



# HIIT RESET

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

**STRETCH - RELAX** = 20 MIN

<b>HIIT SECTION</b>	
<b>CARDIO</b>	RUNNING
<b>STATION</b>	1. Step decline pushup 2. Bent over row
<b>Recover 60 sec</b>	
<b>CARDIO</b>	SPIN BIKE HILL CLIMB / SPRINT
<b>STATION</b>	1. Squat jump jacks 2. Curtsy lunge (change halfway)
<b>Recover 60 sec</b>	
<b>CARDIO</b>	SKI ERG
<b>STATION</b>	1. 3 count abdominal crunches 2. Russian twists
<b>Recover 60 sec</b>	
<b>CARDIO</b>	ROWER
<b>STATION</b>	1. Team Squat hold with ball pass 2. Team plank hold with ball pass
<b>Recover 60 sec</b>	
<b>STRETCH SECTION</b>	
<b>Stretch</b>	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
<b>Total Time – 15 Mins</b> (Either 2 X 30 Sec Or 1 Min)	
<b>Relaxation</b>	Lay On Back – Deep Breathing, relaxing – Focusing on Clearing the Mind
<b>Total Time 3-5 Mins</b>	