

SHRED4U



JUNE

**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. 7:20AM Trenda
3. 4:30am Brandy 6:30pm Trenda	4. 4:30PM Trenda	5. 4:30am Brandy	6. 6:30PM Trenda	7.	8. 7:20AM Trenda
10. 4:30am Brandy 6:30pm Trenda	11. 4:30PM Trenda	12. 4:30am Brandy	13. 6:30PM Trenda	14.	15. 7:20AM Trenda
17. 4:30am Brandy 6:30pm Trenda	18. 4:30PM Trenda	19. 4:30am Brandy	20. 6:30PM Trenda	21.	22. 7:20AM Trenda
24. 4:30am Brandy 6:30pm Trenda	25. 4:30PM Trenda	26. 4:30am Trenda	27. 6:30PM Trenda	28.	29. 7:20AM 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.**