

# SHRED-4-U



# JUNE

**WHATEVER  
YOUR GOAL  
WE CAN  
MAKE IT  
HAPPEN**

**“GET FIT LIKE AN ATHLETE.  
NOT JUST TO LOOK GOOD  
AND BECOME LEAN.  
BUT TO LIVE LONG.  
SO YOU CAN INSPIRE,  
ELEVATE AND SERVE  
FOR MANY MORE YEARS.”**

**High Intensity  
Interval training  
is a form of car-  
diovascular ex-  
ercise alternat-  
ing short peri-  
ods of Intense  
anaerobic exer-  
cise with less  
intense recov-  
ery. Periods.  
30 minute  
sessions**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1.	2.
4. Kassie 6:00am	5. Trenda 4:30pm	6. Kassie 9:30am	7. Trenda 6:30pm	8.	9.
11. Kassie 6:00am	12. Trenda 4:30pm	13. Kassie 9:30am	14. Trenda 6:30pm	15.	16.
18. Kassie 6:00am	19. Trenda 4:30pm	20. Kassie 9:30am	21. Kassie 6:30pm	22.	23.
25. Kassie 6:00am	26. Trenda 4:30pm	27. Kassie 9:30am	28. Trenda 6:30pm	29.	30.

# **Workouts in a pinch!**

## WHAT IS HIIT?

HIIT is a training idea in which low to moderate intensity intervals are alternated with high intensity intervals.

HIIT can be applied to running or to exercises such as squatting. HIIT is considered to be much more effective than normal cardio because the intensity is higher and you are able to increase both your aerobic and anaerobic endurance while burning more fat than ever before.



**POST YOUR CALORIE BURN AND  
TIME TO THE WORKOUT CO  
FACEBOOK PAGE.**

## **HIIT TRAINING**

Turn on some music that you love and get ready to work!

**Warm Up Cardio: 25 seconds per interval**

Jog in Place  
Toe Touch Circles  
Butt Kickers  
Squats  
Slow Burpee  
Jacks

Plyo Side Lunges

**HIIT Workout: 20 Seconds on, 10 seconds rest, x 3 per exercise**

Jump Squat Front Kick  
Push Ups  
Jumping Lunge  
Skip Jump  
X Burpe