



HIIT RESET

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

STRETCH - RELAX = 20 MIN

HIIT SECTION	
CARDIO	RUNNING
STATION	1. Step flat press 2. Step Seated Shoulder Press
Recover 60 sec	
CARDIO	SPIN BIKE – SEAT SPRINT
STATION	1. Walking squats / Duck walks 2. 3 lunges + jump alternate
Recover 60 sec	
CARDIO	SKI ERG
STATION	1. Ab crunch pulses 2. Ab alternating toe reaches
Recover 60 sec	
CARDIO	ROWER
STATION	1. Slam ball 2. Inch worm – Plank – inchworm - stand
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	