**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
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| **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** |