

High-Intensity Training (HIT) or Minimalist workouts focus on achieving maximum results in the least amount of time and equipment. They emphasize efficiency, intensity, and effectiveness, making them perfect for individuals with busy schedules or those who prefer shorter workout sessions. Here's a detailed description of what a HIT/Minimalist workout split might look like:

Key Principles of HIT/Minimalist Workouts

1. Intensity Over Volume: HIT workouts prioritize high effort and intensity rather than the number of exercises or sets. You push yourself to near maximum effort for short periods, followed by brief rest intervals.

2. Short Duration: Sessions are typically short, lasting between 20 to 30 minutes, making them feasible for a busy lifestyle.

3. Full-Body Engagement: Many HIT routines are designed to engage multiple muscle groups, ensuring a balanced workout that promotes overall strength and endurance.

4. Circuit Training: HIT workouts often use a circuit format, where you perform a series of exercises in a sequence with minimal rest in between.

A typical HIT workout split could be designed for three to five days a week, alternating between strength training and conditioning workouts.

Weekly Schedule:

Day 1: **Chest Day**

Day 2: **Back Day**

Day 3: **Rest**

Day 4: **Legs and Core**

Day 5: **Rest**

Day 6: **SHARMS (Shoulders + Arms)**

Day 7: **Rest**

Day 1: **Chest**

Exercise One: **Barbell Bench Press**

- 2 x Failure

Exercise Two: **Incline Bench Press**

- 2 x Failure

Alternative Exercise: **Incline Dumbbell Press**

Exercise Three: **Pec Dec/Cable Fly**

- 2 x Failure

Day Two: **Back Day**

Exercise One: **Lat Pulldown**

- 2 x Failure

Exercise Two: **Lat Pullover**

- 2 x Failure

Exercise Three: **Barbell Bent Over Row**

- 2 x Failure

Exercise Four: **Cable Row**

- 2 x Failure

Day Three: **Rest**

Day Four: **Legs And Core**

Exercise One: **Leg Press**

- 2 x Failure

Exercise Two: **Squats**

- 2 x Failure

Exercise Three: **Sissy Squats**

- 2 x Failure

Exercise Four: **Hanging Leg Raises**

- 2 x Failure

Excise Five: **Weighted Decline Sit-Ups**

- 2 x Failure

Day Five: **Rest**

Day Six: **SHARMS(Shoulder + Arms)**

Exercise One: **Lateral Raises**

- 2 x Failure

Exercise Two: **Dumbbell Overhead Press**

- 2 x Failure

Exercise Three: **Rear Delt Fly**

- 2 x Failure

Exercise Four: **Bicep Curl**

- 2 x Failure

Exercise Five: **Incline Bicep Curl**

- 2 x Failure

Exercise Six: **Tricep Pushdown**

- 2 x Failure

Exercise Seven: **Tricep Extension**

- 2 x Failure

Day Seven: **Rest**