

# SHRED-4-U



# September

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

**THE BODY  
ACHIEVES  
WHAT  
THE MIND  
BELIEVES**

**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.   |
| 3.<br>Trenda 6:30pm  | 4.<br>Trenda 4:30pm  | 5.<br>Brandy 4:30am<br>Kassie 9:30am  | 6.<br>Trenda 6:30pm  | 7.     | 8.   |
| 10.<br>Trenda 6:30pm | 11.<br>Trenda 4:30pm | 12.<br>Brandy 4:30am<br>Kassie 9:30am | 13.<br>Trenda 6:30pm | 14.    | 15.  |
| 17.<br>Trenda 6:30pm | 18.<br>Trenda 4:30pm | 19.<br>Brandy 4:30am<br>Kassie 9:30am | 20.<br>Trenda 6:30pm | 21.    | 22.<br><b>SHRED<br/>OPENHOUSE<br/>PARTY<br/>8:30am</b> |
| 24.<br>Trenda 6:30pm | 25.<br>Trenda 4:30pm | 26.<br>Brandy 4:30am<br>Kassie 9:30am | 27.<br>Trenda 6:30pm | 29.    | 29.  |
|                      |                      |                                       |                      |        |  |

# **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