orbhfitness Home Workout

HIIT Protocoal - 30 Seconds Work / 10 Seconds Recovery

Designed for peri- and post-menopausal women to support metabolic health, strength and confidence.

🟧 WARM UP – 5 minutes

Why? Warming up increases circulation and joint lubrication. It prepares the body and mind.

Do the following moves for 30–60 seconds each:

- March on the spot (light fists, arms swinging)
- Shoulder rolls and elbow circles
- Side steps with gentle arm reaches
- Hip openers (standing leg circles)
- Bodyweight squats or sit-to-stand

TIP: Breathe steadily. Keep your chest lifted and spine long.

Move	Teaching Points	Tips for You
1. 4 Punches (Right), Jog, 4 Punches (Left)	Keep elbows soft. Pivot from the hips. Keep core engaged.	Add small hops or step out to jog.
2. Wide Squat Right, Step In, Wide Squat Left	Knees over toes. Sit back into heels. Spine long.	Use a dumbbell or kettlebell for more challenge.
3. Alternating Forward Lunges	Step forward, drop back knee. Push back to standing.	Reduce depth for knee comfort. Hands on hips helps balance.
4. 2 Punches (Right), Shuffle, 2 Punches (Left)	Dynamic movement. Light feet. Punch from the shoulders.	Shuffle can be a step-touch if preferred.
5. Wide Squat Holding Weight	Chest proud, drive through heels, hold weight close.	Aim for smooth, controlled movement.
6. Wide Squat with Upright Row	Squat first, then lift elbows high to shoulder height.	Keep shoulders relaxed and wrists neutral.
7. Kettlebell Swing	Hinge at the hips. Power comes from glutes, not arms.	Use hips, not shoulders. Keep spine neutral.
8. Fast Feet – On the Spot	Stay light. Arms by your sides or boxing guard.	Quick pace. Keep breathing steady.
9. Single Punch Forward – Moving Feet	Step and punch. Keep core braced and arms strong.	Focus on rhythm and coordination.
10. 10 Minute Brisk Walk	Outdoors if possible. Swing arms freely.	Helps lower cortisol and bring heart rate down.

🟩 COOL DOWN – 5 minutes

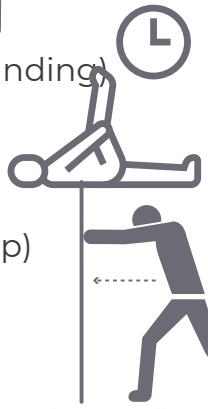
- Gentle march or step-tap side to side
- Arm circles and shoulder rolls
- Slow bodyweight squats and toe touches
- Breathe in deeply through the nose, out through the mouth

✅ Then: Stretch – After Walk

Take 5 minutes to stretch the following:

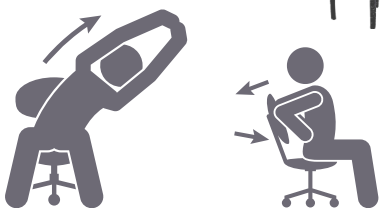
- Quads (standing stretch)

- Hamstrings (seated or standing)



- Calves (against wall or step)
- Glutes (lying or seated cross-legged)

- Upper back and chest



🟪 Science Insight

HIIT training supports insulin sensitivity, bone density, and lean muscle mass.
Short bursts of effort stimulate growth hormone, improve metabolism, and enhance mood.
Find some music that you like - or use a HIIT playlist to help you keep to the time.
This works by the receptiveness of the workouts, which increases as you go along.
Aim for 10-15 minutes and then add in your walk.

You are not too old or too tired. You are training smart for your future self.

🟫 Want to Learn More?

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Why not have a quick read of one of my blog post - https://www.rbhfitness.co.uk/post/menopause-active