

SHRED4U



MAY

**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. 4:30am Brandy 9:30am Kassie	2. 6:30PM Trenda	3.	4. 7:20AM Trenda
6. 4:30am Brandy 6:30pm Trenda	7. 4:30PM Trenda	8.. 4:30am Brandy 9:30am Kassie	9. 6:30PM Trenda	10.	11. 7:20AM Lance
13. 4:30am Brandy 6:30pm Trenda	14. 4:30PM Trenda	15. 4:30am Brandy 9:30am Kassie	16. 6:30PM Trenda	17.	18 7:20AM Trenda
20. 4:30am Brandy 6:30pm Trenda	21. 4:30PM Trenda	22. 4:30am Brandy 9:30am Kassie	23. 6:30PM Trenda	24.	25. THE MURPH CHALLENGE
27. HAPPY MEMORIAL DAY	28. 4:30PM Trenda	29. 4:30am Lance 9:30am Kassie	30. 6:30PM 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.**