

SHRED4U



November

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



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. 6:30PM Trenda	2.	3. 7:30AM Trenda
5. 4:30am Brandy 6:30pm Trenda	6. 4:30PM Trenda	7. 4:30am Brandy 9:30am Kassie	8. 6:30PM Trenda	9.	10. 7:30AM Trenda
12. 4:30am Brandy 6:30pm Trenda	13. 4:30PM Trenda	14. 4:30am Brandy 9:30am Kassie	15. 6:30PM Trenda	16.	17. 7:30AM Lance
19. 4:30am Brandy 6:30pm Trenda	20. 4:30PM Trenda	21. 4:30am Brandy 9:30am Kassie	22. HAPPY THANKS- GIVING	23.	24.
26. 4:30am Brandy 6:30pm Trenda	27. 4:30PM Trenda	28. 4:30am Brandy 9:30am Kassie	29. 6:30PM Trenda	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.**