

**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
2. 4:30am Kelli 6:30pm Trenda	3. 4:30PM Trenda	4. 4:30am Brandy	5. 6:30PM Trenda	6.	7. 7:20AM Liz
9. 4:30am Kelli 6:30pm Trenda	10. 4:30PM Trenda	11. 4:30am Brandy	12. 6:30PM Trenda	13.	14. 7:20AM Liz
16. 4:30am Kelli 6:30pm Trenda	17. 4:30PM Trenda	18. 4:30am Brandy	19. 6:30PM Trenda	20.	21. 7:20AM Liz
23. 4:30am Kelli 6:30pm Trenda	24.	25.	26. 6:30PM Trenda	27.	28. 7:20AM Liz
30. 4:30am Kelli 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.



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TIME TO THE WORKOUT CO
FACEBOOK PAGE.**