

# SHRED4U



# JANUARY

**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.                   | 2.                                    | 3.                   | 4.     | 5.<br><br>7:30AM Trenda  |
| 7.<br>4:30am Brandy<br>6:30pm Trenda  | 8.<br>4:30PM Trenda  | 9.<br>4:30am Brandy<br>9:30am Kassie  | 10.<br>6:30PM Trenda | 11.    | 12.<br><br>7:30AM Trenda |
| 14.<br>4:30am Brandy<br>6:30pm Trenda | 15.<br>4:30PM Trenda | 16.<br>4:30am Brandy<br>9:30am Kassie | 17.<br>6:30PM Trenda | 18.    | 19.<br><br>7:30AM Lance  |
| 21.<br>4:30am Brandy<br>6:30pm Trenda | 22.<br>4:30PM Trenda | 23.<br>4:30am Brandy<br>9:30am Kassie | 24.<br>6:30PM Trenda | 25.    | 26.<br><br>7:30am Trenda |
| 28.                                   | 29.                  | 30.<br>4:30am Brandy<br>9:30am Kassie | 31.<br>6:30PM Trenda |        |                          |

## **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.**