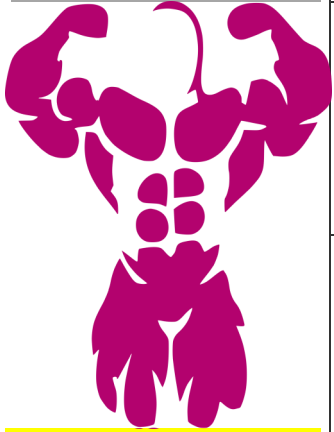


SHRED-4-U



JULY

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



**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
2. Kassie 6:00am	3. Trenda 4:30pm	4. Kassie 9:30am	5. Trenda 6:30pm	6.	7.	
9. Kassie 6:00am	10. Trenda 4:30pm	11. Kassie 9:30am	12. Trenda 6:30pm	13.	14.	
16. Kassie 6:00am	17. Trenda 4:30pm	18. Kassie 9:30am	19. Trenda 6:30pm	20.	21.	
23. Kassie 6:00am	24. Trenda 4:30pm	25. Kassie 9:30am	26. Kassie 6:30pm	27.	28.	
29. Kassie 6:00am	30. Trenda 4:30pm	31. Kassie 9:30am				

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