

SHRED-4-U December



Whatever your goal we can make it happen.

THE sky IS THE LIMIT

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
3.	4. SHRED 9:15AM Kyle	5. SHRED 6:15PM Kyle	6. SHRED 9:15AM Kyle	7.	8. 8:30AM SHRED Dawn R.
10.	11. SHRED 9:15AM Kyle	12. SHRED 6:15PM Kyle	13. SHRED 9:15AM Kyle	14.	15. NO SHRED
17.	18. SHRED 9:15AM Kyle	19. SHRED 6:15PM Kyle	20. SHRED 9:15AM Kyle	21.	22. 8:30AM SHRED Kyle
24. CHRISTMAS EVE	25. MERRY CHRISTMAS!	26. SHRED 6:15PM Kyle	27. SHRED 9:15AM Kyle	28.	29. NO SHRED
31. New Years Eve	Happy New Year!!!! 2019				

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.**

7-MINUTE — HIIT — Workout

Do each exercise at high intensity for 30 seconds followed by a 10-second rest if needed. Repeat entire circuit up to three times.

JUMPING JACKS

WALL SIT

PUSH-UPS

CRUNCHES

CHAIR STEP-UPS

SQUATS

TRICEPS DIPS

PLANK

HIGH KNEES/RUNNING IN PLACE

LUNGES

PUSH-UP ROTATIONS

SIDE PLANK