

SHRED4U



November

**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. 7:20AM Liz
4. 4:30am Kelli 6:30pm Trenda	5. 4:30PM Trenda	6. 4:30am Brandy	7. 6:30PM Trenda	8.	9. 7:20AM Liz
11. 4:30am Kelli 6:30pm Trenda	12. 4:30PM Trenda	13. 4:30am Brandy	14. 6:30PM Trenda	15.	16. 7:20AM Liz
18. 4:30am Kelli 6:30pm Trenda	19. 4:30PM Trenda	20. 4:30am Brandy	21. 6:30PM Trenda	22.	23. 7:20AM Liz
25. 4:30am Kelli 6:30pm Trenda	26. 4:30PM Trenda	27. 4:30am Brandy	28. 6:30PM Trenda	29.	30.

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.**