

| Workout Type              | Intensity | Duration | Frequency              | Body Movements                                                                                                                                                                                               |
|---------------------------|-----------|----------|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HIIT                      | High      | Low      | Usually<br>3-4x / week |  <ul style="list-style-type: none"> <li>• Compound</li> <li>• Repetitive</li> <li>• Dynamic</li> </ul>                     |
| CROSS<br>TRAINING         | High      | Low      | 5-6x / week            | <ul style="list-style-type: none"> <li>• Compound</li> <li>• Complex</li> <li>• Variable</li> <li>• Dynamic</li> </ul>    |
| STRETCHING                | Low       | High     | 3-7x / week            |  <ul style="list-style-type: none"> <li>• Isolated</li> <li>• Simple</li> <li>• Usually Static</li> </ul>                 |
| WALKING<br>PROGRAM        | Low       | High     | 3-7x / week            | <ul style="list-style-type: none"> <li>• Repetitive</li> <li>• Simple</li> <li>• Dynamic</li> </ul>                       |
| STEADY<br>STATE<br>CARDIO | High      | High     | 3-5x / week            |  <ul style="list-style-type: none"> <li>• Repetitive</li> <li>• Simple</li> <li>• Dynamic</li> </ul>                      |
| HOME/REHAB<br>EXCERCISES  | Low       | Low      | 3-7x / week            | <ul style="list-style-type: none"> <li>• Repetitive</li> <li>• Isolated</li> <li>• Simple</li> </ul>                     |
| RECREATIONAL<br>SPORTS    | High      | High     | 1-3x / week            |  <ul style="list-style-type: none"> <li>• Compound</li> <li>• Complex</li> <li>• Variable</li> <li>• Dynamic</li> </ul> |
| WEIGHTLIFTING             | High      | Low      | 3-5x / week            | <ul style="list-style-type: none"> <li>• Variable</li> <li>• Dynamic</li> </ul>                                         |

# Fan Favorite Fitness Workout

**Alex Jones**



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