



glow

20 MINUTE HOLIDAY HIIT PROGRAMMES

INCLUDES // TREADMILL, STAIR & SPRINT
PROGRAMMES + STRETCHING ROUTINE
PLUS // 2 X FESTIVE RECIPES

INCLINE WALKING

FIRST 10 MINUTES	Minutes 0 - 2	Speed 6	Gradient 2
	Minutes 2 - 4	Speed 6	Gradient 4
	Minutes 4 - 6	Speed 6	Gradient 6
	Minutes 6 - 8	Speed 6	Gradient 8
	Minutes 8 - 10	Speed 6	Gradient 10

At 9 min 30 sec, step to the side and decrease your gradient to 6, 4 or 2 (or 0, depending on your fitness level) and get ready to start your sprint intervals. As you get fitter, increase your gradient accordingly.

INCLINE SPRINTING (30 SEC ON / 30 SEC OFF)

SECOND 10 MINUTES	Minutes 10.30 – 11	Speed 10	Gradient 2, 4 or 6
	Minutes 11.30 – 12	Speed 11	Gradient 2, 4 or 6
	Minutes 12.30 – 13	Speed 11.5	Gradient 2, 4 or 6
	Minutes 13.30 – 14	Speed 12	Gradient 2, 4 or 6
	Minutes 14.30 – 15	Speed 12.5	Gradient 2, 4 or 6
	Minutes 15.30 – 16	Speed 13	Gradient 2, 4 or 6
	Minutes 16.30 – 17	Speed 13.5	Gradient 2, 4 or 6
	Minutes 17.30 – 18	Speed 14	Gradient 2, 4 or 6
	Minutes 18.30 – 19	Speed 14.5	Gradient 2, 4 or 6
	Minutes 19.30 – 20	Speed 15	Gradient 2, 4 or 6

NOTES:

1. The concept here is to sprint for 30 seconds then jump onto the sides for 30 seconds rest.
2. The speeds and gradients shown above may not be to your current fitness level. The above is an example of an intermediate treadmill HIIT workout. Please feel free to increase / decrease the gradient / speed to match your current fitness level but be sure to increase the speed / gradient of the sprints as you become fitter.

COOL DOWN	SLOW PACED WALK 5 - 10 minute slow paced walk to bring the heart rate back down to a normal pace. Please note: It is not advisable to just stop moving.
	STATIC STRETCHES (pg 4) Two rounds of each stretch, holding the stretch for 30 seconds.

Choose one of the above cool down methods or ideally do both.

WHAT YOU NEED:

For best results, try to find a hill that is a minimum of 200 meters long with a minimum gradient of 45 degrees.

WARM UP	1. Jog halfway up the hill and walk back down.
	2. Repeat 3 – 5 times until your legs feel nice and warm.
HILL SPRINTS	1. Sprint as HARD and FAST as you can to the top of the hill OR until you can't go any further.
	2. Walk back down to the bottom of the hill to bring your heart rate down.
	3. Rest for a maximum of 20 seconds between sprints. As your fitness level increases, you will be able to adjust your rest period.
	4. Repeat 10 times with as little rest in between as possible.
COOL DOWN	SLOW PACED WALK 5 - 10 minute slow paced walk to bring the heart rate back down to a normal pace. Please note: It is not advisable to just stop moving.
	STATIC STRETCHES (pg 4) Two rounds of each stretch, holding the stretch for 30 seconds.

Choose one of the above cool down methods or ideally do both.

WHAT YOU NEED:

For best results, try to choose a staircase that has a minimum of 20 stairs.

WARM UP	1. Jog up 10 steps and walk down.
	2. Repeat 3 – 5 times until you feel that your legs are nice and warm.

STAIR SPRINTS	1. Sprint as HARD and FAST as you can up to the top of the stairs OR until you can't go any further!
	2. Walk back down to the bottom of the stairs to bring your heart rate down.
	3. Rest for a maximum of 20 seconds between sprints (depending on your fitness level). As you get fitter, decrease the rest time to only allow your heart rate to decrease slightly and to catch your breath.
	4. Repeat 10 times, with as little rest as possible in between each sprint.

COOL DOWN	SLOW PACED WALK 5 - 10 minute slow paced walk to bring the heart rate back down to a normal pace. Please note: It is not advisable to just stop moving.
	STATIC STRETCHES (pg 4) Two rounds of each stretch, holding the stretch for 30 seconds.

Choose one of the above cool down methods or ideally do both.

STATIC STRETCHES

Two rounds of each stretch, holding the stretch for 30 seconds.

STRETCH 01



STANDING QUAD STRETCH

Stand on the floor with your feet shoulder width apart. Inhale as you lift your one foot up behind your glute to secure with your hand. You may want to hold onto the back of a chair to secure yourself if you feel unstable. Exhale, keeping your shoulders back and spine neutral. Hold this position for 30 seconds, focusing on your breathing before repeating for the other leg.

STRETCH 02



ALTERNATING HAMSTRING STRETCH

Sit on your mat, with your legs crossed. Inhale deeply. Exhale as you stretch your one leg away from your body at a 45 degree angle, pulling your toes towards your body with your hands to deepen the stretch on your hamstring. Be sure to keep your leg firmly pressed against the floor and not to raise your knee. Hold this position for 30 seconds, focusing on your breathing before repeating for the other leg.

STRETCH 03



PIGEON STRETCH

Begin by kneeling onto your mat. Inhale as you move forwards with your hands onto the mat and bend your right knee to place your right leg parallel to your arms, with your left leg still stretched out behind you. Exhale as you secure your hands shoulder width apart onto the mat in front of you and press your shoulders back to maintain a neutral spine for the rest of the stretch. Hold this position for 30 seconds, focusing on your breathing before repeating for the alternate side.

STRETCH 04



LUMBAR & GLUTE STRETCH

Sit on your mat with your feet stretched straight out in front of you. Secure your arms at your sides, palms facing down as you inhale deeply. Exhale and lift your right foot over your left leg, placing your right foot on the floor, just in front of your left knee. Twist your body away from your raised knee and secure your left hand onto your left knee. Be sure to keep your leg firmly pressed against the floor and not to raise your right knee, while keeping your shoulders back and spine neutral. Hold this position for 30 seconds, focusing on your breathing before repeating for the alternate side.



CHRISTMAS DATE BALLS

PREP TIME: 30 MIN | **MAKES: 10 BALLS**

12 medjool dates

1/4 cup dry-roasted macadamias

1/4 cup dry-roasted almonds

1/4 cup raw, unsalted sunflower seeds

1/4 cup organic desiccated coconut

2 tablespoons almond butter

1/2 teaspoon pure vanilla essence

TOPPINGS:

1 tablespoon organic cacao powder

2 teaspoons gold baking dust

Place the pitted dates into a food processor with the almond butter to blend for a few minutes.

Add in the rest of the ingredients (except the crushed almonds) and pulse until everything is combined. Do not over process as you still want a decent amount of "crunch." If the mixture is not binding, you can add in 1-2 tablespoons of boiling water.

Place the cacao powder onto one plate and the gold baking dust onto another plate.

Using a tablespoon as a measure, scoop out the mixture and roll into a ball in the palm of your hands. Roll half of them in the cacao powder and the other half in the gold dust until completely coated.

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BACON & MAPLE FLAPJACKS

PREP TIME: 15 MIN

COOK TIME: +- 15 MIN

MAKES: 6 FLAPJACKS (SERVES 2)

3/4 cup cassava flour

1/2 teaspoon bicarbonate of soda

1/4 teaspoon Himalayan Rock or Celtic sea salt

3 organic, free-range eggs

1/4 cup extra-virgin, cold-pressed coconut oil, melted

1/4 cup homemade almond or organic coconut milk

1 tablespoon raw, unfiltered honey

200g organic, free range & grass-fed bacon

Organic, pure maple syrup for dressing

¼ cup blueberries

In a medium-sized mixing bowl whisk together the eggs, coconut oil, honey and coconut milk.

Now add in the cassava flour, salt and bicarbonate of soda and mix well, until thoroughly combined.

Place two pans on the stove at a medium heat - one for the bacon and one for the flapjacks. Wipe each down with coconut oil and wait for the pans to heat up.

In one pan, spoon in the flapjack mixture and cook until golden on the one side before flipping carefully with a spatula to repeat on the other side.

While you are busy with the flapjacks, place the bacon into the other pan to cook until crispy and then set aside on top of a piece of kitchen towel and a plate to drain the excess oil.

Stack and garnish with maple syrup and blueberries.

*Note: you can also add the blueberries into the flapjack mix if you would prefer them cooked in.