

An HIIT Kettlebell Workout Routine to do During Nap Time

Description

This HIIT (High Intensity Interval Training) workout routine is perfect for the time-strapped parent (or anyone short on time) as it provides a high-revving training stimulus in 30 minutes or less. That is, of course, assuming you push yourself out of your comfort zone. If there's one carry-over from my years of marathon training to strength training, it's learning to push far beyond my level of comfort to reach and/or surpass my goals.

But there are differences. With marathon training, it's all about doing more; more miles, more time on feet, and essentially, more running! When training for strength, you focus on lifting more weight or adding more sets/reps, but doing too much creates a point of diminishing returns. Muscles need to rest and recover in order to repair themselves and grow stronger, and that means doing less might be best.

That's an extreme Cliff Notes version as there's definitely a lot more to strength training than just lift heavy, eat a caloric surplus (focusing on quality food sources), rest, repeat. I could blabber on and on about this topic, but I would need to have a blog devoted entirely to the subject as it is extremely vast. Plus, I have an HIIT routine for the time-strapped parent (or anyone really) I created that I want to share. Hopefully you'll find it effective.

Once your kid goes down for a nap or you're graced with a patient child, try this routine for a full-body blast that'll have you full of endorphins once finished.



It's waiting for you!!

6 Rounds for Time

6 *Pull-ups or Chin-ups

10 Burpees

15 Push-ups

10 1-arm **Kettlebell Swings (each arm)

15 V-Ups

**If you can't do pull-ups/chin-ups, try inverted rows or dumbbell bent rows*

***If you don't have a kettlebell, use a dumbbell or anything you can old and securely swing*

I was feeling this the next day and loved it! If you really push yourself, expect to take about 15 to 20 minutes to complete. I added 5 minutes of biking before and after but it's not required.

Give this routine a try and let me know how you liked it (or didn't like it) in the comments below. This is also a great finisher after pure strength training with compounds exercises like squat, deadlift, bench, etc.; just shorten it to 3 rounds.

Parents need to keep fit too, and HIIT routines like this allow us to get a good strength and cardio workout in when there's not a lot of time. If you can (or if nap time was a failure), have the kids join in to let them see how fun keeping active is, and you'll be leading my example.

What are your current fitness goals?

Do you like HIIT routines like this or prefer standard cardio options like running or biking?

Date Created

2016/01/06