

# SHRED4U



# FEBRUARY

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

## **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.**