

**R3DZONE**

**HIIT** SESSION = 37.50 MIN

30/30 x 5 rounds (4:50 per section) – AMRAP

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| Warm up 3-5 mins |
| Cardio |  |
| 60 sec rest period |
| Upper Body |  |
| 60 sec rest period |
| Lower Body |  |
| 60 sec rest period |
| Cardio |  |
| 60 sec rest period |
| Abs / Core |  |
| 60 sec rest period |
| Full Body |  |
| 60 sec rest period |
| Cardio |  |
| Cool down & stretch 3-5 mins |