

ONLINE FITNESS TRAINING CAMP



Presented by Chris Gates Fitness

Hill / Resistance Intervals Routine

What This Workout Is

Hill or resistance intervals use incline or added resistance to increase intensity without requiring high impact. This makes it a joint-friendly way to elevate heart rate, build strength, and improve cardiovascular fitness.

How To Do It

1. Warm up for 3–5 minutes at an easy pace.
2. 1–2 minutes at higher incline or resistance (moderate-to-hard effort).
3. 1–2 minutes at easy pace or lower resistance.
4. Repeat for 15–20 minutes.
5. Finish with a 3–5 minute cool-down.

How To Customize It

- Walking: use hills outdoors or increase treadmill incline.
- Running: run uphill or use incline treadmill settings.
- Bike: increase resistance during work intervals.
- Elliptical: raise incline and resistance together.
- No equipment: use stairs (climb for work, walk for recovery).

Effort Guidelines

- Work intervals should feel challenging but controlled.
- You should feel your heart rate rise quickly during incline/resistance work.
- Recovery intervals should allow breathing to settle before the next round.

Progression Options

- Increase incline or resistance slightly over time.
- Extend work intervals to 2–3 minutes.
- Add more total rounds.
- Reduce recovery intervals slightly as fitness improves.