

SHRED4U



FEBRUARY

**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. 7:30AM Trenda
4. 4:30am Brandy 6:30pm Trenda	5. 4:30PM Trenda	6. 4:30am Brandy 9:30am Kassie	7. 6:30PM Trenda	8.	9. KREWE OF WOCO LAUNCH No Shred
11. 4:30am Brandy 6:30pm Trenda	12. 4:30PM Trenda	13. 4:30am Brandy 9:30am Kassie	14. 6:30PM Trenda	15.	16. 7:30AM Lance
18. 4:30am Brandy 6:30pm Trenda	19. 4:30PM Trenda	20. 4:30am Brandy 9:30am Kassie	21. 6:30PM Trenda	22.	23. 7:30am Trenda
25. 4:30am Brandy 6:30pm Trenda	26. 4:30PM Trenda	27. 4:30am Brandy 9:30am Kassie	28. 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.**