

jailhouse strong interval training

Jailhouse Strong Interval Training: Unlocking Maximum Strength and Endurance

jailhouse strong interval training is more than just a fitness trend—it's a powerful approach to building functional strength and cardiovascular endurance inspired by the intense, no-nonsense workouts of prison inmates. This style of training emphasizes bodyweight exercises performed in high-intensity intervals, designed to push your limits without requiring fancy equipment or a gym membership. Whether you're a fitness newbie or a seasoned athlete, jailhouse strong interval training offers a unique way to challenge your body and improve overall conditioning.

What Exactly Is Jailhouse Strong Interval Training?

At its core, jailhouse strong interval training mimics the tough, efficient workouts inmates use to stay fit in confined spaces. The focus lies on compound movements such as push-ups, squats, planks, and burpees executed in timed circuits with brief rest periods. This method builds strength, endurance, and mental toughness simultaneously, emphasizing functionality over aesthetics.

Unlike traditional weightlifting routines that isolate muscles, jailhouse strong workouts recruit multiple muscle groups at once. This not only saves time but also mirrors real-world physical demands, making it practical for everyday strength and stamina.

The Origins and Philosophy Behind Jailhouse Strong Workouts

The term "jailhouse strong" originates from the idea that prisoners, often limited by space and equipment, develop impressive strength through bodyweight exercises and interval training. Their workouts rely heavily on calisthenics, high-rep sets, and minimal rest intervals to maximize muscle fatigue and cardiovascular challenge.

This philosophy has gained popularity outside prison walls due to its simplicity and effectiveness. The workouts demand mental grit, consistency, and adaptability—qualities that resonate with many looking to break from conventional fitness routines.

Benefits of Jailhouse Strong Interval Training

The appeal of jailhouse strong interval training lies not only in its physical benefits but also in its accessibility and holistic approach to fitness.

1. Builds Functional Strength

By focusing on compound movements, jailhouse strong training develops strength that translates directly into daily activities. Rather than just building muscle size, it enhances the ability to perform tasks such as lifting, pushing, or carrying with greater ease.

2. Enhances Cardiovascular Fitness

The interval nature of this training keeps your heart rate elevated, improving cardiovascular endurance. High-intensity bursts followed by short rests challenge the heart and lungs, making this an efficient way to boost aerobic and anaerobic capacity.

3. Requires No Equipment

One of the biggest draws is the elimination of equipment dependency. All you need is your body and a little space. This makes jailhouse strong interval training perfect for home workouts, travel, or outdoor sessions.

4. Improves Mental Toughness

The demanding intervals and high-rep sets require focus and perseverance. Over time, this builds mental resilience, helping you push through physical and psychological barriers.

How to Get Started with Jailhouse Strong Interval Training

Starting your journey with jailhouse strong interval training is straightforward, but it helps to have a plan that balances intensity with recovery.

Designing Your First Workout

Begin with basic bodyweight exercises that target major muscle groups:

- Push-ups
- Bodyweight squats
- Plank holds
- Jumping jacks
- Burpees

Structure your session into timed intervals—for example, 30 seconds of work followed by 15 seconds of rest—and cycle through the exercises 3 to 4 times. As you build stamina, increase the work interval or add more rounds.

Sample Beginner Jailhouse Strong Interval Workout

1. Push-ups - 30 seconds
2. Squats - 30 seconds
3. Plank hold - 30 seconds
4. Burpees - 30 seconds
5. Rest - 30 seconds

Repeat this circuit 3 times. Adjust rest times and repetitions depending on your fitness level.

Advanced Jailhouse Strong Interval Techniques

Once you've mastered the basics, you can ramp up the difficulty with variations that increase intensity and complexity.

Incorporating Plyometrics

Adding explosive movements like jump squats, tuck jumps, or clap push-ups amps up the power and cardiovascular demand of your workouts.

Utilizing Tabata Protocol

The Tabata method involves 20 seconds of ultra-intense work followed by 10 seconds of rest, repeated for 8 rounds. Incorporating Tabata-style rounds into jailhouse strong training can supercharge fat loss and endurance.

Combining Strength and Mobility

Including dynamic stretches and mobility drills between intervals helps improve flexibility and reduces injury risk, complementing the strength and endurance gains.

Tips to Maximize Results with Jailhouse Strong Interval Training

To get the most out of jailhouse strong interval training, consider these practical tips:

- **Consistency is key:** Aim for at least 3 sessions per week to build momentum.
- **Focus on form:** Proper technique ensures effective muscle engagement and prevents injury.
- **Progress gradually:** Increase intensity or duration incrementally to avoid burnout.
- **Listen to your body:** Rest when needed and incorporate active recovery days.
- **Stay hydrated and nourish well:** Supporting your workouts with proper nutrition aids recovery and performance.

Jailhouse Strong Interval Training and Fat Loss

One of the perks of interval training like jailhouse strong routines is their effectiveness in burning fat. The high-intensity bursts elevate your metabolism, resulting in increased calorie burn during and after the workout—a phenomenon known as excess post-exercise oxygen consumption (EPOC).

By combining strength-building exercises with cardio intervals, jailhouse strong training offers a comprehensive approach to weight management and body composition improvement.

Community and Motivation

Interestingly, jailhouse strong interval training has cultivated a supportive community online. Many enthusiasts share their progress, workout ideas, and motivational tips on social media platforms. Engaging with such communities can provide accountability and inspiration to keep pushing forward.

Whether you prefer solo workouts or group sessions, connecting with others who follow similar training principles can enhance your experience and results.

In essence, jailhouse strong interval training is more than just a workout style—it's a mindset emphasizing resilience, efficiency, and functional fitness. It invites everyone to embrace simplicity and intensity, proving that you don't need fancy gyms or equipment to get strong, fit, and confident. So why not give it a try and see how far your body and mind can go?

Frequently Asked Questions

What is Jailhouse Strong interval training?

Jailhouse Strong interval training is a high-intensity workout method inspired by prison-style workouts, focusing on bodyweight exercises performed in intervals to build strength, endurance, and overall fitness.

How does Jailhouse Strong interval training differ from traditional interval training?

Unlike traditional interval training that often incorporates gym equipment, Jailhouse Strong emphasizes minimal or no equipment, using bodyweight exercises and high-intensity intervals that mimic the resourceful workouts done in jail environments.

What are the benefits of Jailhouse Strong interval training?

Benefits include improved cardiovascular fitness, increased muscle strength, enhanced endurance, fat loss, and the convenience of performing workouts anywhere without the need for equipment.

Can beginners do Jailhouse Strong interval training?

Yes, beginners can start with modified exercises and shorter intervals, gradually increasing intensity and duration as they build strength and endurance.

What types of exercises are included in Jailhouse Strong interval training?

Common exercises include push-ups, squats, lunges, burpees, jumping jacks, planks, and other bodyweight movements performed in timed intervals.

How long is a typical Jailhouse Strong interval training session?

Sessions typically last between 20 to 40 minutes, including warm-up, intervals of high-intensity exercises, brief rest periods, and cool-down stretches.

Is Jailhouse Strong interval training suitable for weight loss?

Yes, the high-intensity nature of the workouts boosts metabolism and burns calories efficiently, making it effective for weight loss when combined with a proper diet.

Do you need any equipment for Jailhouse Strong

interval training?

No, one of the main features of Jailhouse Strong interval training is that it requires little to no equipment, relying mostly on bodyweight exercises.

How often should I do Jailhouse Strong interval training for best results?

For optimal results, it is recommended to perform Jailhouse Strong interval training 3 to 4 times per week, allowing rest days for recovery.

Additional Resources

****Jailhouse Strong Interval Training: A Deep Dive into This Revolutionary Fitness Method****

Jailhouse strong interval training has emerged as a distinctive and effective approach to high-intensity workouts, attracting attention from fitness enthusiasts and trainers worldwide. Rooted in the principles of functional strength and endurance, this training style emphasizes short bursts of intense effort combined with periods of rest or active recovery. Its name, evocative of the gritty, no-nonsense atmosphere of correctional facilities, hints at its origins and its promise: to build strength, resilience, and cardiovascular fitness without the need for expensive equipment or gym memberships.

As the fitness industry continuously evolves, understanding the nuances of jailhouse strong interval training offers valuable insight into its growing popularity and practical applications. This article explores the methodology, benefits, and considerations of this training style, weaving in relevant data and comparisons to other interval training forms to provide a comprehensive view.

The Foundations of Jailhouse Strong Interval Training

Jailhouse strong interval training is a form of high-intensity interval training (HIIT) that blends calisthenics, bodyweight movements, and functional fitness exercises. Its primary goal is to develop raw strength and cardiovascular endurance simultaneously. Unlike traditional HIIT routines that may focus heavily on cardio or isolated muscle groups, jailhouse strong interval training emphasizes compound movements that mimic real-life physical demands.

This training style is inspired by workouts that inmates might perform within limited spaces and minimal resources, using body weight and makeshift equipment. The regimen typically involves exercises such as push-ups, pull-ups, squats, burpees, and planks, executed in rapid succession with brief rest intervals. The intensity and structure push trainees to improve not only muscle endurance but also mental toughness and discipline.

Key Components and Structure

At its core, jailhouse strong interval training consists of:

- **Short, intense work intervals:** Usually lasting between 20 to 45 seconds, these bursts demand maximal effort.
- **Active or passive rest periods:** Rest intervals can be equal to or shorter than work phases, often ranging from 10 to 30 seconds.
- **Functional exercises:** Movements that engage multiple muscle groups, promoting full-body coordination.
- **Minimal equipment:** Primarily bodyweight exercises, occasionally incorporating resistance bands or improvised weights.

This structure promotes an efficient metabolism, fat burning, and strength gains within a compact timeframe, making it ideal for people with busy schedules or limited access to gyms.

Comparing Jailhouse Strong Interval Training to Traditional HIIT

While both jailhouse strong interval training and conventional HIIT aim to maximize workout efficiency, several distinctions set them apart:

Exercise Selection and Focus

Traditional HIIT often incorporates cardio-centric exercises such as sprinting, cycling, or jump rope intervals. In contrast, jailhouse strong interval training leans heavily on strength-oriented movements that engage multiple muscle groups simultaneously. This focus on compound bodyweight exercises helps build muscular endurance in addition to cardiovascular capacity.

Equipment Requirements

Many HIIT programs require access to machines, weights, or specialized gear. Jailhouse strong interval training, inspired by the limitations of correctional settings, thrives on minimalism, relying mostly on body weight and spatial creativity. This makes it accessible for home workouts or outdoor sessions without investment in equipment.

Intensity and Mental Resilience

The mental toughness cultivated through jailhouse strong interval training is

often cited as a unique benefit. The style's name itself suggests a no-frills, disciplined approach that challenges practitioners to push through discomfort and fatigue, reflecting a mindset often associated with incarceration fitness regimens.

Benefits of Jailhouse Strong Interval Training

The increasing adoption of jailhouse strong interval training is no coincidence. Its multifaceted benefits appeal to a wide demographic.

- **Improved cardiovascular health:** Repeated high-intensity bursts elevate heart rate and enhance aerobic capacity.
- **Muscle endurance and strength:** The emphasis on compound calisthenics strengthens multiple muscle groups, improving overall functional fitness.
- **Efficient fat loss:** The afterburn effect (excess post-exercise oxygen consumption) is heightened, promoting calorie burn even after workouts.
- **Minimal equipment and space needed:** Makes the training highly adaptable and cost-effective.
- **Enhanced mental toughness:** The demanding nature fosters resilience and discipline.

Scientific studies on interval training support these benefits, highlighting improvements in VO2 max, insulin sensitivity, and muscular endurance with consistent practice. Jailhouse strong interval training, with its unique exercise selection, taps into these physiological adaptations effectively.

Who Can Benefit Most?

This training style is particularly suited for:

- Individuals seeking full-body conditioning without gym dependency.
- Those wanting to improve strength and endurance simultaneously.
- Busy professionals needing time-efficient workouts.
- People interested in functional fitness that translates to everyday physical tasks.

However, beginners or individuals with certain health conditions should approach with caution and possibly consult a fitness professional to modify intensity and exercise choices.

Potential Drawbacks and Considerations

Despite its advantages, jailhouse strong interval training is not without limitations:

- **Risk of injury:** High-intensity bodyweight exercises can cause strain if performed with poor form or without adequate warm-up.
- **Not ideal for complete beginners:** The demanding nature may overwhelm novices who lack foundational strength or cardiovascular fitness.
- **Monotony risk:** Limited exercise variety may lead to boredom if routines are not diversified.
- **Recovery needs:** Intense interval training requires sufficient rest and nutrition to avoid overtraining.

In professional settings, incorporating jailhouse strong interval training as part of a balanced program, including mobility and flexibility work, can mitigate these concerns.

Integrating Jailhouse Strong Interval Training into Your Regimen

For those interested in incorporating jailhouse strong interval training, a sample weekly plan might look like this:

1. **Day 1:** Full-body interval session (push-ups, squats, burpees, planks)
2. **Day 2:** Active recovery or low-intensity cardio
3. **Day 3:** Upper body-focused intervals (pull-ups, dips, push-ups)
4. **Day 4:** Rest or mobility training
5. **Day 5:** Lower body and core intervals (lunges, squats, leg raises)
6. **Day 6:** Mixed functional intervals combining strength and cardio
7. **Day 7:** Rest

Adjusting work-to-rest ratios and exercise selection based on fitness levels ensures sustainable progress.

The Cultural and Psychological Impact of Jailhouse Strong Interval Training

Beyond its physical benefits, jailhouse strong interval training carries a cultural connotation tied to resilience and overcoming adversity. The notion of training methods born from correctional environments speaks to themes of transformation and self-discipline. For many practitioners, engaging in this style is not only about fitness but also about embracing a mindset of toughness and perseverance.

This psychological dimension can serve as a powerful motivator, particularly for those seeking more than just physical improvement from their fitness routines. The challenge and grit demanded by the program encourage a deeper connection to personal goals and the ability to push past mental barriers.

In the evolving landscape of fitness methodologies, jailhouse strong interval training stands out due to its practical applicability, minimal equipment requirements, and holistic approach to strength and endurance. While it demands commitment and proper technique, its potential to deliver comprehensive fitness results makes it a compelling option for many. As more individuals explore efficient and effective workout strategies, jailhouse strong interval training continues to carve a niche as a resilient, no-excuses pathway to physical and mental fortitude.

Jailhouse Strong Interval Training

jailhouse strong interval training: Jailhouse Strong Josh Bryant, Adam BenShea, 2013 Tired of all the latest exercise advancements delivering no results? For less than the cost of a day pass to any trendy chain gym, you can get Jailhouse Strong. With innovation and dedication prisoners make incredible strength gains. Jailhouse Strong offers functional strength training with a workout system that is based on the training habits cultivated behind bars. Through interviews with personalities ranging from a former Mr. Olympia, who started lifting behind bars, to a co-founder of the Crips Street gang, Jailhouse Strong describes the workouts prisoners use to become lean and powerful. Jailhouse Strong includes programs for lifting, bodyweight movements, and conditioning with unarmed combat techniques. The workouts require minimal cost, equipment, time, and space and they can be done at home, in a hotel, or just about anywhere. Whether you are doing 10-25 or working 9-5, Jailhouse Strong can fit into your schedule because Jailhouse Strong provides the fitness habits that are crucial for getting strong and for maintaining a level of emotional balance amidst the volatile reality found on both sides of prison walls.

jailhouse strong interval training: Jailhouse Strong Adam Benshea, Josh Bryant, 2019-07-15 Are you tired of entering meet after meet with minuscule increases in your total as you perpetually burn out? Stop burning the candle at both ends! A properly planned powerlifting off-season separates the champs from the chumps. The Jailhouse Strong 8 x 8 Off-Season Powerlifting Program will give you the tools to hone your technique, use new exercise variations to stimulate muscle hypertrophy all while increasing your work capacity and preventing mental and physical burnout. Join the strongest people in the world on what was once a closely guarded secret by hopping on the Jailhouse Strong 8 x 8 Off-Season Powerlifting Program!

jailhouse strong interval training: High Intensity Interval Training Sean Bartram, 2015-07-07 Are you looking to burn fat and get lean and strong, and do it all in less time? HIIT, or High-Intensity Interval Training, involves workouts with short bursts of high-intensity, heart-pumping exercise followed by short periods of rest. This dynamic, fat-burning training strategy has been proven to strengthen the whole body and improve cardiovascular health, and the workouts

take less time compared to traditional training methods. From the official trainer to the Indianapolis Colts cheerleaders comes *Idiot's Guides: High-Intensity Interval Training*, a comprehensive guide to HIIT, featuring beautiful, full-color photos and detailed step-by-step instructions. Here's what you'll find inside:

- Over 60 step-by-step exercises and beautiful photography to help you train smarter and faster
- 90 structured workout routines to target every area of your body and ensure that you never grow bored with your workouts
- 10 comprehensive training programs that can be done anywhere and anytime to help you transform your health and train your entire body
- Detailed, visual instruction from a professional that's organized by level of fitness, so it's suitable for the beginner or the pro

Get ready to break a serious sweat as you train your way to a leaner, stronger, calorie-burning body!

jailhouse strong interval training: *High-Intensity Interval Training for Women* Sean Bartram, 2015-08-17 Burn fat, lose weight, and reach your fitness goals faster with high-intensity interval training! High-intensity interval training, or HIIT, is a fantastic way to lose weight and get strong by performing very short bursts of targeted exercise. The beauty of HIIT is that it works fast and the workouts are very short — which means you don't have to dedicate a lot of time to working out, but you'll still get great results. *High-Intensity Interval Training for Women* is a step-by-step, highly visual guide packed with exercises, workouts, and multi-day programs all tailored to help you reach your fitness goals, and help you do it in the time you have. Here's what you'll get with this complete guide:

- 60 exercises that can be done anywhere and cover all the major muscle groups, with special emphasis on the core and lower body, where women often look for results first
- Clear, step-by-step instructions and beautiful photography to illustrate every exercise
- Over 45 routines designed for readers of all fitness levels, plus four multi-day challenges that range from three days all the way up to 28 days
- Expert guidance how HIIT works, pre- and post-workout stretching, goal setting, and nutrition to help get you started and keep you on the right track to achieving your fitness goals

If you're looking for an incredibly efficient and effective way to get strong and also get the body you want, then HIIT is your answer, and *High-Intensity Interval Training for Women* is the only guide you'll need!

jailhouse strong interval training: *Staying Young with Interval Training* Joseph Tieri, 2018-03-27 A Workout to Reverse Aging Professional trainers know that high-intensity interval training is a super-effective way to burn fat and get ripped. However, research shows that this popular exercise approach also improves heart and cellular health, prevents disease and enhances athletic performance for older adults—regardless of age. The scientifically proven fitness routines in *Staying Young with Interval Training* take much less time than conventional workouts, so you can quickly gain:

- Greater flexibility for an active lifestyle
- Muscle and core strength to stay in the game
- Increased energy for the things you love
- Optimal health to live longer and fitter
- A leaner physique with fat-burning stamina

jailhouse strong interval training: *Dr. Jordan Metzl's Workout Prescription* Jordan Metzl, Mike Zimmerman, 2016-12-13 *Dr. Jordan Metzl's Workout Prescription* is a compressed workout guide designed for busy professionals in today's world who have little time for fitness and want to maximize results. In this book, Dr. Jordan Metzl explains the science of the compressed, high-intensity workout and provides a series of progressive workouts ranging from 10 to 30 minutes that can be done anytime, anywhere, using minimal equipment. This book also guides you through topics like motivation, goals, and the importance of proper recovery. Dr. Metzl's high-intensity workout, combined with a scientifically designed and periodized training schedule, delivers maximum results in minimum time in a unique and compelling way that is equally effective for men and women, children and adults.

jailhouse strong interval training: *I.T., Interval Training for Lifetime Fitness* Edward L. Fox, Jeffrey Bairstow, Jeffrey N. Bairstow, Donald K. Mathews, 1980

jailhouse strong interval training: *Maximum Interval Training* John Cissik, Jay Dawes, 2015-06-02 Are you ready to challenge yourself, and turn up the intensity of your workouts? Are you ready for a proven program that burns fat, increases muscle, and sculpts the physique you've always

wanted? If so, then Maximum Interval Training is for you! Maximum Interval Training combines high-intensity exercises and nontraditional equipment with a variety of modalities and training options to stimulate muscle growth, avoid plateaus, and produce results. You'll find step-by-step instructions, expert advice, and photo depictions of 147 exercises as well as ready-to-use programs for power, strength, endurance, quickness, agility, tactical training, and total-body conditioning. But rest assured that it won't be more of the same. You'll test your limits with a regimen of sprints, medicine balls, heavy ropes, kettlebells, sandbags, body-weight exercises, and suspension training. Train with maximum intensity for maximum results!

jailhouse strong interval training: *The 12-Minute Athlete* Krista Stryker, 2020-03-31 Unlock your athletic potential and get into the best shape of your life with Krista Stryker's HIIT and bodyweight workouts—all of which can be done in just minutes a day! If you've ever thought you couldn't get results without spending hours in the gym, that you'd never be able to do a pull-up, or that it's too late to get in your best shape ever, *The 12-Minute Athlete* will change your mind, your body, and your life. Get serious results with high-intensity interval training (HIIT) workouts that can be done in just minutes a day. Give up the excuses and learn to use your own bodyweight and a few basic pieces of portable equipment for short, incredibly effective workouts. Reset your mindset, bust through mental blocks, and set meaningful goals you'll actually accomplish. You can finally ditch the dieting and enjoy food as fuel with simple eating guidelines to the 80/20 rule. In *The 12-Minute Athlete* you'll also find: -A guide to basic calisthenics and bodyweight exercises for any fitness level -Progressive exercises to achieve seemingly "impossible" feats like pistol squats, one-arm push-ups, pull-ups, and handstands -More than a dozen simple and healthy recipes that will fuel your workouts -Two 8-week workout plans for getting fitter, faster, and stronger -Bonus Tabata workouts -And so much more! *The 12-Minute Athlete* is for men and women, ex-athletes and new athletes, experienced athletes and "non-athletes"—for anyone who has a body and wants to get stronger and start living their healthiest life.

jailhouse strong interval training: HIIT--High Intensity Interval Training: Get Strong & Sexy in Less Than 15 Minutes a Day Lucy Wyndham-Read, 2015 Become your own HIIT trainer with this unique book! This book provides you with a full explanation of what you need to get started with the newest fitness trend and contains various guides and charts to help you with your training. Learn about the incredible benefits this HIIT training method gives you and find the workout that suits you best. The author, who served in the British Army for five years, has developed over 20 specialized HIIT workouts with lots of illustrations and step-by-step guides on how to perform the individual exercises. Every workout in the book will have an intensity g.

jailhouse strong interval training: The Burst! Workout Sean Foy M.A., 2014-09-23 Here from Sean Foy—exercise physiologist and coauthor of the million-copy bestseller *The Daniel Plan*—is *The Burst! Workout*, a complete program for 10-minute interval and circuit workouts that can be done practically anywhere, anytime. Study after study proves the effectiveness of high-intensity interval training. Now, here's exactly how to do it: four minutes to raise the heart rate and metabolism; three minutes of resistance training to strengthen muscles and bones; two minutes of core movements for the abs and back; one minute of deep breathing and stretching (a vital component missing from other popular highintensity circuit programs). The book features three four-week programs: Level 1, with no equipment required, perfect for the office (and fighting the "sitting disease"); Level 2, with minimal equipment; and Level 3, which brings interval training to the gym. The simple, scientifically devised exercises are illustrated with step-by-step photographs and are easy to master. The results are astonishing: The workouts boost metabolic rate, promote weight loss, target all the major muscle groups, increase cardiovascular endurance, have a positive effect on cholesterol levels and blood pressure, and deliver a sense of well-being. All in just a few minutes a day.

jailhouse strong interval training: HIIT—High Intensity Interval Training: Get Fit & Sexy in Less Than 15 Minutes a Day Lucy Wyndham-Read, 2015-07-24 High-Intensity Interval Training is the best and quickest way to get fit, lose weight, and tone your body! It helps you tailor

your fitness regime to exercise the body part you want to improve and to incorporate it into your busy schedule. You can do these short workouts at home, at the gym, or even at work. All you need is 15 minutes a day and within just one month, you'll sculpt your body, burn fat, and improve your strength! Lucy Wyndham-Read provides you with a complete guide to High-Intensity Interval Training, with lots of exercises and workouts with step-by-step instructions. Whether you're a beginner or advanced, HIIT is for you! This book will be the perfect companion on your way to better health and a beautiful, sexy body. Included are 4- to 7-minute workouts, a park bench workout, the skinny jeans workouts, running and walking workouts and many more. To get the best result, Lucy includes tips on nutrition and motivation. A 7-day healthy eating plan helps you with your weight loss aims. For anyone looking for a fast and highly efficient method to improve their body and get healthy, HIIT is the guide you need!

jailhouse strong interval training: 7 Minutes to Fit Brett Klika, 2015-02-10 Whether you have just a few minutes to dedicate to exercising or are looking for a daily routine, 7 Minutes to Fit has a plan that will work for you! Rooted in scientific research about the benefits of high intensity interval training, this book features 50 illustrated interval circuits that only require a chair and your body weight to complete. Award-winning personal trainer Brett Klika provides step-by-step explanations of basic exercise movements paired with helpful illustrations so you can get started moving your way to a healthier, more energized body. With circuits devoted to full body, arms, legs, and core, 7 Minutes to Fit is all you need for a quick and effective workout.

jailhouse strong interval training: Tactical Strongman Adam Benshea, Josh Bryant, 2020-04-24 Tired of all the latest training advancements that leave you physically flaccid and mentally numb? For half the cost of a day pass to a trendy chrome palace gym, you can have access to the most comprehensive strongman system and book ever written. Powerlifting is limit strength, bodybuilding is all about muscle hypertrophy, and Olympic lifting is explosive strength-strongman training is the synergistic blend of all three! When it comes to strength training, there is good, better, and best. Tactical strongman training is the best. Tactical strongman training is not a pie in the sky theory. Our programs have worked with world strongest man competitors, NFL players, and some of the sharpest tactical athletes on the front lines. Tactical strongman training is a game changer for the ex-jock Mr. Jones, the aging Mrs. Jones, and the elite athlete alike. Bottom line: Pop that Bosu ball, because there is nothing more functional than picking up some heavy weight and moving with it. If you have the will, we give you the way.

jailhouse strong interval training: The HIIT Advantage Lewis-McCormick, Irene, 2015-09-17 The HIIT Advantage offers dozens of exercises and 19 complete workouts to help incinerate fat, shape and strengthen the lower and upper body, and build core strength. An online video library provides clips demonstrating key exercises plus a complete workout that combines exercises for maximum results.

jailhouse strong interval training: Beginners Guide to HIIT Workouts High Intensity Interval Training M. Usman, John Davidson, 2015-06-09 Table of Contents Introduction Chapter 1 - How to Use This Book Chapter 2 - The Basics of HIIT Chapter 3 - Is HIIT The Right Workout for Me? Chapter 4 - Simple HIIT Workouts Conclusion Author Bio Introduction So, you've tried out various workouts, weight loss programs, and gym rituals and things are working out all right, but you're not seeing results that satisfy you completely. That's exactly where a HIIT workout can help you. Cast aside the belief that a jog or brisk walk is a good enough daily dose of exercise for you, because sure, they help, but if you want to see real and sustained positive change with your body, a toned physique, and a slender figure, you need to step up the game to a whole new level. The most fundamental problem when it comes to weight loss, working out, and seeing positive change in our bodies, is that we often doubt ourselves. We hesitate or give up too early before we are able to notice the benefits that exercise can have on our lives. You see, exercise isn't just about shaping your body. It's a workout that affects your physical, emotional, and mental wellbeing. Without regular exercise and without looking after our physical health, we may as well kiss all other forms of health goodbye. Exercise is proven to be a truly powerful force in terms of fighting off the symptoms

and onset of depression. Working out can have this beneficial effect on your brain by encouraging the release of serotonin, a chemical that can lift our mood and feelings of self-appreciation and confidence. It is this chemical that forms the basis of our self-esteem. Regular exercise and working out thoroughly, on a daily basis, will not only whip your body into shape and mold fatty tissue into lean muscle, but it also reduces your risk of developing a manner of nasty health problems in the future. You're probably already aware of the growing obesity and heart disease crisis. The simple fact is that both of these health complications can be fought off with the successful and determined implementation of regular exercise and fitness training. With HIIT workouts in particular, your heart and circulatory system are given a real run for their money. You will be strengthening your vital organ and improving your heart's ability to cope with stress and pressure – both in a physical and emotional sense. Now of course, working through a HIIT workout isn't a walk in the park. It takes real strength, persistence, and resilience and is certainly not for the faint hearted. If you're up for a real challenge, in terms of fitness and working out, then you're certainly in the right place. This book will provide a guide that walks through the basics of what a HIIT workout is, the benefits in terms of physical and mental health, the risks and precautions, and a number of helpful tips when undergoing a HIIT workout. This book will also present a number of simple and quick HIIT workouts and exercise activities that can be carried out at home or in thy gym. So, if you're ready to step up your game and head straight down the path to a stronger, leaner, and healthier body – read on. This is the beginning of crafting the body that you're striving for, the reflection in the mirror that will make you proud, confident, and even more optimistic about your health than ever before. It all starts here and it all starts now.

jailhouse strong interval training: HIIT Your Limit Len Kravitz, 2018-11-27 Get lean, build muscle, and stay healthy! A Fitness Hall of Fame inductee and world-famous exercise scientist explains high-intensity interval training and the nutrition that complements it, and provides a wealth of workouts, including workouts you can do at home, so you can get and keep the body you've always wanted. High-intensity interval training (HIIT) is an extraordinarily effective form of training that mixes high- and low-impact activities during periods ranging from seconds to eight minutes. In *HIIT Your Limit*, Dr. Len Kravitz, a National Fitness Hall of Fame inductee and internationally-renowned exercise scientist for the past thirty-six years, explains what HIIT is and how it effects your entire body (externally and internally), gives 50 workouts and a plan to whip you into shape fast, and presents a wealth of nutritional and other advice to further its impact. HIIT was recently rated the #1 new fitness trend by the American College of Sports Medicine and is the key to staying fit for celebrities like David Beckham, Britney Spears, Hugh Jackman, and Scarlett Johansson. In addition to fat loss, it's been proven to have major health benefits on blood pressure, diabetes, and cholesterol. Through this groundbreaking volume you'll learn why, and see how to get fit quick and have a fun and truly sustainable exercise program, no expensive personal trainer required.

jailhouse strong interval training: Step-Training Workout Sofia Sjöström Stahl, 2020-01-07 Using a staircase, you can now easily do short intensive, interval training using only your own body weight. Give your body exactly what it needs—plenty of strength and conditioning—but without taking too much time out of your busy day or spending loads of money on a gym. Learn to utilize the staircases in your everyday environment and maximize every step with this practical guide. *Step-Training Workout* contains sixty exercises along with suggestions on structuring your workouts into time-saving and utility-boosting intervals. Each exercise typically takes between 5 and 15 minutes and can be done on-the-go, on a lunch a break, or at home after a long day—perfect for anyone who can't fit in a full workout. Whether you're just starting out or are an avid exercise, this book will add new, incredible workouts to your repertoire. With *Step-Training Workout*, learn how to get fit fast and feel great! “It has been a pleasure watching Skyhorse Publishing develop into one of the largest and fastest-growing independent publishers over the last decade. Trident does a good deal of business with Skyhorse. Skyhorse has become a cornerstone of independent publishing and has taken its rightful seat in the world of major trade publishing.” -Robert Gottlieb, chairman of Trident Media Group, LLC

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