

FITNESS, NUTRITION, & WELLNESS GOALS PRESENTS

15 Full Body Workouts

High Intensity Interval Training for Strength, Mobility, & Fat Loss

by Nadia Santiago

@nslifeinfitness

THANK YOU FOR DOWNLOADING MY E-BOOK:

15 Full Body Workouts

High Intensity Interval Training for Strength, Mobility, & Fat Loss

Growing up, I always had a passion for exercise and movement, but as an adult, I found myself creeping further and further away from the fit lifestyle I enjoyed playing sports in school. So I started going to the gym on my own. One day, coming down off the high of an amazing kickboxing class, I decided that I wanted to spend as much time as possible doing something that gave me energy and allowed me to share my love of movement with others. Five months later, I was Certified as a Fitness Instructor and started teaching indoor bootcamps in San Jose, California. That was more than 7 years ago. Today, my experience and training spans across formats, including yoga (RYT 200), strength training, dance, nutrition, and more.

I created this short e-book because I know how difficult it is to build an effective fitness routine. With so much equipment to choose from, it's hard to know where to begin, which is why I've kept it really simple. Most of the workouts in this book only require a set of dumbbells and/or gliders. Any other equipment is rare and will be listed on the individual workout sheets. High intensity interval training can be challenging, so if you're brand new to the format, I recommend you start with a warm-up, core, and 1 set for the first few weeks. Add on as you gain more strength and endurance.



Whether your goal is to lose weight, get stronger, or train to become a better athlete, I hope that these workouts make it a little bit easier to get there.

If you have any questions about them, feel free to ask over in our Facebook group. You'll find the link listed on my Instagram profile @nslifeinfitness. Feel free to follow for more personal insights that I generally share with my closest friends.

Well, I've held you here longer than necessary. There's nothing left to say except good luck with your workouts! I hope you enjoy them as much as I enjoyed creating them for you.

*Sincerely,
Nadia Santiago*

Certified Personal Trainer
Certified Fitness Instructor
Digital Media Specialist

Name

Date(s) Completed

Workout #1

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
Plank & Shoulder Tap Quadruped Hip Circles Oblique Heel Taps Kickboxer Crunch	2 Rounds	50:10 <i>total: 9 minutes</i>
Set 1		
1 Arm Deadlift (optional: row) Reverse Lunge + Bicep Curl 1 DB Figure 8 Chops	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 2		
DB Chest Fly (optional: 1/2 situp) Prone Scissor Kicks Plank to Pushup or Narrow Pushup	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 3		
Squat Curtsy Pulse (option: 180 taps) 1 Arm OH Press ISO Hold Sandbell Drag - 2 forward, 2 back	3 Rounds	50:10 <i>total: 9 minutes</i>
Finisher		
Front to Side Plank Rotation (20) Cross Jacks (50) Elbow Throw (10 x 2) Sandbell Slams (20)		5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #2

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells & Gliders.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
	Low Plank - Knee to Elbow Oblique Knee Taps Full Crunch Cross-body Toe Touch	50:10 <i>total: 9 minutes</i>
Set 1	2 Rounds	
	Glider Side Lunge w/Dumbbell (optional: row) Glider Fly Pushup 1 Leg Glute Bridge Hold w/Tricep Ext.	50:10 <i>total: 9 minutes</i>
Set 2	3 Rounds	
	Sumo Pulse w/Front Raise Glider Rollouts Supine Glider Hip Abductions	50:10 <i>total: 9 minutes</i>
Set 3	3 Rounds	
	DB T-Spine Rotation (mod: Quadruped Position) 1 Leg Deadlift (R3: 2 Leg or ALT) OH Tricep Press	50:10 <i>total: 9 minutes</i>
Finisher		
	Glider Military Crawl (5 Up, 5 Back on Mat) Side Kicks (10 x 2) Volleyball Blocks (20) Single Leg Touchdown Jump (10 x 2)	5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #3

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells & Gliders.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
	Tabletop Reach (optional: arm circles) Figure 4 Glute Bridge Stacked Foot Crunch Side Plank Hip Drop	50:10 <i>total: 9 minutes</i>
Set 1	2 Rounds	
	Glider Long Lunge Touchdown Glider Knee-In or Pike HK Tricep Ext (optional: long lunge)	50:10 <i>total: 9 minutes</i>
Set 2	3 Rounds	
	V-Sit & 1 Arm OH Press (mod: kneeling) HK DB Clutch Iso Hold Lunge Step Up from Kneeling	50:10 <i>total: 9 minutes</i>
Set 3	3 Rounds	
	DB Chest Press - Rotating Grip DB Y's & A's - Staggered Position Unilateral Squat to Deadlift	50:10 <i>total: 9 minutes</i>
Finisher		
	Glider Mountain Climbers (50) Side Shuffle (10 Left, 10 Right) Bunny Hop (10 Forward, 10 Back) Power Punches (50)	5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

*Name**Date(s) Completed*

Workout #4

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells & Sandbells.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
Bicycle Oblique Crunch Frozen Mountain Climber Bent Knee Windshield Wiper Hops Bird Dog ISO Hold	2 Rounds	50:10 <i>total: 9 minutes</i>
Set 1		
Goblet Squats Weighted Arms Circles Bent Over High Row	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 2		
Sandbell Quadruped Donkey Kick Sandbell Seated Torso Rotation DB Lat Pullover	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 3		
1 Arm Snatch 1 DB Curtsy Chop Plank & Sandbell Lateral Pull	3 Rounds	50:10 <i>total: 9 minutes</i>
Finisher		
Squat to Stand Jumps (12) Pendulum Mountain Climbers (50) Lateral High Knees (50) 1 Leg Touchdown Jumps (10 x 2)		5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

*Name**Date(s) Completed*

Workout #5

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
	Plank to Down Dog (optional: ALT Kick + Knee-In) Rocketship Crunch Side Lying Knee-In Slow Swimmer - Breast Stroke	50:10 <i>total: 9 minutes</i>
Set 1	2 Rounds	
	Weight Cobra Pulse Glider Hamstring Curls Atomic Pushups (mod: just pushups)	50:10 <i>total: 9 minutes</i>
Set 2	3 Rounds	
	DB I's & T's DB Figure 8 Squats Standing Side Bend (optional: 1 DB)	50:10 <i>total: 9 minutes</i>
Set 3	3 Rounds	
	Squat & Curl (optional: burpee) Spider Side Lunge - Stir the Pot 1 Leg Deadlift + Tricep Ext	50:10 <i>total: 9 minutes</i>
Finisher		
	Seal Jacks (50) Glider HS Runners (50) Lateral Touchdowns (10 Left, 10 Right) Break Dancers (20)	5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

*Name**Date(s) Completed*

Workout #6

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
Side Plank - Thread the Needle Full Crunch (optional: layout) 1 Arm Prone Reach + Pull Kick-through Mountain Climber	2 Rounds	50:10 <i>total: 9 minutes</i>
Set 1		
Long Lunge Rotation + Deadlift Pushup ISO Hold 1 Arm Rear Delt Fly - Lunge Position	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 2		
1 Arm Chest Fly (optional: 1/2 situp) Glute Bridge Shift - Side to Side Wonderwoman/Superman Hold	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 3		
1 Arm Squat + Upright Row Clean - Lunge Position ALT Bent Over Row + Lateral Raise	3 Rounds	50:10 <i>total: 9 minutes</i>
Finisher		
Lateral Hops (10 Right, 10 Left) Upward Strike (25 Right, 25 Left) Half Burpees (20) Icky Shuffle (10 Right, 10 Left)		5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #7

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells & Bench/Step.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
Tabletop Twist Glute Bridge March Reverse Crunch (option: leg lifts) Situp & Twist	2 Rounds	50:10 <i>total: 9 minutes</i>
Set 1		
Single Leg Deadlift Air Traffic Controller 3-2-1 Single Arm Row - Staggered Feet	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 2		
Seated Rotating Curl - Hip to Outer Shoulder Bench Dips Bulgarian Split Squat	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 3		
Bent Over Rear Leg Lifts - Fingers on Bench Step Down + 1 Arm Overhead Press Bench V-Sit (optional: Hold DB)	3 Rounds	50:10 <i>total: 9 minutes</i>
Finisher		
Single Leg Box Hops (10 Right, 10 Left) DB Press Jacks (20) Plank Lunge Taps on Bench (10 Left, 10 Right) Lateral Touchdowns on Bench (50)		5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #8

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells & Sandbells.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
Glute Bridge Hold Hollow Hold Reverse Plank + Hip Drive - 1 Leg In Plank with Heel Rock	2 Rounds	50:10 <i>total: 9 minutes</i>
Set 1		
Sky Diver Pushup Hinge + A Fly (option: Stagger R2/R3) HK Concentration Curl	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 2		
Rotating Lunge + 1 Arm Forward Press 1 Arm Hinge + Snatch 2 DB Standing Side Bend	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 3		
Sandbell Situp + OH Reach (optional: Toe Touch) Lunge + Curl Iso Hold (optional: rotation) Bent Over Tricep Extension Pulse	3 Rounds	50:10 <i>total: 9 minutes</i>
Finisher		
High Knees (50) Shoulder Taps (30) Sandbell Alternating Hay Bailers (10 Right, 10 Left) Sandbell Rotation Slams (10 Right, 10 Left)		5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #9

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
Down Dog Twist Eccentric Crunch Single Leg Glute Bridge Climb the Rope Crunch	2 Rounds	50:10 <i>total: 9 minutes</i>
Set 1		
3-2-1 Deadlift Strict Lateral Raise Robot Bicep Curls - Slight Rotation	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 2		
Razor Blade Split Squat 1 Arm Overhead Tricep Press Sumo Side Bend - 1 DB	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 3		
ALT Side Lunge - Unilateral DB Hold Rotating Wood-chop - Sumo Position Dolphin Hold (mod: dynamic plank)	3 Rounds	50:10 <i>total: 9 minutes</i>
Finisher		
Pushups (12) Standing Knee Strikes (20 Left, 20 Right) Lateral Plank Walk (10 Left, 10 Right) Tuck Jumps (12)		5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #10

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells & Gliders.

Core	Exercises	Interval
Crunches Prone "Bow" Lifts (option: ankle hold) Plank Hold Bear Crawl to Bridge	2 Rounds	50:10 total: 9 minutes
Set 1		
Glider Squat to Knee-In (option: add weight) 1 Arm Front + Lateral Raise - Lunge Pos Glider Slow Rollouts - (option: ALT arms)	3 Rounds	50:10 total: 9 minutes
Set 2		
Glider Plank + Hip Abduction (option: oblique crunch) 2 Arm DB Chest Press - Glute Bridge HK Alternating Tricep Extension	3 Rounds	50:10 total: 9 minutes
Set 3		
Glider Reverse/Side Lunge Combo Scapular Rotation (Bicep Hold) Squat, OH Shoulder Press, & Tricep Ext	3 Rounds	50:10 total: 9 minutes
Finisher		
Roundhouse Kick (10 Left, 10 Right) Power Skips (10 Right, 10 Left) DB Toe Taps (50) Burpees (12)		5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #11

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells & Gliders.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
	Roll-ups (mod: Crunches) Single Leg Drop + Twist Pulse High Plank + Reach (option: kickout) Bird Dog Hip Adduction/Abduction	50:10 total: 9 minutes
Set 1	2 Rounds	
	Squat + Deadlift Combo Strict Arnold Press (option: side step) Seated Torso Rotation	50:10 total: 9 minutes
Set 2	3 Rounds	
	Glider Side Lunge & Clean (option: Overhead Press) DB Skull Crushers Side Plank + Rhomboid Reach & Rotation	50:10 total: 9 minutes
Set 3	3 Rounds	
	Kneeling Hinge + Standing Y Fly (option: standing) 3 Point High Row + Rotation - Quad Pos Chest Press, Chest Fly Combo	50:10 total: 9 minutes
Finisher		
	Bear Crawl Heel Rockers (10) Touch Jumps (20) Front Kicks (12 Right, 12 Left) Punch Jacks (50)	5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #12

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells & Ankle Bungee.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
Flutter Kicks Single Leg Plank Glute Bridge Walkout Layout Crunch	2 Rounds	50:10 <i>total: 9 minutes</i>
Set 1		
Ankle Bungee Splitters - Lunge Position Up, Up. Down, Down Curls - Sumo Pos Eccentric Pushups	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 2		
Ankle Bungee Resisted Side Taps Supine Leg Lifts w/Ankle Bungee Squat, Curl, & OH Press	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 3		
Deadlift Hinge + Lateral Overhead Swing Front Plank + Bungee Resisted Leg Lifts Bent Over Tricep Ext - Long Lunge	3 Rounds	50:10 <i>total: 9 minutes</i>
Finisher		
Ski Jumps (10 Right, 10 Left) Power Punches (50) Single Leg Touchdown Jumps (10 Right, 10 Left) Heel Clicker Hops (20) - mod: calf raise steps		5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #13

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells & Gliders.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
Toe Touch Crunch Long Leg Scissors Side Plank with Rotation + Reach Bird Dog - 1 Side	2 Rounds	50:10 <i>total: 9 minutes</i>
Set 1 Glider Lateral Crab Walk Squats Slow Half Moon Rotations Bent Over Alternating Low Row	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 2 Glider Supine Hip Abduction + Hamstring Curl DB Lat Pullover + Full Crunch Pushup + Alternating Renegade Row	3 Rounds	50:10 <i>total: 9 minutes</i>
Set 3 Glider Side Plank + Split 1 Arm Squat + Clean DB Haybailer	3 Rounds	50:10 <i>total: 9 minutes</i>
Finisher Glider Touchdowns (10 Right, 10 Left) Plank Jacks (20) Alternating Touch Squats (30) Exploding Star Squat Jumps (12)		5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #14

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
	Alternating Single Leg Catch Glute Bridge March - 2 Out, 2 In Side Lying Knee-Ins Front Plank with Hip Rotation	50:10 <i>total: 9 minutes</i>
Set 1	2 Rounds	
	1 Arm Suitcase Carry + Front Lunge B.O. Rear Delt Fly + Tricep Ext Combo DB Squat + Paddle - Single Side	50:10 <i>total: 9 minutes</i>
Set 2	3 Rounds	
	DB T-Spine Rotation Kickthrough (mod: bottom knee down) Squat Pulse + DB Pass Sumo Side Bend + ALT OH Press - 2 DBs	50:10 <i>total: 9 minutes</i>
Set 3	3 Rounds	
	W Fly - Long Lunge Position 1 Leg Deadlift + Clean Side Lunge + High Row	50:10 <i>total: 9 minutes</i>
Finisher		
	Russian Front Kicks (50) Rotating Curtsy (10 Right, 10 Left) Star Jacks (30) Mountain Climber Lateral Hops (10 Right, 10 Left)	5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

Name

Date(s) Completed

Workout #15

FITNESS, NUTRITION, & WELLNESS GOALS

Set aside 4-5 minutes to warm up. Then complete each set of exercises. Rest 1 minute between sets. Equipment needed: Dumbbells.

<i>Core</i>	<i>Exercises</i>	<i>Interval</i>
	Dying Bug - 1 Side, Knee to Elbow Dynamic Glute Bridge High Plank - Knee to Elbow Wonder Woman/Superman Hold	50:10 total: 9 minutes
Set 1	2 Rounds	
	ALT Front Lunges Snake Back Extensions Staggered Pushups (option: spider)	50:10 total: 9 minutes
Set 2	3 Rounds	
	Goblet Squats 1 Leg Hinge (a.k.a Standing Superman) Curl + Reach - Athletic Stance	50:10 total: 9 minutes
Set 3	3 Rounds	
	Bent Over Y to A Arm Slides (option: Staggered Position) Plank to Pushup Bent Over ALT Low Row - Sumo Position	50:10 total: 9 minutes
Finisher	3 Rounds	
	Bicycle Oblique Crunch (30) Half Burpees (12) Cross Jacks (30) Squat Jumps (12)	5 minute AMRAP

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Post-Workout Journal: How did you experience this workout? What was difficult/easy?

The End

If you enjoyed these workouts, follow me on social.

