



# LIMITLESS

**iHIIT** intelligent High Intensity Interval Training

HISTORY / CONSIDERATIONS / APPLICATION

PRESENTED BY

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# evolution of HIIT

Improve  
Running  
Performance  
1920's

Fartlek  
1930's

External Loads  
1950's

Tabata  
1996

# **TABATA protocol**

**10 min warm up**

**20 sec on, 10 sec off x 7 or 8 sets**

**Up to 6 min cool down**

**~ 20 min in total**

**@ 100% + of VO2 max**



## **benefits**

**Weight Loss**

**Body Transformation**

**Improved aerobic & anaerobic capacity**

**Improve Strength & Power**

**Time efficient**

**No equipment needed**

**EPOC**



# risks

Hard to maintain technique  
Not safe for everyone  
Burn-out/Over-training  
Risk of injury  
Recovery & Readiness

# Protocol

**Alternate Lower Body HIIT w/ Upper Body HIST**

40 seconds on, 20 sec off w/ 1 minute rest between rounds

Explore & Explode

## MOVE BETTER

6 min

- Quadruped Plank
- Dynamic Frog
- Walk the Dog to Dynamic Down Dog
- Hip Press
- Side Plank R & L
- Squat to Walk out Plank to Push Up

## MOVE FASTER

3 min

- 10 Quick Hops to Drop Squat x 6
- 10 Quick Hops to S.L. x 10
- 10 S.L. Hops to Side Lateral Jumps x 6

## MOVE POWERFUL & STRONGER

30 min

- Side Lateral Jumps
- D. L. Hip Press
- Squat Jumps
- Offset Push Up - alt
- Scissor Squat Jump
- Push Ups
- Split Squat Jumps - R
- Plank w/ Shoulder Touch
- Split Squat Jumps - L
- Side Plank (L&R)
- Cycle Jumps
- Bird Dog
- Switches
- Bird Dog
- Clock Jumps
- Floor Y Raise
- \* Exercise of choice
- Forward & Backwards Crawls

## MOVE BETTER

5 min

- Frog Stretch
- Dynamic T-Spine
- Down Dog
- ½ Kneeling Hip Flexor Stretch
- Forward Fold



**programming options**

**LOWER BODY POWER  
UPPER BODY STRENGTH**

**LOWER BODY POWER  
CORE**

**LOWER BODY POWER  
LOWER BODY STRENGTH**

**LOWER BODY POWER  
MOBILITY/STABILITY**

**UPPER BODY POWER (Med Balls)  
LOWER BODY STRENGTH**

**BW and/or EXTERNAL LOAD**





**principles to keep in mind**

**EVERY REP IS INDIVIDUAL**

**START SLOW, MOVE FAST**

**KNOW WHEN TO STOP**

**QUALITY OF QUANTITY**

**EARN YOUR PROGRESSION**

**EXERCISE SELECTION & SEQUENCING**

**movement matters!**





**thank you!**

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