

SHRED4U



DECEMBER

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



**High Intensity
Interval training
is a form of
cardiovascular
exercise alter-
nating short
periods of In-
tense anaero-
bic exercise
with less in-
tense recovery.
Periods.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. 7:30AM Trenda
3. 4:30am Brandy 6:30pm Trenda	4. 4:30PM Trenda	5. 4:30am Brandy 9:30am Kassie	6. 6:30PM Trenda	7.	8. 7:30AM Trenda
10. 4:30am Brandy 6:30pm Trenda	11. 4:30PM Trenda	12. 4:30am Brandy 9:30am Kassie	13. 6:30PM Trenda	14.	15. NO SESSION
17. 4:30am Brandy 6:30pm Trenda	18. 4:30PM Trenda	19. 4:30am Brandy 9:30am Kassie	20. 6:30PM Trenda	21.	22. 8:30am Trenda Challenge
<p>Merry Christmas HAPPY NEW YEAR FROM ALL OF US AT</p>		26. 4:30am Brandy 9:30am Kassie	27. 6:30PM Trenda	28.	29. 7:30am Trenda
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.**