**HIIT** **RESET**

**HIIT –** 60 SEC WORK / 25 SEC RECOVERY **=** 25 MIN

**STRETCH - RELAX** = 20 MIN

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| **HIIT SECTION** | |
| **CARDIO** |  |
| **STATION** |  |
| **Recover 60 sec** | |
| **CARDIO** |  |
| **STATION** |  |
| **Recover 60 sec** | |
| **CARDIO** |  |
| **STATION** |  |
| **Recover 60 sec** | |
| **CARDIO** |  |
| **STATION** |  |
| **Recover 60 sec** | |
| **STRETCH SECTION** | |
| **Stretch** | 1. Standing Forearm Stretch X 2 2. Standing Neck Stretch X 2 3. Standing Tricep Stretch X 2 4. Standing Arms Stretched Up X 1 5. Standing Arm Across Body Shoulder Stretch X 2 6. Standing Upper Back Stretch X 1 7. Standing Chest Stretch X 1 8. Kneeling Hip Flexor Stretch X 2 9. Front Lying Cobra Stretch X 1 10. Kneeling Cat / Camel Stretch X 1 11. Childs Pose X 1 12. Front Lying Quad Stretch X 2 13. Back Lying Double Knee Hug Back Stretch X 1 14. Back Lying Glute Stretch X 2 15. Lying Hamstring Stretch X 2 |
| **Total Time – 15 Mins**  (Either 2 X 30 Sec Or 1 Min) | |
| **Relaxation** | Lay On Back – Deep Breathing, relaxing – Focusing on Clearing the Mind |
| **Total Time 3-5 Mins** | |