



WOMEN'S INVOLVEMENT IN STEADY EXERCISE

WISE EXERCISE PROTOCOL

Women's Involvement In Steady Exercise



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HIIT training protocol

- **Duration of the protocol:** 6 months
- **Trainings days:** twice a week, Monday and Wednesday
- **Video duration** about 20 minutes, warm up 5 minutes, cool down 5 minutes, HIIT protocol 10-15 minutes.
- **Time sets:** 20'' exercise - 20'' rest (1st month), 20'' exercise - 15'' rest (2nd month), 20'' exercise - 10'' rest (3rd month), 30'' exercise - 20'' rest (4th month), 40'' exercise - 15'' rest (5th and 6th month)
- Exercises are different every day, and the intensity of the exercises is increased between sessions in the same week. Exercise load, warm-up and stretching are changed every 4 weeks



HIIT	Time sets	Nº Exercises	Duration	Sets	Rest between sets
1st month	20/20	4	20 min.	4	1 min.
2nd month	20/15	4	20 min.	4	1 min.
3rd month	20/10	4	17 min.	4	1 min.
4th month	30/20	4	20 min.	4	1 min.
5th month	40/15	4	20 min.	4	1 min.
6th month	40/15	4	20 min.	4	1 min.



Month 1 (20" of work - 20" of recovery)

Common Part









Dynamic Warm-up (At the beginning of each session before the main part) ([Link](#))

Exercise	Photograph
Neck flexion and extension	
Shoulder rotation with outstretched arms	



<p>Hip rotation</p>		
<p>Knee flexion and extension</p>		
<p>Ankle rotation</p>		



<p>Taps: front, back, side, side.</p>	     
<p>Knees up</p>	 

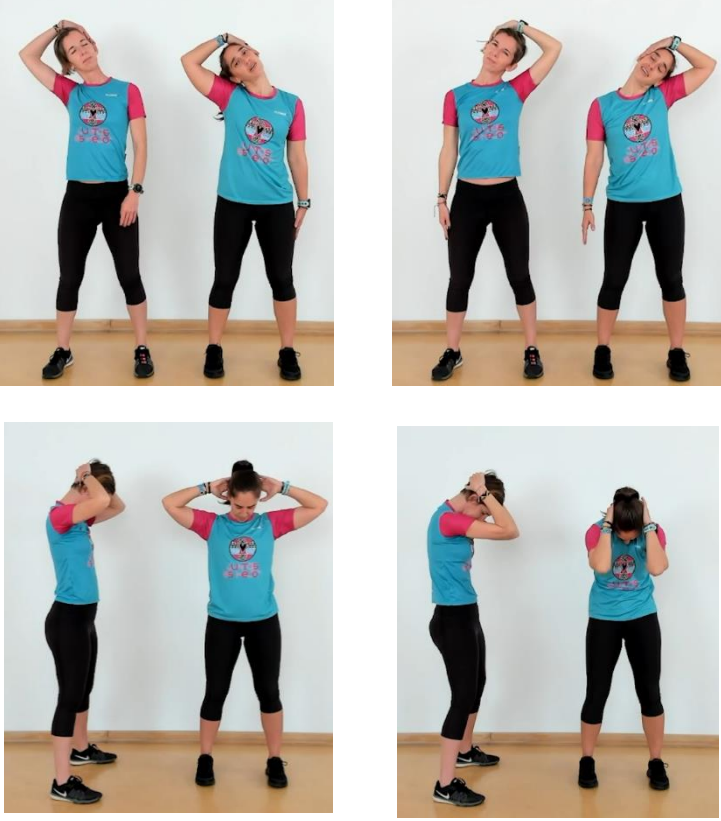




Heels up





Stretching (At the end of each session after the main part) ([Link](#))

Stretch	Photograph
Lateral and frontal neck lift	
Lateral tilt of spine with hands behind the neck	
Forearm stretch	



Flexion and extension of the spine



Stretching of biceps femoris going up in flexion of the spine



Abductor stretch



Stretching of biceps femoris and triceps sural.





Main part (4 rounds of 4 exercises with 1' rest in between rounds) (20'' Work – 20'' Rest)

Week 1 - Session 1 ([Link](#))

Exercise	Photo
Skipping	
Squat	
Press militar	



Lateral tilt (4 to one side 4 to the other)









Week 1 - Session 2 ([Link](#))

Exercise	Photo
Skipping + arm extension	
Squat + rise up on your toes	
Shoulder extension with outstretched arms	
Double tilt	






Week 2 - Session 1 ([Link](#))

Exercise	Photo
Tap side to side	
Lunge	
Arms Rotation	
Side shrinks	







Week 2 - Session 2 ([Link](#))

Exercise	Photo
Dynamic tap side to side	
Double Lunge	
Arms Rotation - Forward and backwards	
Double side shrinks	


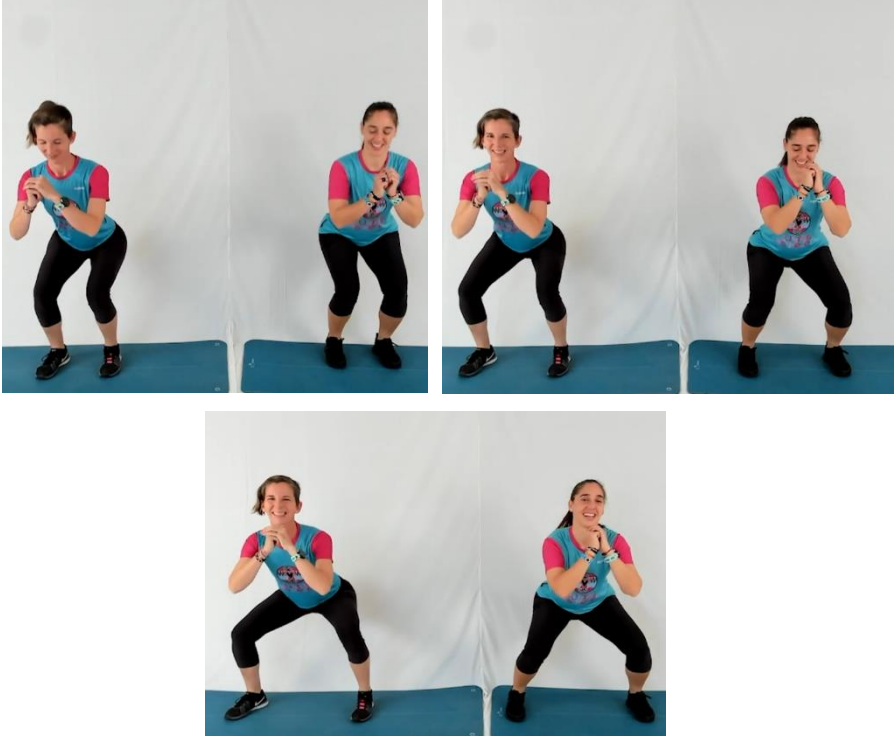


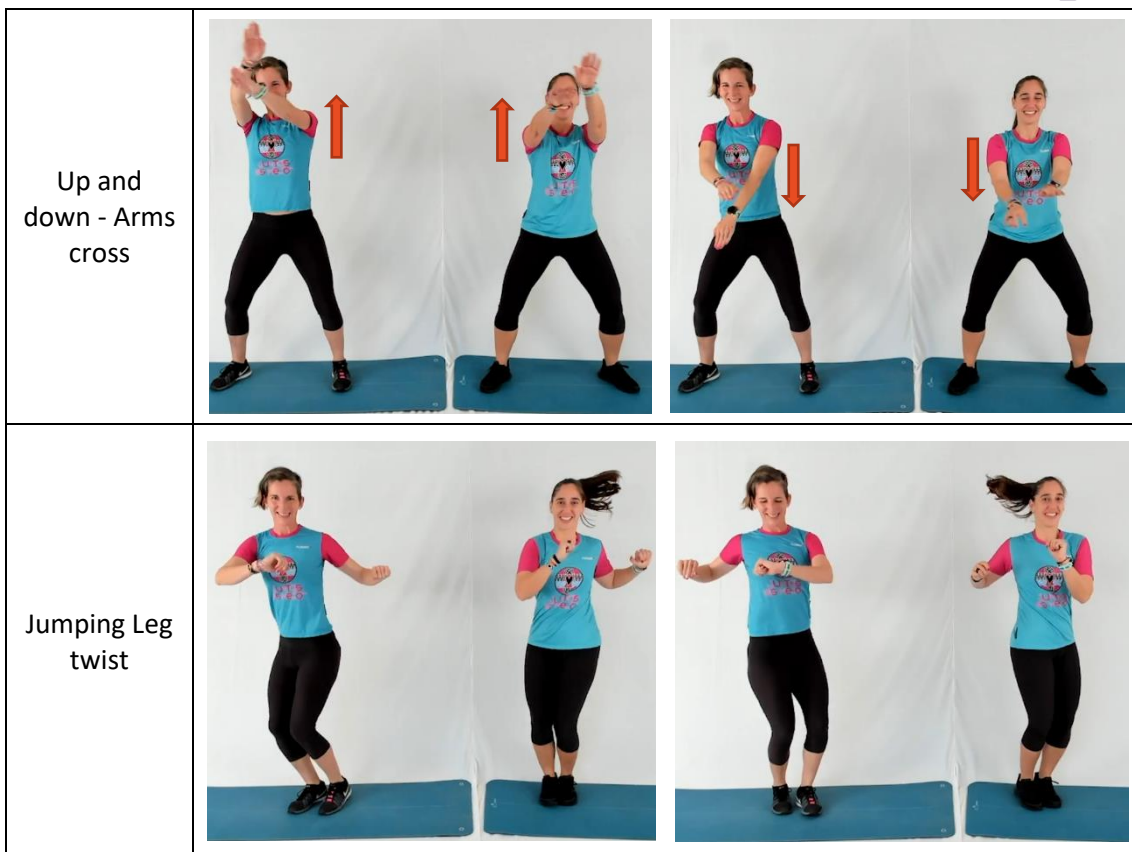
Week 3 - Session 1 ([Link](#))

Exercise	Photo
Kicks	
Double Squat	
Arms cross	
Leg twist	



Week 3 - Session 2 ([Link](#))

Exercise	Photo
Knee and kick	
3 timed squats	





Week 4 - Session 1 ([Link](#))

Exercise	Photo
Skipping	
Squat and heel tap forward	
Punches	
Side crunches	



Week 4 - Session 2 ([Link](#))


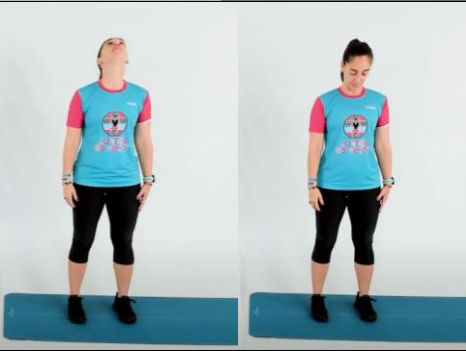


Exercise	Photo
In and out Skipping	
Squat forward and backward heel tap (once with each leg)	
Double punches	
Double side crunches	



Month 2 (20" of work - 15" of recovery)

Common Part




Dynamic Warm-up (At the beginning of each session before the main part) ([Link](#))

Exercise	Photograph	
Neck twisting		
Neck flexion and extension		
Front and back shoulder rotation		
Shoulder rotation		








<p>Abduction and adduction of arms (ballistic)</p>				
<p>Hip rotation</p>				
<p>knee flexion and extension</p>				
<p>Ankle rotation</p>				



<p>Taps: front, back, left, right</p>	
<p>Knee lift</p>	
<p>Back heels</p>	







Stretching (At the end of each session after the main part) ([Link](#))

Stretch	Photograph
Stretching with bending + twisting	
Assisted shoulder stretch with crossed arm in front	
Lateral spine tilt with arms extended	
Posterior chain stretch: Hip flexion + spinal rotation with extended arm	
Cat Camel with hands on knee	






Main part (4 rounds of 4 exercises with 1' rest in between rounds) (20'' Work – 15'' Rest)

Week 1 - Session 1 ([Link](#))


Exercise	Photo
Taps	
Skater	
Shoulder back rotation with extended arm	
Lateral shrinkage of abdomen with arms in front	





Week 1 - Session 2 ([Link](#))

Exercise	Photo
Scissor lunge	
Skater + abduction with extended leg	
Shoulder flexion and extension with extended arm	



<p>Lateral Abdominal Shrinkage + Knee Lift</p>	
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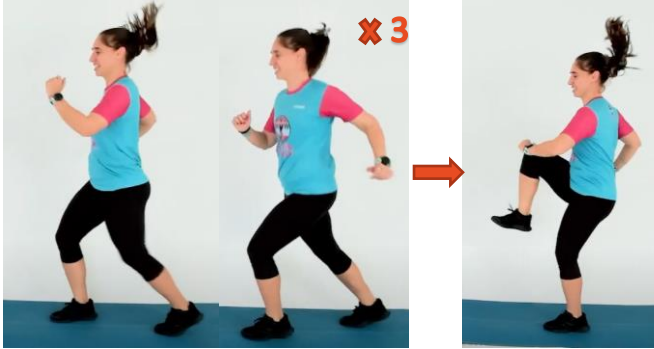
Week 2 - Session 1 ([Link](#))

Exercise	Photo
<p>Jumping</p>	
<p>Lunge + Front knee lift with jump</p>	






Arm opening with 90° angle	
Plank	

Week 2 - Session 2 (Link)

Exercise	Photo
JUMPING +3 Rebounds	
Scissor + lunge + Frontal knee lift	


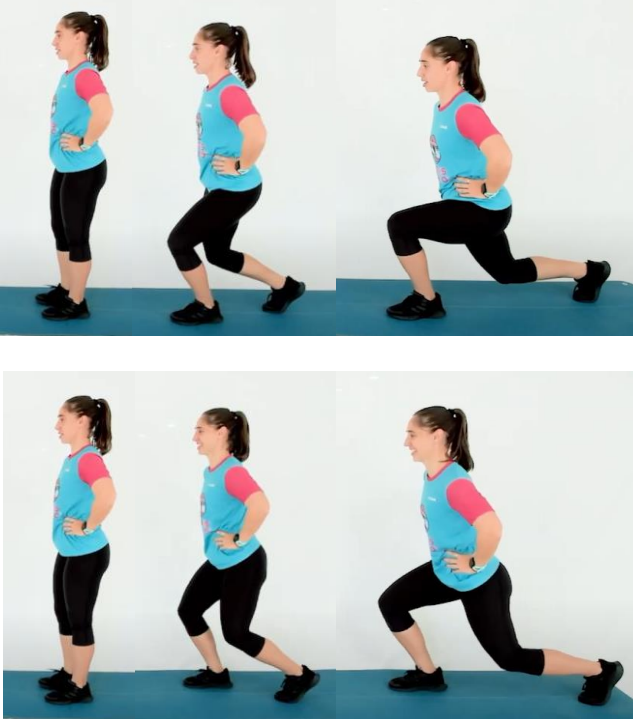




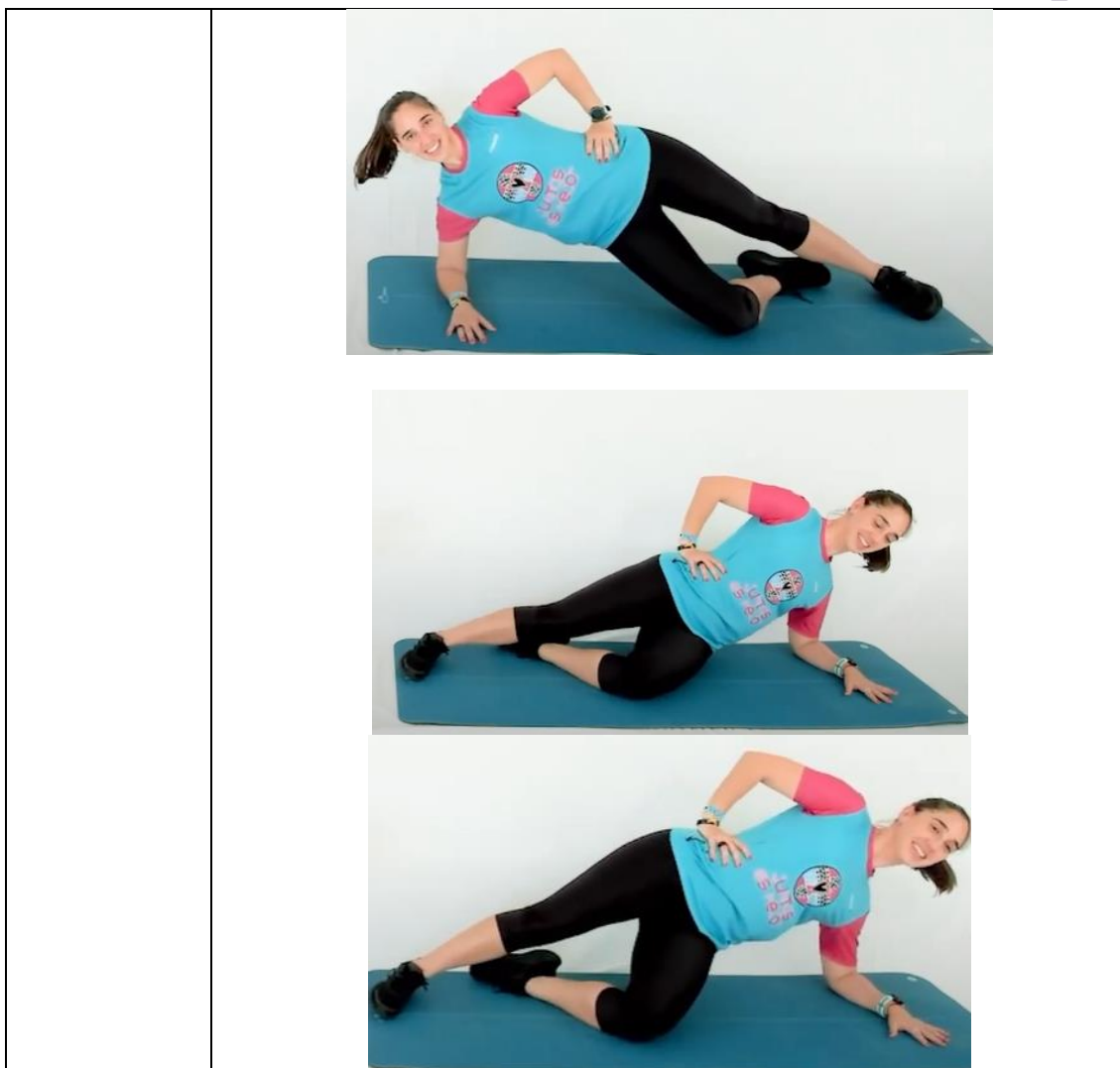
	
Arm opening with 90° angle + front arm extension	
Elbow Plank	

Week 3 - Session 1 ([Link](#))

Exercise	Photo
Frontal kick + Frontal knee lift	



	
<p>Lunge in two times</p>	
<p>Shoulder flexion and extension with extended arms</p>	
<p>Lateral plank + up-down hip</p>	



Week 3 - Session 2 ([Link](#))

Exercise	Photo
Kick+ front knee lift + sprint	






<p>Lunge 2 times go-2 times back</p>	
<p>Shoulder extension with extended arms + elbow flexion</p>	
<p>Isometric side plank</p>	




Week 4 - Session 1 ([Link](#))

Exercise	Photo
Lateral sprint	
Sumo squat + Alternate heel lift	
Push up from four-footed position	

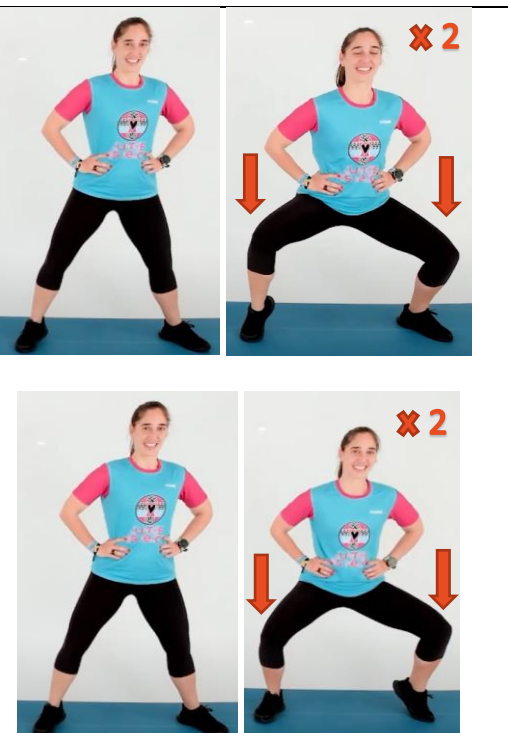




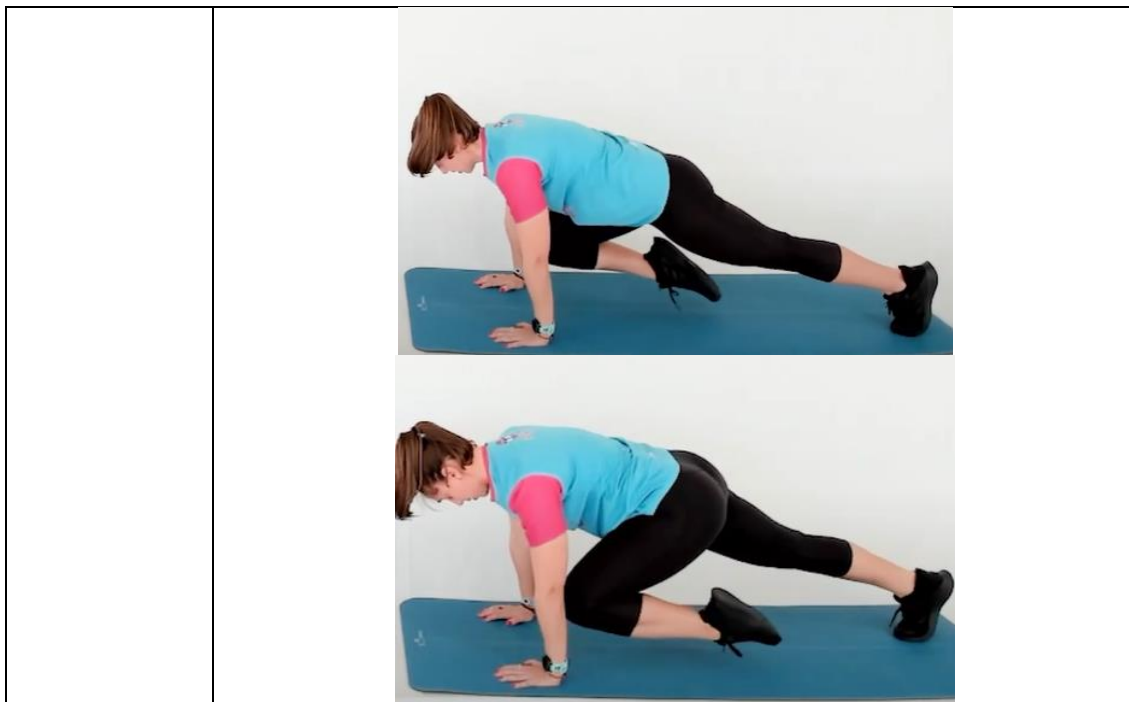
	
Plank + Downward facing dog	 

Week 4 - Session 2 ([Link](#))

Exercise	Photo
Lateral sprint + knee lift	




<p>Sumo Squat+ 2 heel lifts</p>	
<p>Push up with extended leg from four- footed position</p>	
<p>Plank + Mountain climbing+ Downward facing dog</p>	





Month 3 (20" of work - 10" of recovery)

Common Part

Dynamic Warm-up (At the beginning of each session before the main part) ([Link](#))

Exercise	Photograph
Hip and spine flexion + hip extension + spine lift from lumbar to cervical	



<p>Front-back shoulder rotation</p>	
<p>Lateral swing with outstretched arms</p>	
<p>Hip rotation</p>	
<p>Abduction + hip adduction with extended leg (ballistic)</p>	



March opening and closing						
Cross tap in front						
Cross tap behind						

Stretching (At the end of each session after the main part) ([Link](#))

Stretch	Photograph	
Triceps		







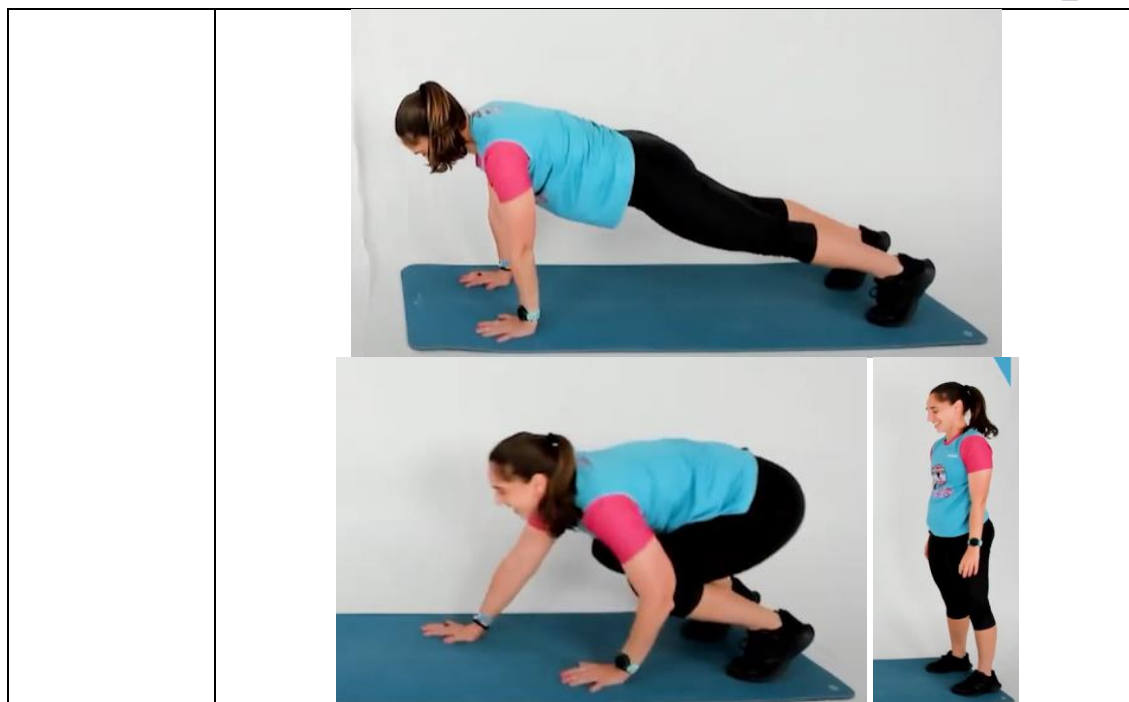
<p>Cat camel from sitting position</p>		
<p>Spinal twisting with one leg extended</p>		
<p>Lateral tilt with one leg extended</p>		
<p>Hip flexion with one leg extended</p>		
<p>Hip flexion with both legs extended</p>		



Main part (4 rounds of 4 exercises with 1' rest in between rounds) (20'' Work – 10'' Rest)

Week 1 - Session 1 ([Link](#))

Exercise	Photo
Scissor + jump	
Sumo squat	
Military press crossing arms above the head	
Walking with your hands + plank	



Week 1 - Session 2 (Link)

Exercise	Photo
Scissor + lateral arm lift	
Sumo squat + jump	



Press militar +
Double arms
crossing



Walking with
your hands +
plank +
mountain
climber







Week 2 - Session 1 ([Link](#))





Exercise	Photo
Skater jump	
Right stride behind	

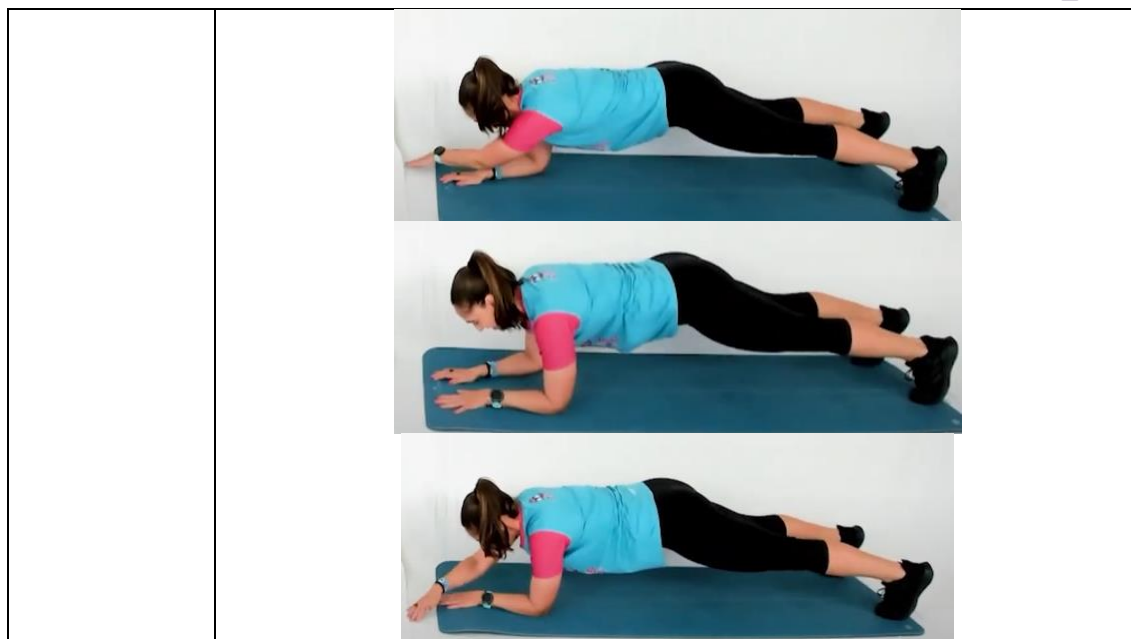


<p>Alternate tractions</p>	
<p>Plank tap with diagonal hand</p>	



Week 2 - Session 2 ([Link](#))


Exercise	Photo
Skater jump with hand down	
From stride, kick in front	
Double traccions	
Elbow plank tap, diagonal hand tap	





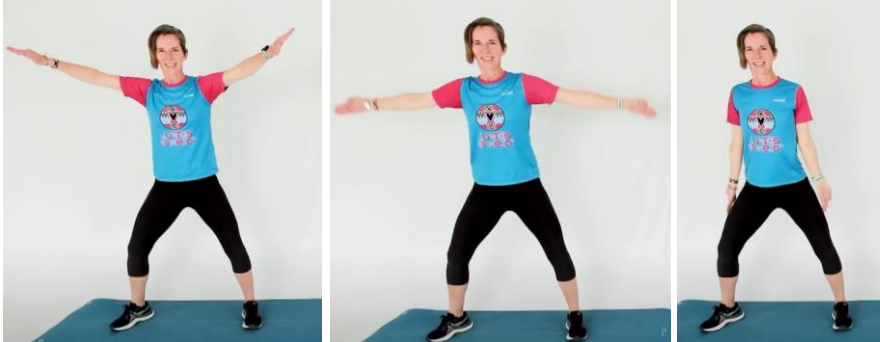

Week 3 - Session 1 ([Link](#))

Exercise	Photo
Skipping	
Lunge jump	
Small semicircle of arms with extended elbows	







<p>From four-leg position, hand touches opposite knee</p>	
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Week 3 - Session 2 ([Link](#))

Exercise	Photo
<p>Skipping + Rope movement with the arms</p>	
<p>Lunge jump with hand sliding down to the opposite side</p>	
<p>Large semicircle of arms with extended elbows</p>	
<p>From four-leg position with leg extended behind, hand touches opposite knee</p>	







Week 4 - Session 1 ([Link](#))

Exercise	Photo
Jumping hands on waist	
Tiptoe walking	
Pumping of arms extended back	
Knee elevation from four-footed position	



Week 4 - Session 2 ([Link](#))





Exercise	Photo
Jumping fists up	
Flexo-extension of ankles	
4X pumping of arms extended back + cross arms in front	
Knee elevation from four-footed position and semi-extension back	



Month 4 (40" of work - 15" of recovery)

Common Part

Dynamic Warm-up (At the beginning of each session before the main part) ([Link](#))




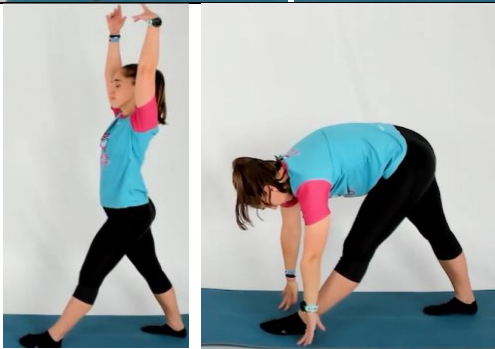

Exercise	Photograph	
Semicircle rotation of the neck		
Shoulder lift		
Extension and flexion of fingers		
Cross arms and elbow flexo-extension		






<p>Shoulder rotation with hands on shoulders</p>	
<p>Leg swinging, knee flexes in front and extends behind</p>	
<p>In balance flexo-extension of the knee</p>	
<p>3X jump side to side</p>	



Stretching (At the end of each session after the main part) ([Link](#))

Stretch	Photograph	
Neck tilt with hand aid		
Hands behind the neck and cat camel		
Open legs, lateral tilt		
One leg in front of another. Hip flexion		
Low lunge		



<p>Low lunge + twist</p>	
<p>From sitting position, legs extended and abduction with hip flexion</p>	
<p>Bound angle pose</p>	

Main part (4 rounds of 4 exercises with 1' rest in between rounds) (40'' Work – 15'' Rest)

Week 1 - Session 1 ([Link](#))

Exercise	Photo
<p>Jump front-back</p>	

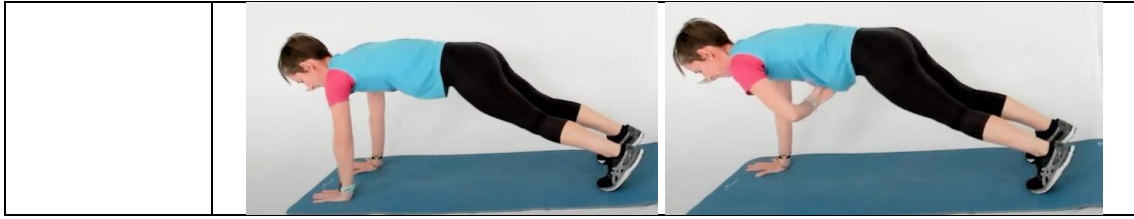


<p>Sumo squat with alternating heel lift</p>	
<p>From arm cross position abduction- adduction</p>	
<p>Plank touch opposite elbow</p>	<p style="text-align: center;">Level 1</p>
	<p style="text-align: center;">Level 2</p>



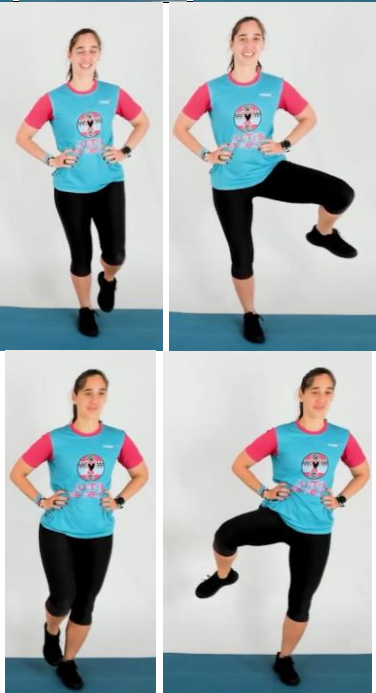


Week 1 - Session 2 ([Link](#))

Exercise	Photo
Sprint in front-sprint behind	
Sumo squat with heel lift	
Arms cross + Abduction-adduction crossing in front	
Plank touch opposite hip	<p data-bbox="842 1339 930 1368">Level 1</p>
	<p data-bbox="842 1798 930 1827">Level 2</p>



Week 2 - Session 1 ([Link](#))

Exercise	Photo
Cross jumping	Level 1
	
	Level 2
	
Hip rotation with leg lift	



<p>Four-footed and tap in front of alternate hands</p>	
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Level 1

<p>Elbow plank and ankle flexo-extension</p>	
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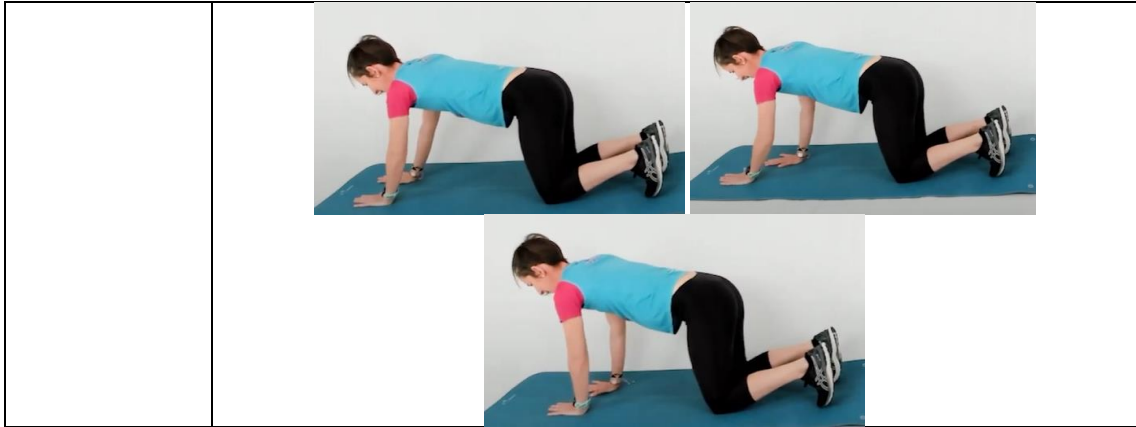
Level 2

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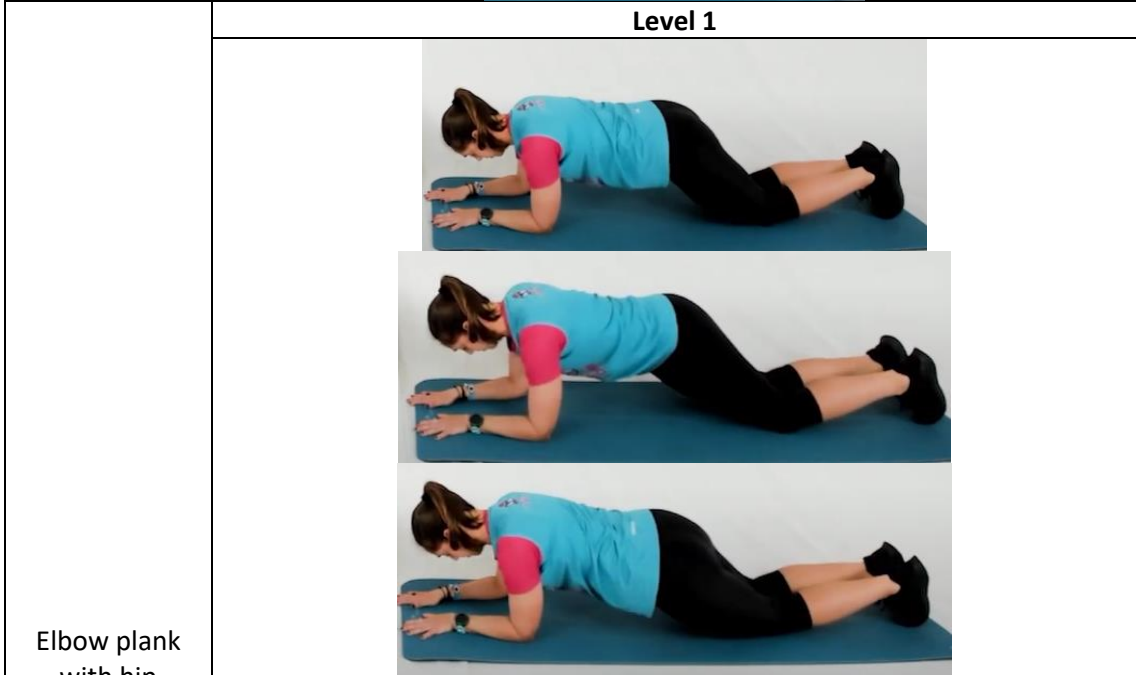


Week 2 - Session 2 ([Link](#))

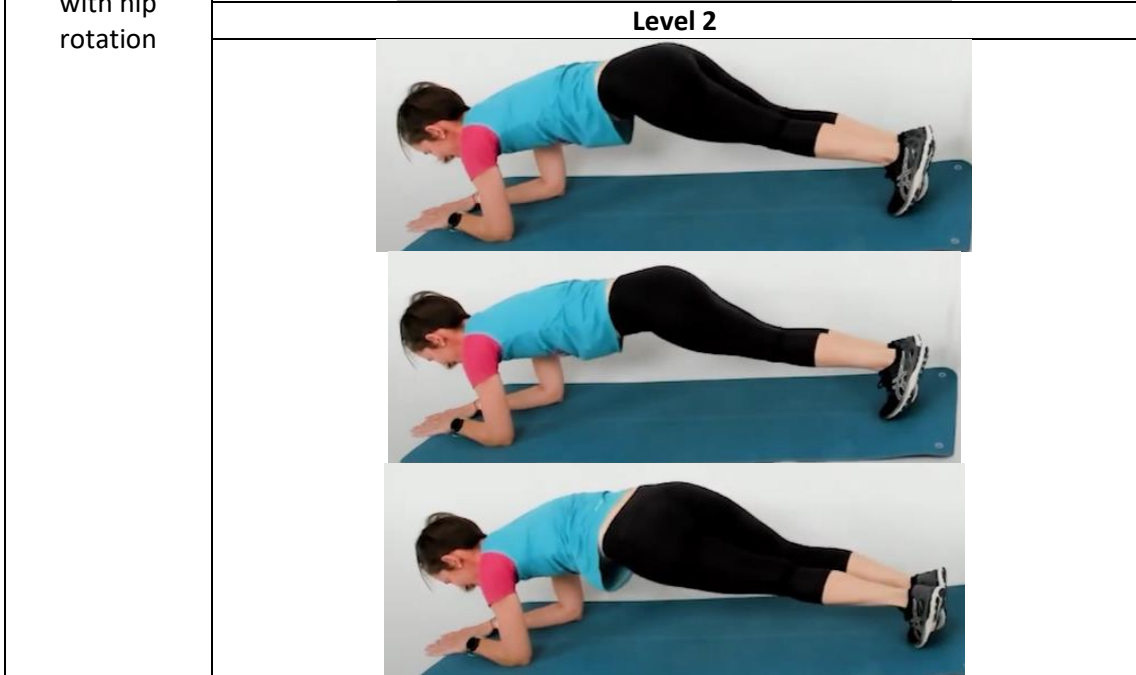
Exercise	Photo
Cross jumping + cross arms	Level 1
	Level 2
Abduction with skater	
Four-footed position and tap in front of hands	



Level 1







Level 2









Week 3 - Session 1 ([Link](#))

Exercise	Photo
Sky side to side	
Sumo squat + leg abduction	
Four-footed position + bending an elbow	
Mountain climber	<p style="text-align: center;">Level 1</p> 





Week 3 - Session 2 ([Link](#))



Exercise	Photo
Sky side to side x2	
Sumo squat + leg abduction + extended arm lift	
Four footed leg + bending two elbows	
Cross body mountain climber	<p data-bbox="842 1536 927 1570" style="text-align: center;">Level 1</p> 





Week 4 - Session 1 ([Link](#))

Exercise	Photo
Skipping	
Squat + glute kick	



<p>Cuadруп touch opposite elbow</p>	
<p>Sit down + torsion side to side</p>	

Week 4 - Session 2 ([Link](#))

Exercise	Photo
<p>Skipping</p>	
<p>Lunge + leg lift back + knee lift in front</p>	







<p>From four-footed push-up + touch the opposite shoulder</p>	
<p>Sit down: side to side twist with legs up</p>	







Month 5 (40" of work - 15" of recovery)

Common Part

Dynamic Warm-up (At the beginning of each session before the main part) ([Link](#))

Exercise	Photograph
Flex-extension + neck rotation	
With hands on shoulders, shoulder rotation	
Semisquat + column rotation side to side	
Hip circunduction	



Hip rotation	
March on site	
Lateral movement + lateral kick	
Lateral movement + skater	



Stretching (At the end of each session after the main part) ([Link](#))

Stretch	Photograph
<p>Neck lateral assisted stretching</p>	
<p>Column torsion sitting in chair</p>	
<p>Lateral inclination of the spine + arm extension up</p>	







<p>Cat-camel sitting in a chair</p>	
<p>Leg abduction + trunk flexion sitting in chair + twisting with arm lift</p>	
<p>Pyramidal stretch sitting in chair</p>	
<p>Posterior chain stretch with trunk flexion front sitting in chair</p>	



Main part (4 rounds of 4 exercises with 1' rest in between rounds) (40'' Work – 15'' Rest)

Week 1 - Session 1 ([Link](#))

Exercise	Photo
Sprint + Sumo squat	
Prisoner squat + lateral jump	
Arm rotation with hands in front	
Four-footed position + Knee lift + side to side movement	







Week 1 - Session 2 ([Link](#))

Exercise	Photo
Sprint + skipping	
2x prisoner squat + lateral jump	
Rotation + arms raise with hands in front	
Four-footed position + knee lift + side to side + downward facing dog	







Week 2 - Session 1 ([Link](#))

Exercise	Photo
Jumping + touch opposite foot	
Jump squat + beat both arms down center	
Push up in four-footed position + side to side	
Lateral plank up and down + arm	








Week 2 - Session 2 ([Link](#))

Exercise	Photo
Jumping + Diagonal arm elevation	
Jump squad + beat both arms down side to side	
Push up X2 in four-footed position + side to side	
Lateral plank + arm cross	






Week 3 - Session 1 ([Link](#))



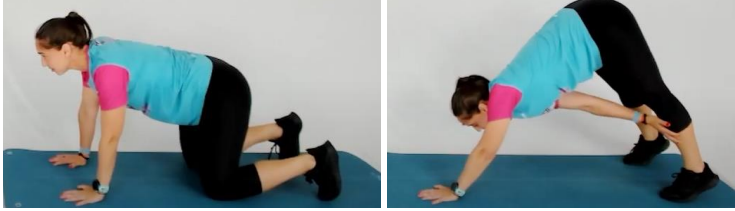
Exercise	Photo
3X jump + 1 jumping close and open legs	
Side squat + touch opposite knee	
Opening of arms with trunk flexion in front	<p data-bbox="842 981 928 1008">Level 1</p> 
	<p data-bbox="842 1361 928 1388">Level 2</p> 
Plank + downguard facing dog touching the opposite foot to foot	



Week 3 - Session 2 ([Link](#))

Exercise	Photo
3x jumps + 3 jumps with knees up	Level 1
	
	Level 2
	
Side squat + Touching opposite knee + foot closes	



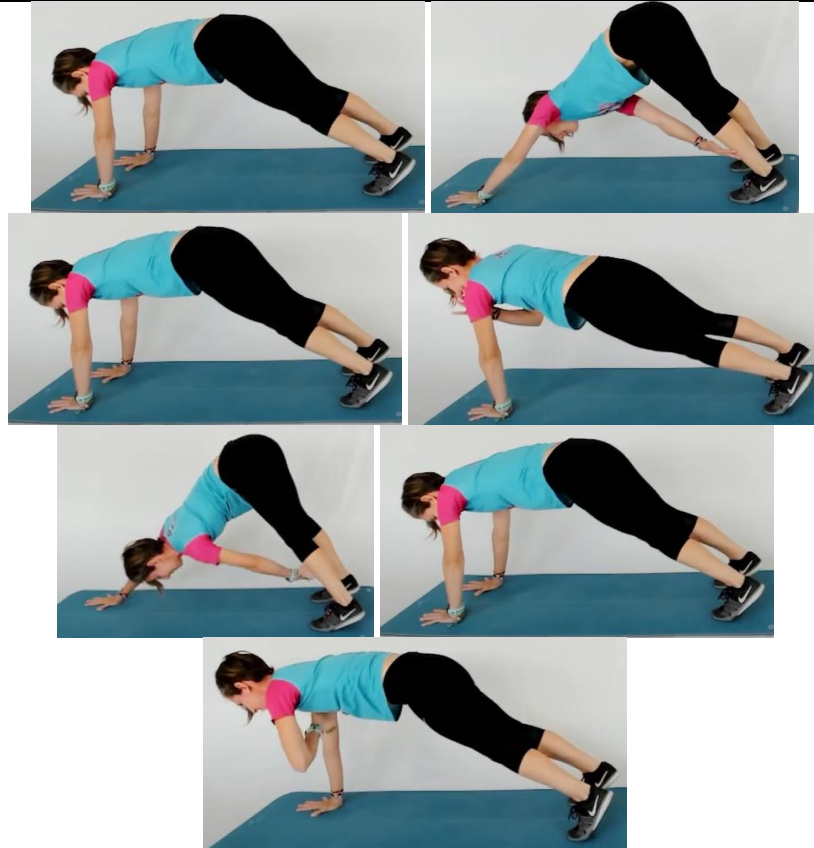
<p>Arm opening + front lifting of arms with front trunk flexion</p>	<p style="text-align: center;">Level 1</p> 
	<p style="text-align: center;">Level 2</p> 
	<p style="text-align: center;">Level 1</p> 



Plank touching
opposite
shoulder +
downguard
facing dog
touching
opposite hand
to foot







Level 2





Week 4 - Session 1 ([Link](#))

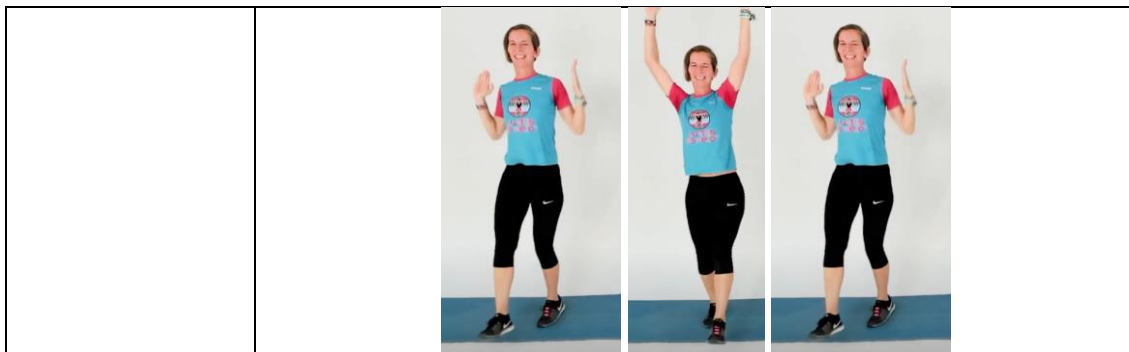
Exercise	Photo
Kicks with jump	<p data-bbox="842 275 927 309">Level 1</p> 
	<p data-bbox="842 660 927 694">Level 2</p> 
Prisoner squat	
Hook punch	<p data-bbox="842 1391 927 1424">Level 1</p> 
	<p data-bbox="842 1776 927 1809">Level 2</p>



	Level 1
Side to side push arms with intertwined hands	
	Level 2

Week 4 - Session 2 ([Link](#))

Exercise	Photo
Kicks + arm extension up	Level 1
	Level 2



Level 1

Prisoner squat to side



Level 2

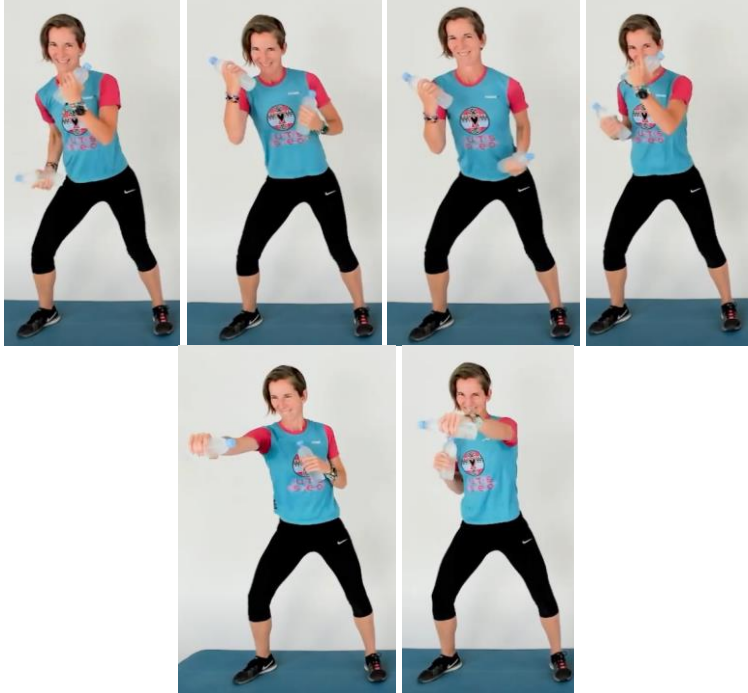




Level 1

Hook and punch







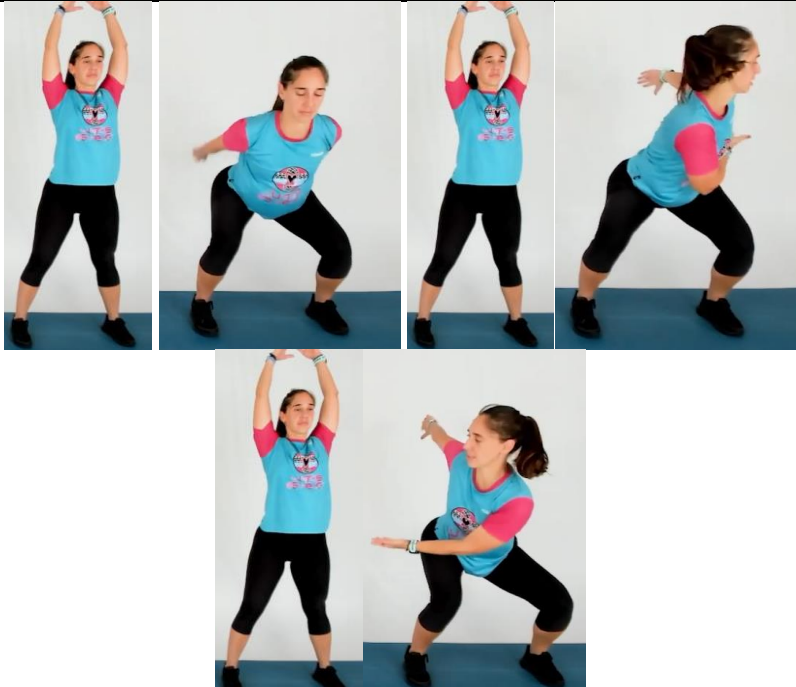
	<p style="text-align: center;">Level 2</p> 
Side to side arms push with intertwined hands and lateral movement	<p style="text-align: center;">Level 1</p> 
	<p style="text-align: center;">Level 2</p> 



Month 6 (40" of work - 15" of recovery)

Common Part

Dynamic Warm-up (At the beginning of each session before the main part) ([Link](#))


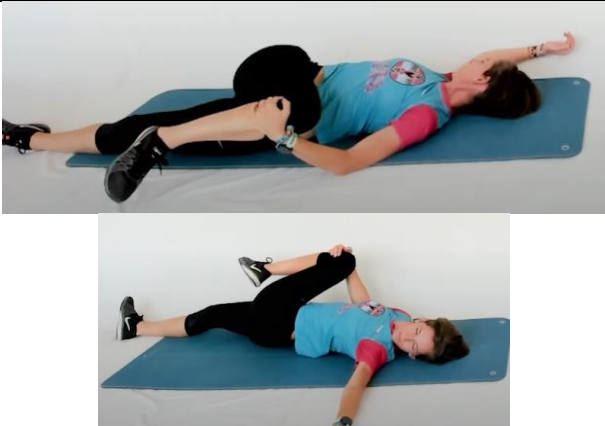
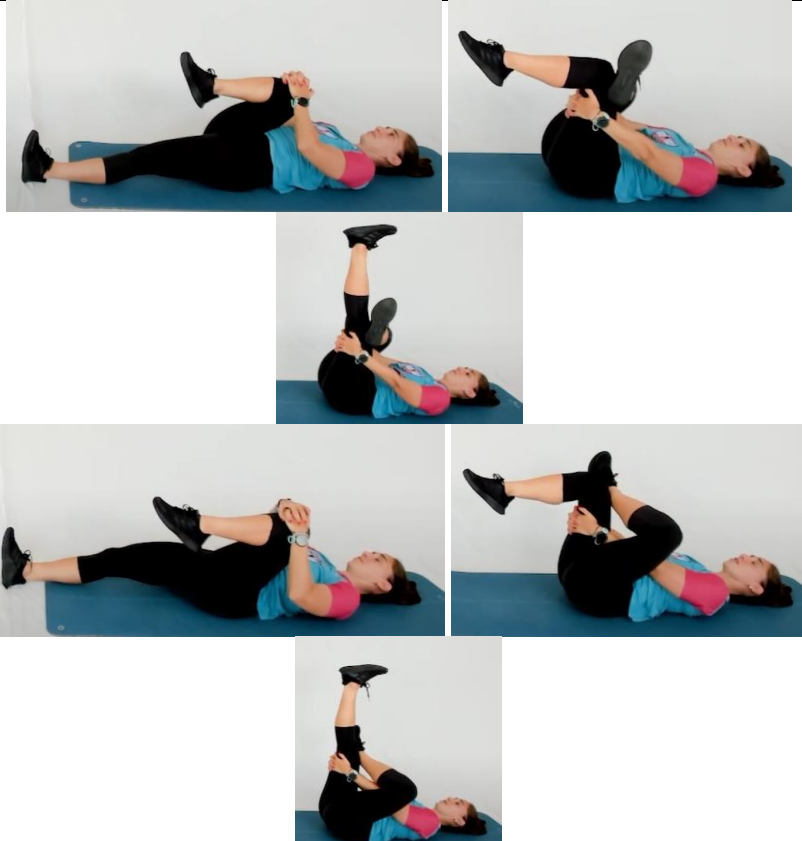
Exercise	Photograph
Neck flexion and extension, neck torsion	 Four photographs of a woman in a blue and pink shirt and black leggings performing neck exercises. From left to right: 1. Neck flexion (head tilted back), 2. Neck extension (head tilted forward), 3. Neck torsion to the right (head turned right), 4. Neck torsion to the left (head turned left).
Hands to opposite elbows above the head and lateral column tilt	 Two photographs of a woman in a blue and pink shirt and black leggings performing lateral column tilt exercises. In both, her hands are raised above her head and she is leaning to the side. The first photo shows her leaning to her right, and the second shows her leaning to her left.
Arms balance, down and side	 Six photographs of a woman in a blue and pink shirt and black leggings performing arms balance exercises. The top row shows four photos: 1. Arms raised straight up, 2. Arms bent at the elbows with forearms parallel to the ground, 3. Arms raised straight up, 4. Arms bent at the elbows with forearms parallel to the ground. The bottom row shows two photos: 5. Arms raised straight up, 6. Arms bent at the elbows with forearms parallel to the ground.



<p>One leg extension in front with arms down</p>	
<p>Hip rotation</p>	
<p>Lateral movement + arms extension up and down</p>	
<p>Sprint + open and close legs + up and down arms</p>	



Stretching (At the end of each session after the main part) ([Link](#))


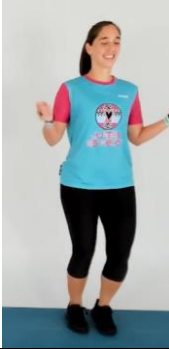
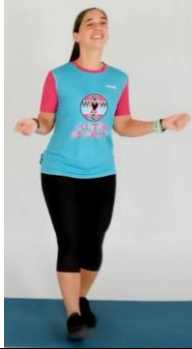

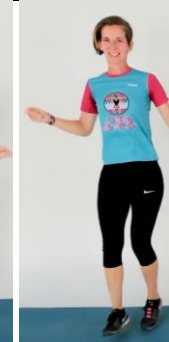
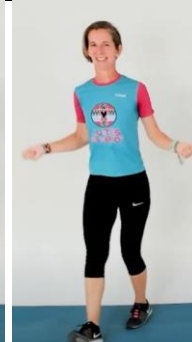
Stretch	Photograph
Supine position: arm extension	
Hand to opposite knee and column rotation	
Cross one leg and catch down leg to the chest	



<p>2 legs flexion to the chest catching with hands + 2 legs extension with arms extension</p>	
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Main part (4 rounds of 4 exercises with 1' rest in between rounds) (40'' Work – 15'' Rest)

Week 1 - Session 1 ([Link](#))

Exercise	Photo		
Jump rope with foot taps	Level 1		
			
	Level 2		
			



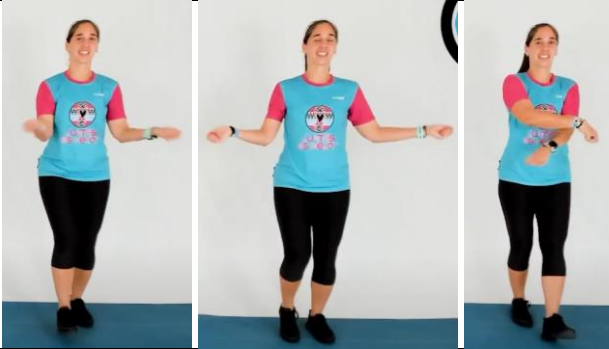
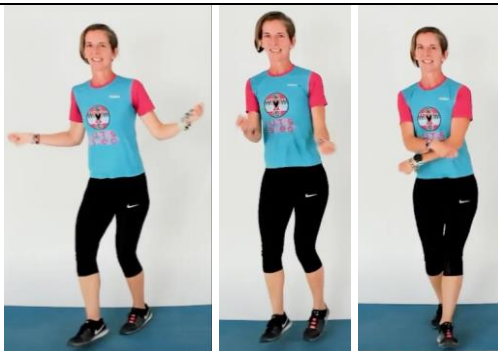
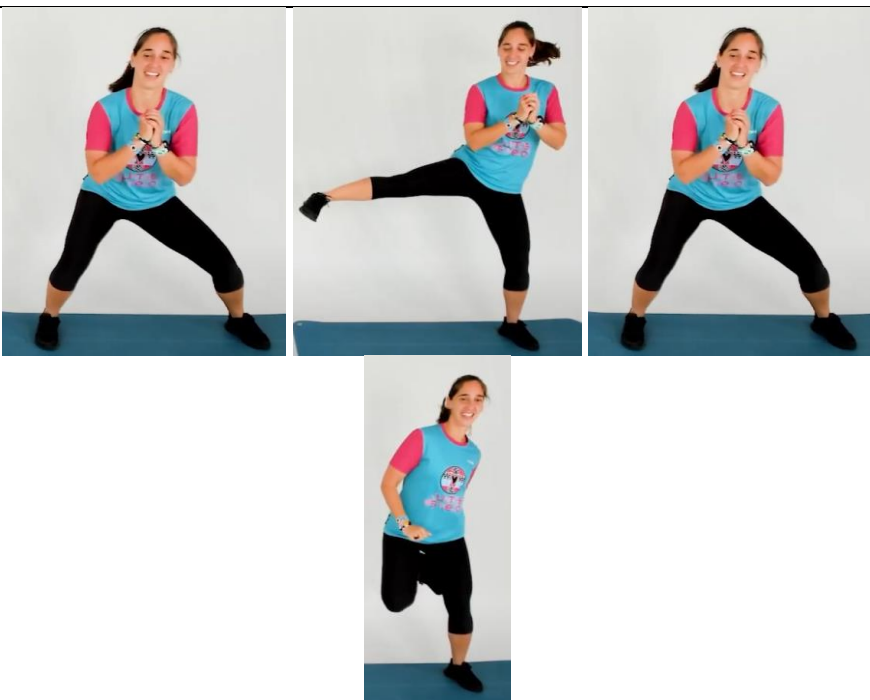
	Level 1			
Toe touch with opposite hand and knee touch with opposite hand	Level 2			



Arm rotation in abduction and other arm in straight angle	Level 1	
	Level 2	
Sit down and punch	Level 1	
	Level 2	

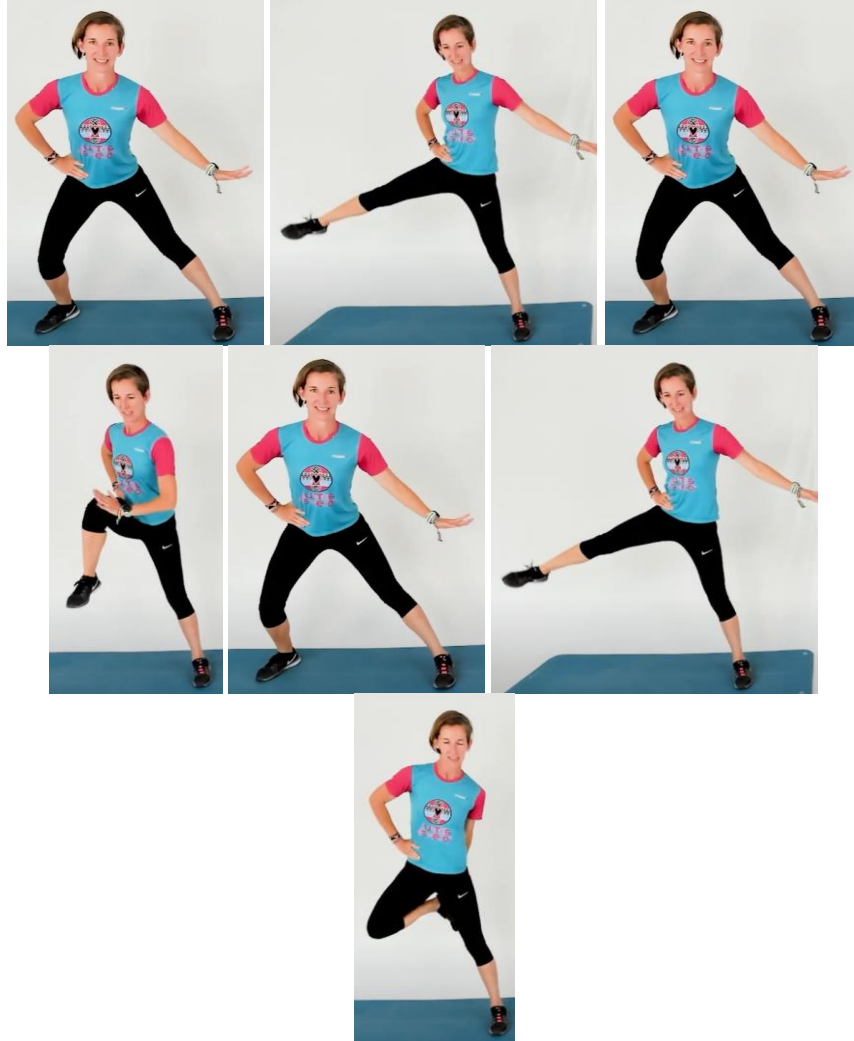


Week 1 - Session 2 (Link)

Exercise	Photo
Jump rope with tap and crossing arms	Level 1
	
	Level 2
	
Toe touch with opposite hand and lateral kick	Level 1
	



Level 2



Level 1





Level 2







Arm rotation
in abduction
and other arm
in straight
angle to up
extension






Sit down and punch with feet without touching the ground	Level 1
	
	Level 2
	




Week 2 - Session 1 ([Link](#))

Exercise	Photo
Back tap in half squat + jump	Level 1
	
	Level 2
	
	
	





	<p style="text-align: center;">Level 1</p>  <p>Lunge + squat jump + jump</p>
	<p style="text-align: center;">Level 2</p> 
<p>Arm rotation in straight angle</p>	<p style="text-align: center;">Level 1</p> 





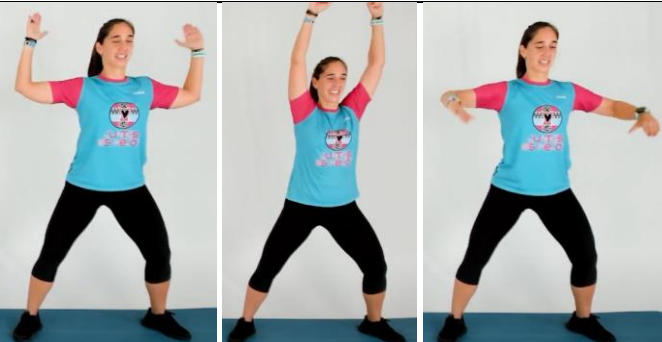
	<p style="text-align: center;">Level 2</p> 
<p>Plank + 2 small steps + hip elevation</p>	<p style="text-align: center;">Level 1</p> 
	<p style="text-align: center;">Level 2</p> 






Week 2 - Session 2 ([Link](#))

Exercise	Photo
Lunge jump + squat jump	<p data-bbox="842 277 927 309">Level 1</p> 
	<p data-bbox="842 1010 927 1041">Level 2</p> 






<p>2 lunge jumps + 2 squat jumps</p>	<p style="text-align: center;">Level 1</p> 
	<p style="text-align: center;">Level 2</p> 
<p>Arm rotation in straight angle and up extension</p>	<p style="text-align: center;">Level 1</p> 



	<p style="text-align: center;">Level 2</p> 
<p>Mountain climber + 2 steps + hip elevation</p>	<p style="text-align: center;">Level 1</p> 
	<p style="text-align: center;">Level 2</p> 



Week 3 - Session 1 ([Link](#))



Exercise	Photo
<p>Sumo squat jump and knee elevation to elbow touch</p>	<p>Level 1</p>
	
	<p>Level 2</p>
	
<p>Lateral lunge, step touching opposite toe</p>	<p>Level 1</p>
	







	<p style="text-align: center;">Level 2</p>
Supine position: arms opening and closing	<p style="text-align: center;">Level 1</p>
	<p style="text-align: center;">Level 2</p>
	<p style="text-align: center;">Level 1</p>
	<p style="text-align: center;">Level 2</p>



Week 3 - Session 2 ([Link](#))

Exercise	Photo
Sumo squat jump side and knee elevation to touch elbow	<p data-bbox="842 286 927 309">Level 1</p> 
	<p data-bbox="842 1016 927 1039">Level 2</p> 



<p>Lateral lunge step touching opposite toe + knee elevation to opposite hand</p>	<p style="text-align: center;">Level 1</p>  
	<p style="text-align: center;">Level 2</p> 
<p>Supine position: arms opening and closing + extension</p>	<p style="text-align: center;">Level 1</p> 



Level 2



Level 1







Level 2

Lateral plank +
one leg touch
front and back
and toe touch
with hand














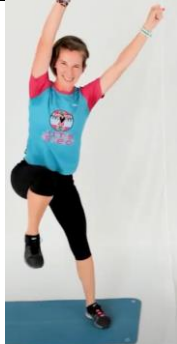
Week 4 - Session 1 ([Link](#))

Exercise	Photo
Lateral movement + knee crossing	<p data-bbox="842 241 927 273">Level 1</p> 
	<p data-bbox="842 667 927 698">Level 2</p> 
Squat + kick	<p data-bbox="842 1052 927 1084">Level 1</p> 
	<p data-bbox="842 1545 927 1576">Level 2</p> 




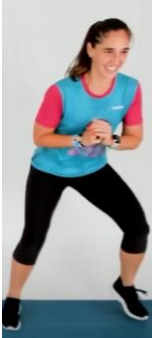


Arm extension up and column inclination	Level 1	
		
	Level 2	
		
Sit down and hip elevation	Level 1	
		
	Level 2	
		


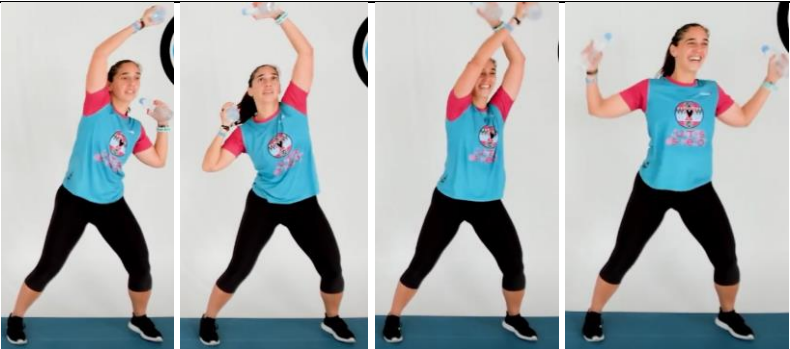


Week 4 - Session 2 (Link)

Exercise	Photo
Lateral movement + knee crossing and arms extension	Level 1
	 







	<p style="text-align: center;">Level 2</p> 
	<p style="text-align: center;">Level 1</p> 
Squat + kick + sprint	<p style="text-align: center;">Level 2</p> 
	






<p>Arm extension up and column inclination + circle with the arms</p>	<p style="text-align: center;">Level 1</p> 
	<p style="text-align: center;">Level 2</p> 
<p>Sit down and hip elevation + one leg extension</p>	<p style="text-align: center;">Level 1</p> 
	<p style="text-align: center;">Level 2</p> 

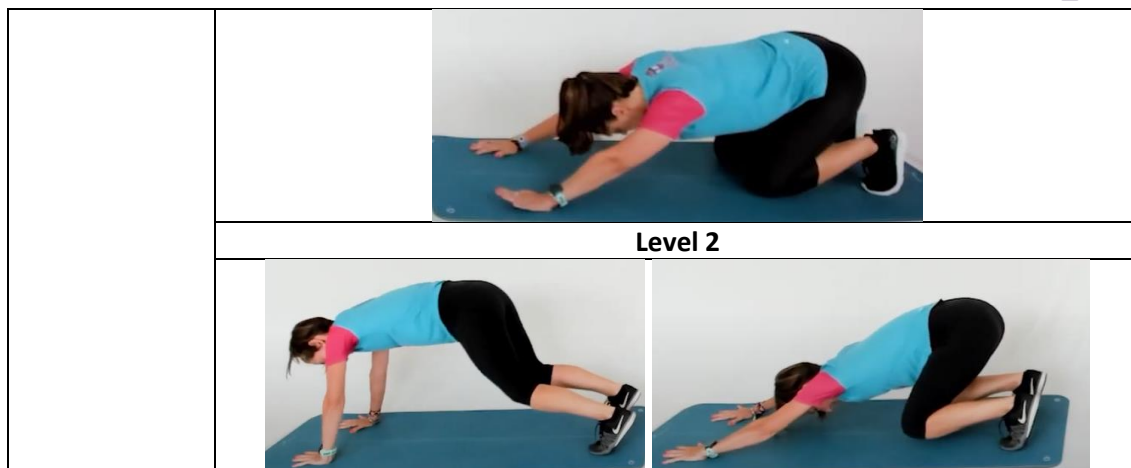


Week 5 - Session 1 ([Link](#))

Exercise	Photo
Punch + squat + twist	<p data-bbox="842 275 927 309">Level 1</p> 
	<p data-bbox="842 689 927 723">Level 2</p> 
Lateral kick	<p data-bbox="842 1043 927 1077">Level 1</p> 
	<p data-bbox="842 1435 927 1469">Level 2</p> 

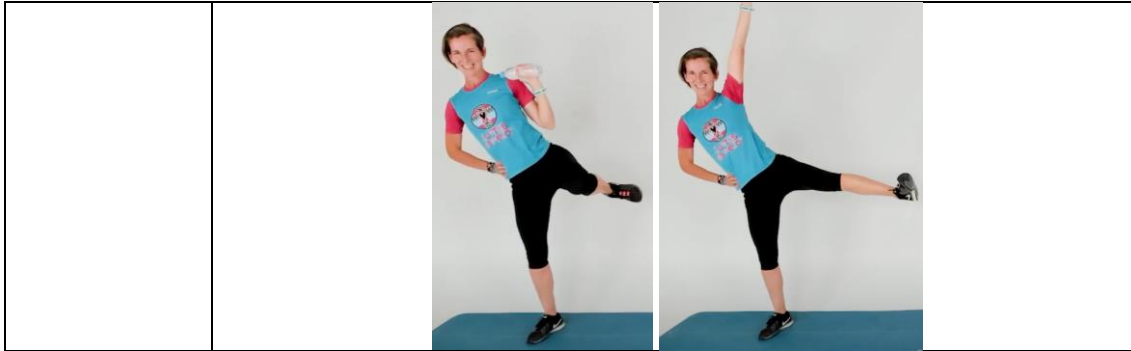


<p>Front step hands to plank + mountain climbing or front jump + back step with hands</p>	<p style="text-align: center;">Level 1</p> 
	<p style="text-align: center;">Level 2</p> 
<p>Balasana to plank kneeling or not kneeling</p>	<p style="text-align: center;">Level 1</p> 



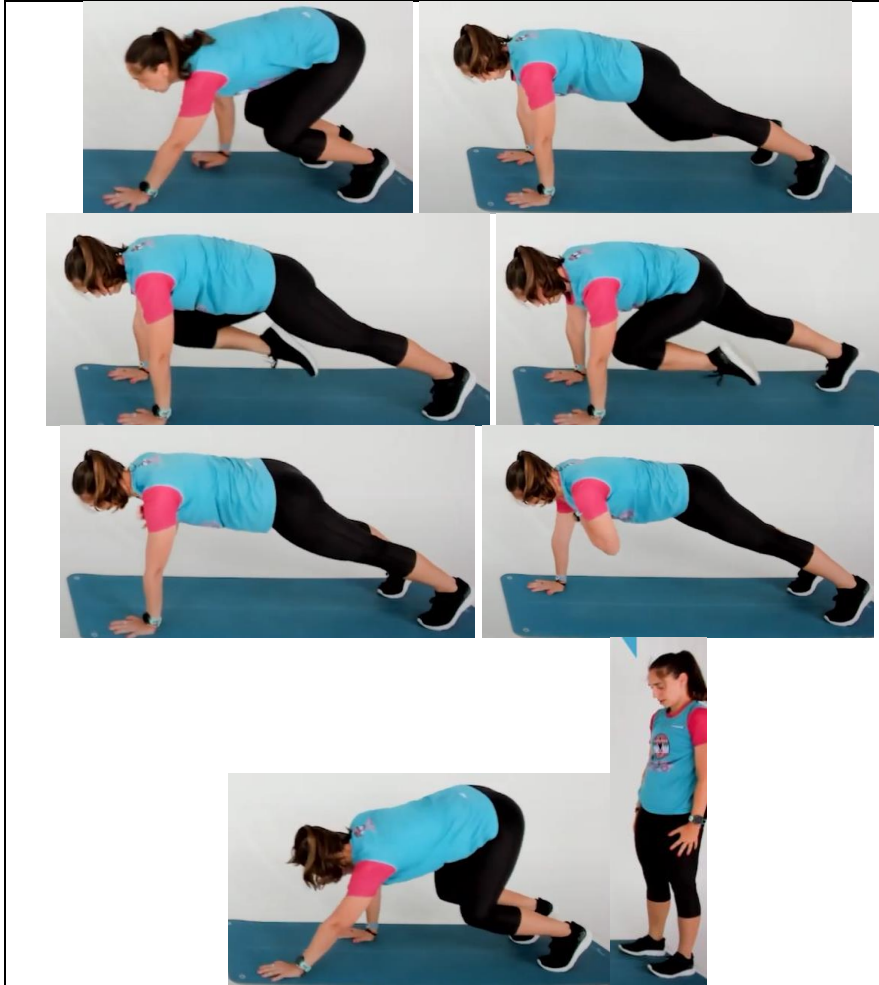
Week 5 - Session 2 (Link)

Exercise	Photo
Punch + squat + twist x4	<p style="text-align: center;">Level 1</p>
	<p style="text-align: center;">Level 2</p>
Lateral kick + arm extension up	<p style="text-align: center;">Level 1</p>
	<p style="text-align: center;">Level 2</p>



Level 1

Front step
hands to plank
+ mountain
climbing or
front jump +
touch
opposite
shoulder +
back step
hands



Level 2





<p>Balasana to plank kneeling or not kneeling + mountain climber</p>	<p style="text-align: center;">Level 1</p>
	<p style="text-align: center;">Level 2</p>