

SHRED4U



JANUARY

**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. 6:30PM Liz	3.	4. 7:20AM Liz
6. 4:30am Kelli 6:30pm Trenda	7. 4:30PM Trenda	8. 4:30am Brandy	9. 6:30PM Trenda	10.	11. 7:20AM Liz
13. 4:30am Kelli 6:30pm Trenda	14. 4:30PM Trenda	15. 4:30am Brandy	16. 6:30PM Trenda	17.	18. 7:20AM Liz
20. 4:30am Kelli 6:30pm Trenda	21. 4:30PM Trenda	22. 4:30am Brandy	23. 6:30PM Trenda	24.	25. LAUNCH
27. 4:30am Kelli 6:30pm Trenda	28. 4:30PM Trenda	29. 4:30am Brandy	30. 6:30PM Trenda	31.	

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.**