

SHRED-4-U January



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
	1. NO Shred Happy New Year!!	2. NO SHRED	3. SHRED 9:15AM Dawn R.	4.	5.
7.	8. SHRED 9:15AM Kyle	9. SHRED 6:15PM Kyle	10. SHRED 9:15AM Kyle	11.	12.
14.	15. SHRED 9:15AM Kyle	16. SHRED 6:15PM Kyle	17. SHRED 9:15AM Kyle	18.	19.
21.	22. SHRED 9:15AM Kyle	23. SHRED 6:15PM Kyle	24. SHRED 9:15AM Kyle	25.	26.
28.	29. SHRED 9:15AM Kyle	30. SHRED 6:15PM Kyle	31. SHRED 9:15AM Kyle		

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