

## 4-day HIT (High Intensity Training) Workout - HIT-20

### MONDAY

Exercise	Sets	Reps
deadlift	2	20
shrugs	2	10
chin-ups	2	6 to 8



The basic principles of performing HIT sets/reps are:

**Slow, controlled movement.** Without bouncing and without using momentum, take 2-3 full seconds to lift the weight (positive phase). Before lowering the weight, pause for half a second and "squeeze" the contracted muscle. Finish one rep by taking 4-5 full seconds to lower the weight to the starting position (negative phase). The key here is to keep the muscle under constant tension, without allowing the weight to rest on the machine or your body at the bottom of the negative phase. Full range of motion. Each exercise should be taken through the complete range of joint movement, but don't fully straighten or "lock out" your joints.

\* Copyright fitness-and-bodybuilding-workouts.com. ALL RIGHTS RESERVED.  
No part of this workout may be reproduced or transmitted in any form or by any means  
without the express written permission of fitness-and-bodybuilding-workouts.com