



YOUnited Active:

**7-DAY HIIT
WORKOUT**

OCTOBER 2026

EXERCISE LEVEL
**ACTIVE /
ADVANCED**

YOUnited Active

High-Impact Interval Training (HIIT) workout exercise plan for people living with diabetes

This program is for people with an advanced level of fitness who want a simple, time-efficient way to improve their fitness, strength, and overall health using minimal equipment. It combines full-body resistance exercises, jumping or impact-based movements, hill efforts, and walking to help build cardiovascular fitness, muscular strength, bone health, and confidence with exercise. Each workout includes lower-impact options, so you can choose the variation that best suits your current fitness level and progress over time.

Weekly overview

Day	Workout
1	HIIT workout 1
2	Walk 30–60 minutes
3	HIIT workout 2
4	Walk 30–60 minutes
5	HIIT workout 1
6	Walk 30–60 minutes
7	HIIT workout 2

The walks between HIIT sessions should be comfortable, steady movement and act as active recovery.

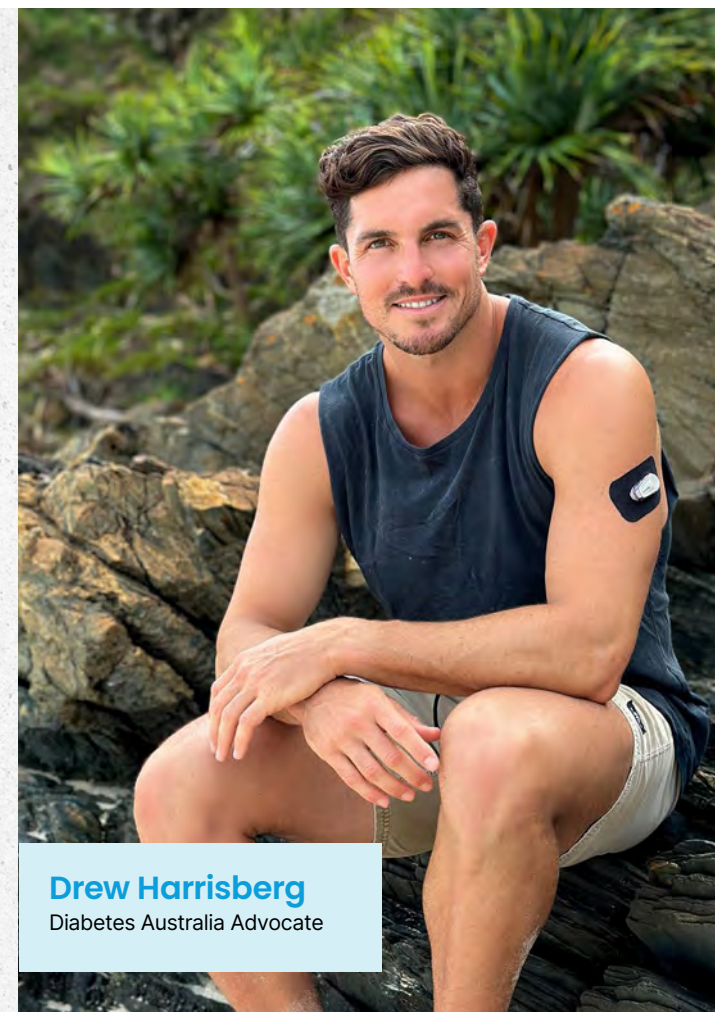
About Drew Harrisberg

Drew is passionate about health and wellness. He is an Exercise Physiologist and holds a post-graduate certificate in Diabetes Education and Management.

Drew is also a Diabetes Australia Advocate Spokesperson and with YOUnited Active he brings together his love of health and wellbeing just for you.

“My passion for exercise started when I was a young boy, but it became something far deeper after my type 1 diagnosis at 22. One workout dropped my blood glucose from five times above normal to perfectly in range, and I was hooked. Since then, daily movement has been a pillar of my diabetes management and overall wellbeing. It keeps my mind clear, my body strong, and my mood high.”

– Drew



Drew Harrisberg
Diabetes Australia Advocate

Disclaimer:

This exercise plan, created by independent exercise physiologist Drew Harrisberg, is intended as general guidance for individuals living with diabetes. It is not medical advice. Please consult your healthcare provider before starting on the exercise plan, as individual needs and conditions vary. Participation is voluntary and at your own risk. The views expressed in this plan are those of the creator and do not necessarily reflect those of Diabetes Australia. Do not do any of the exercises that feel painful and/or unsafe for you or any exercises that your doctor or health professional has told you not to do. If you feel faint, dizzy, nauseous, have chest pain, shortness of breath, joint or muscle pain, or feel unwell in any other way, you should stop immediately and seek medical help.



Find a park with a steep or gradual hill approximately 30–50 metres long. If you don't have a hill, you can use flat ground.

Exercises

1. Squats

2. Push-ups

- » Knees or toes

3. Bicycles

- » 10 each leg

4. Vertical jumps

- » Provides high-impact loading, which can help support bone health

5. Hill run

- » Run or power walk up the hill
- » Walk back down as active recovery and allow your heart rate to come back down

Round 1

Complete

- 5 squats
- 5 push-ups
- 10 bicycles each leg
- 5 vertical jumps
- 1 hill run

Round 2

Complete **2 rounds of the bodyweight circuit**, then

- 2 hill runs
- Use the walk back down as your recovery between hill efforts

Round 3

Complete **3 rounds of the bodyweight circuit**, then

- 3 hill runs
- Again, walk back down between each hill effort

Total 6 circuits + 6 hill efforts



Use the same 30–50 metre hill and the same progressive structure.

Exercises

1. Walking lunges

- » 10 total steps

2. Commando plank

- » From knees or toes
- » 5 reps each side

3. Hollow-body static hold

- » Easier= legs in tabletop position
- » Harder= legs extended straight
- » Hold for approximately 10–20 seconds

4. Lateral jumps / hops or speed skaters

- » Choose the variation appropriate for your ability
- » 5 each side

5. Hill run

- » Run or power walk up
- » Walk down as active recovery

Round 1

Complete

- 10 walking-lunge steps
- 5 commando-plank reps each side
- 10–20 second hollow-body hold
- 5 lateral jumps/skaters each side
- 1 hill run

Round 2

Do **2 rounds of the circuit**, then

- 2 hill runs

Round 3

Do **3 rounds of the circuit**, then

- 3 hill runs

Total 6 circuits + 6 hill efforts

Intensity

Work hard during each circuit and hill effort, then walk downhill to recover. The workout builds from **1 → 2 → 3 rounds**, so focus on steady effort rather than speed.