

SHRED4U



JULY

**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 6:30pm Trenda	2. 4:30PM Trenda	3. 4:30am Brandy 6:30pm Trenda	4. NO SHRED HAPPY 4TH!	5.	6. NO SHRED HAPPY 4TH WEEKEND
8. 4:30am Brandy 6:30pm Trenda	9. 4:30PM Trenda	10. 4:30am Brandy	11. 6:30PM Trenda	12.	13. 7:20AM Trenda
15. 4:30am Brandy 6:30pm Trenda	16. 4:30PM Mary	17. 4:30am Brandy	18. 6:30PM Kelli	19.	20. 7:20AM Brandy
22. 4:30am Brandy 6:30pm Trenda	23. 4:30PM Trenda	24. 4:30am Brandy	25. 6:30PM Trenda	26.	27. 7:20AM Trenda
29. 4:30am Brandy 6:30pm Trenda	30. 4:30PM Trenda	31. 4:30am 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.**