three main aspects of the human physiology It offers aerobic benefits metabolic benefits and also works on the cardiovascular system by reducing the risk of cardiovascular disease Scroll up and click the buy button and get this bestseller today The cheetah the fastest and leanest animal on our planet uses HIIT everyday It s now your time to do the same

The Busy Person's Guide to Fitness: Quick Workouts for Maximum Results
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The Busy Person's Fitness Plan: Short, Effective Workouts That Can Be Done At Home Or On The Go, Perfect For People With Packed Schedules Brian Smith, The Busy Person s Fitness Plan is a comprehensive guide designed for individuals with packed schedules who are seeking effective workouts that can be done at home or on the go This book explores the importance of fitness and how it impacts overall health emphasizing the need to set realistic goals It provides strategies for creating a fitness routine and finding the motivation to stick to it The book offers a wide range of quick workouts suitable for busy schedules including HIIT and bodyweight exercises It highlights the benefits of utilizing technology such as fitness apps and wearable trackers to enhance fitness routines Additionally it offers tips on making healthy nutrition a priority and overcoming common exercise barriers Readers will learn how to tailor workouts to their preferences incorporate mindfulness into their fitness practices and maximize results with minimal equipment The book also

emphasizes the importance of consistency and persistence providing guidance on maintaining a routine and recovering and restoring the body Furthermore it offers practical tips on incorporating fitness into daily life setting realistic expectations and finding support and accountability It addresses common challenges such as navigating fitness plateaus and provides strategies for overcoming them Overall The Busy Person s Fitness Plan serves as a valuable resource for busy individuals looking to prioritize their health and achieve their fitness goals despite their hectic schedules

Maximizing Fitness: How to Benefit from 20-Minute Exercise Plans Kirsty Izatt-Lewis, Unlock the secret to staying fit and healthy with minimal time investment Maximizing Fitness How to Benefit from 20 Minute Exercise Plans is your ultimate guide to achieving your fitness goals through efficient effective workouts This comprehensive book delves into the science behind short workouts offers detailed exercise plans and provides tips on balancing cardio strength and flexibility in just 20 minutes a day With chapters on nutrition motivation special considerations and sustaining your fitness journey this guide empowers you to transform your health without sacrificing time Perfect for beginners and seasoned fitness enthusiasts alike Maximizing Fitness is your essential resource for a healthier happier life

Hiit: High Intensity Interval Workouts You Can Do at Home (A Simple Clear Cut Guide to Losing Weight With High Intensity Interval Training Today) Joseph Taylor, 101-01-01 You re about to learn everything you need to know about hiit training and how it can improve your health body and lifestyle Hiit is an enhanced method of interval cardio respiratory exercises Hiit calls for repetitive bouts of short period high intensity drill intervals combined with periods of lower intensity intervals of active recovery It has been proven to be one of the most effective cardiovascular training methods that allows you to burn fat while maintaining muscle mass Here is a preview of what you ll learn What is hiit Hiit vs steady state exercise Hiit implementation Sample hiit workouts for all levels Hiit myths and pitfalls The importance of metabolism Hiit duration and intensity Introduction to trx training Much much more High intensity interval training is what you need if you are busy but want to lose weight New research and studies are coming up in favor of short yet intense workouts Exercising slowly for long hours is now outdated Short yet intense exercises are what fitness experts recommend There is no more need for you to spend countless hours at the gym running on the treadmill or riding the stationary bicycle

The Metabolism Boosting Guide: How to Burn Fat & Increase Energy Naturally Jens Belner, Struggling with slow metabolism low energy or stubborn fat It s time to take control of your body s natural fat burning potential The Metabolism Boosting Guide is your ultimate science backed roadmap to revving up your metabolism torching fat and skyrocketing energy levels naturally No crash diets no gimmicks just proven strategies to optimize your body s natural engine for long term results Inside This Book You ll Discover The science behind metabolism how your body burns fat and creates energy Best metabolism boosting foods from superfoods to the right proteins spices and hydration hacks Smart workouts that fire up calorie burn strength training HIIT and metabolism activating movement The impact of sleep stress and lifestyle on your metabolism and how to optimize them Meal timing fasting strategies to enhance fat loss without starving

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BIOHACKING: A QUICK START GUIDE Samuel James,Samuel Inbaraja using ChatGPT, Welcome to Biohacking A Quick Start Guide This book is your ultimate roadmap to diving into the fascinating world of biohacking a field that merges biology with self improvement techniques to optimize your body and mind If you re new to the concept biohacking might sound like something out of a sci fi movie but it s very much real and accessible Whether you re looking to boost your mental clarity enhance your physical performance or simply live a healthier life biohacking offers practical strategies and cutting edge technologies to help you achieve your goals **Freeweight Training Anatomy** Ryan George,2016-03-15 100 STEP BY STEP EXERCISE PHOTOS AND 100 COLOR ANATOMY ILLUSTRATIONS COMBINE TO CREATE A HELPFUL INFORMATIVE GUIDE FOR MAXIMIZING YOUR STRENGTH TRAINING RESULTS Picturing hundreds of step by step

exercises and clearly colored muscle illustrations Freeweight Training Anatomy reveals precisely which muscle groups are being built stretched and sculpted in every workout This extensive anatomy and fitness guide is the ultimate resource for creating smart balanced fitness routines that employ barbells dumbbells kettlebells sandbags and even your own body weight Isolate and exercise hard to sculpt muscles Revolutionize your routine with unconventional weights Add hardcore

combination moves for a full body workout **Forever in Motion: Secrets to Healthy Aging and Longevity** Olivia H. Mirela, 2025-02-05 Forever in Motion Secrets to Healthy Aging and Longevity unveils the powerful yet simple strategies that can help you not just live longer but live better Aging is inevitable but decline is not Science shows that the key to longevity lies in the small choices we make every day how we nourish our bodies how we move how we rest and how we cultivate purpose and joy This book is your roadmap to a vibrant active and fulfilling life at any age Drawing from cutting edge research time tested wisdom and the habits of the world s longest living people this book provides practical actionable steps to help you maintain energy strength and mental clarity for decades to come Whether you re looking to optimize your health now or set yourself up for a thriving future these longevity secrets will empower you to take control of your well being What You Will Find in This Book Science backed nutrition strategies to slow aging and boost vitality Daily movement and exercise tips for lasting strength and mobility The power of sleep and recovery in maintaining youthfulness Stress management techniques that promote longevity How to cultivate a sharp resilient and focused mind The role of relationships purpose and community in a long life Detoxifying habits to protect your body from harmful toxins How to build sustainable habits for lifelong wellness Aging is not about resisting time it s about working with it By implementing these powerful yet simple longevity principles you can embrace the future with confidence energy and enthusiasm Whether you re in your 30s 50s or 80s Forever in Motion will inspire and guide you to unlock your body s full potential for a healthier longer and more vibrant life The time to invest in your future is now Are you ready to take the first step toward lifelong vitality **Women's Home**

Workout Bible Brad Schoenfeld, 2010 Millions of women have discovered the benefits of home fitness and female consumers spend millions annually on home gym equipment Working out at home can be the ideal setting for a shapeover but many women are intimidated by the concept or don t know how to make the most of their equipment In Women s Home Workout Bible fitness expert and best selling author Brad Schoenfeld makes sense of home based workouts by covering fitness routines for every training style budget and home space The full color guide includes 12 four week programs for conditioning sculpting and core stability plus three levels of fat burning cardio workouts all customizable to fit the reader s goals It also has consumer buying tips for products and guidelines for making the most of any space for a home gym Applicable to any budget the book provides plans for creating a personal gym or adding to an existing home gym on budgets of 100 500 1000 and over 2500 Women s Home Workout Bible is a fitness manual buying guide and personal trainer all in one It can help women get the body they want without leaving the house or breaking the bank *Preventing Muscle Loss* Jenny

Smith, AI, 2025-02-12 Preventing Muscle Loss addresses the critical issue of sarcopenia or age related muscle loss offering readers an evidence based guide to maintaining strength and vitality throughout life The book emphasizes that muscle loss isn't inevitable highlighting two key strategies resistance exercise and optimal nutrition Intriguingly the book reveals how strength training acts as a potent stimulus for muscle protein synthesis counteracting age related decline Additionally it tackles common misconceptions about protein intake providing practical guidance on incorporating sufficient protein into your diet to support muscle repair and growth The book approaches this topic by first defining sarcopenia and its effects then delves into resistance training providing workout routines for various fitness levels It explores the science behind protein nutrition offering recommendations based on individual needs By focusing on lifestyle interventions the book empowers readers to take control of their health promoting mobility balance and independence as they age Ultimately it provides a plan for integrating these strategies into daily life helping readers overcome barriers to success and lead healthier more active lives

Intense Transformation Paul W. Matthews, 2022-12-01 From Roman gladiators to today's 65 year old overweight men and women achieving transformation through HIIT is for EVERYONE Discover how to use HIIT High Intensity Interval Training to sharpen your mind shape your body and uplift your spirit in less than 30 minutes No matter what age fitness level or body type you are Are you looking for ways to hit your fitness goals without spending hours in the gym or following a strict unsustainable diet Have you tried working out in the past but life got in the way until you gradually worked out less and less Would you like to have access to a sustainable fitness system that will leave you excited for the next workout instead of looking for excuses not to do it If you answered Yes to at least one of these questions please read on The fitness world is currently packed with all types of fad workouts diets and supplements Just jump on Google or YouTube pick a free program or a trainer you like and go for it Now tell me How is that working for you so far When was the last time you felt excited about your next training session When was the last time you weren't scrambling for an excuse not to do it It's been a tough day I don't have time I still feel exhausted from the last one It's raining just kidding and a million and five other excuses that keep you away from living the life you want And you know what It's not even your fault In this book you'll find special HIIT strategies and concepts I will also explain to you why you struggled to develop a workout habit before and how to do it the proper way so you can reap all the massive benefits Inside you'll find The science behind HIIT and how it can improve your brain health brain function and mindfulness Why this style of training is the most effective for fat burning weight loss endurance strength and power The only type of training that hits all 4 major fitness areas at once The No 1 most overlooked and shocking reason why people can't sustain working out long term HIIT and Spiritual Transformation How a 30 minute daily workout can uplift your spirit 5 health benefits HIIT can help you achieve quickly Metabolism boost and hormonal improvements are just two of them How to get started with HIIT to obtain ultimate health benefits for any fitness level and activate your full potential Want to challenge yourself Intermediate and Advanced training strategies are here for you A very

detailed recovery plan to ensure your long term success Keep in mind that no matter what age or fitness level you are this book will walk you through the transformation that is yours for the taking Don t wait Scroll up click Buy Now and HIIT Your Fitness Dreams Today

The New Power Eating Kleiner, Susan, Greenwood-Robinson, Maggie, 2018 The New Power Eating delivers a science based nutrition plan that explains what to eat and when and how to customize your diet for your physique performance and energy needs This is the authoritative guide for adding muscle and cutting fat

Be Fit - The Ultimate Guide: 50 Tips for a Healthy Lifestyle, 2024-10-19 A true compass composed of 101 pages filled with science backed tips and information that will guide you through a challenging and inspiring horizon unveiling the secrets and benefits of the fitness world Explore practical guidance to achieve a healthy and lasting transformation This content covers everything you need to shape your mind revitalize your body and strengthen your determination

Be FITNESS *Hiit: High Intensity Interval Workouts You Can Do at Home (Learn How and Why Hiit Shreds Fat and How to Implement Starting Today)* Kendrick Smith, 101-01-01 The real magic of hiit training lies in its effect on our metabolism But that s not all hiit training not only helps us burn fat but also develop and tone muscles High intensity movements engage multiple muscle groups simultaneously providing a full body workout The beauty of hiit training is that it only requires a few minutes a day It s perfect for anyone with a busy lifestyle and limited time for exercise In just 5 minutes you can achieve the same if not better benefits as a longer workout The following areas Weight loss Improving the body s capacity to burn fat Increasing anaerobic threshold enabling you to work harder before the burn sets in Improving maximal oxygen uptake vo2 max a popular indicator of fitness Improving athletic performance Releasing beta endorphins providing a feeling of well being Exercise enjoyment And much more The tabata workout has led to the creation of a revolutionary fitness regime one that has changed lives all over the globe It s effective it s doable and best of all it yields great results in a short span of time In this book you will learn about the origins of the tabata workout how you do it and also several important exercises You will also learn how to maximize your performance and workouts for the best results

The Protein Boost Diet Ridha Areem, 2014-01-07 Rebalance your hormones with food learn how to control cravings drop pounds with the eating and exercise plan Jacket

Testosterone: How to Boost Your Testosterone Levels and Increase Stamina (An Introductory Guide to Androgen Replacement Therapy and Hormone Replacement Therapy) Edward Pritchett, 101-01-01 This ultimate guide that will provide you with everything you need to naturally elevate your testosterone levels unlocking a host of benefits from increased energy and muscle mass to improved mood sex drive and overall well being without the need for risky medications Packed with scientifically backed strategies and practical advice this guide will teach you how to optimize your diet exercise routine sleep quality and lifestyle helping you achieves increased testosterone levels and lasting results that go beyond physical performance Whether you re struggling with low testosterone symptoms or looking for ways to boost your performance this guide covers it all Here Is a Preview of What you ll Learn What Is Testosterone Replacement Therapy The Science Behind

TRT Pros Cons And Effects of TRT Alternatives The Future And Other Critical Information You ll learn how to limit exposure to all of this and how to increase testosterone with the best food sources and strength and resistance training exercises This book will help you get your mojo back and or multiply your current mojo With a shift in choices in nutrition movement and by taking control of emotions namely stress you will start to feel human again man again

Unveiling the Magic of Words: A Review of "**How To Maximize Your Workout Using High Intensity Interval Training**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**How To Maximize Your Workout Using High Intensity Interval Training**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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