



HIIT RESET

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

STRETCH - RELAX = 20 MIN

| HIIT SECTION | |
|---|--|
| CARDIO | RUNNING |
| STATION | 1. Single arm row - Left 2. Single arm row - right |
| Recover 60 sec | |
| CARDIO | SPIN BIKE – SEAT HILL |
| STATION | 1. Deadlifts 2. Good mornings |
| Recover 60 sec | |
| CARDIO | SKI ERG |
| STATION | 1. Dumbbell Side bend - Left 2. Dumbbell side bend - right |
| Recover 60 sec | |
| CARDIO | ROWER |
| STATION | 1. Bell clean + press - left 2. Bell clean + press - right |
| 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 | |