

# SHRED4U



# October

**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.  4:30PM Trenda	2.  4:30am Brandy	3.  6 6:30PM Trenda	4.	5.  7:20AM Liz
7.  4:30am Kelli 6:30pm Trenda	8.  4:30PM Trenda	9.  4:30am Brandy	10.  6:30PM Trenda	11.	12.  7:20AM Liz
14.  4:30am Kelli 6:30pm Trenda	15.  4:30PM Trenda	16.  4:30am Brandy	17.  6:30PM Trenda	18.	19.  7:20AM Liz
21.  4:30am Kelli 6:30pm Trenda	22.  4:30PM Trenda	23.  4:30am Brandy	24.  6:30PM Trenda	25.	26.  7:20AM Liz
28. 4:30am Kelli 6:30pm Trenda	29.  4:30PM Trenda	30.  4:30am Brandy	31.  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.**