

SHRED-4-U



AUGUST

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

You will never know your limits until you push yourself to them.

High Intensity Interval training is a form of cardiovascular exercise alternating short periods of Intense anaerobic exercise with less intense recovery. Periods. 30 minute sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Kassie 9:30am	2. Trenda 6:30pm	3.	4.
6. Trenda 6:30pm	7. Brandy 6am Trenda 4:30pm	8. Kassie 9:30am	9. Trenda 6:30pm	10.	11.
13. Trenda 6:30pm	14. Brandy 6am Trenda 4:30pm	15. Kassie 9:30am	16. Trenda 6:30pm	17.	18.
20. Trenda 6:30pm	21. Brandy 6am Trenda 4:30pm	22. Kassie 9:30am	23. Trenda 6:30pm	24.	25.
27. Trenda 6:30pm	28. Brandy 6am Trenda 4:30pm	29. Kassie 9:30am	30. Trenda 6:30pm	31.	

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