



HIIT RESET

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

STRETCH - RELAX = 20 MIN

HIIT SECTION	
CARDIO	RUNNING
STATION	1. Step tricep dips 2. Step seated bicep curls
Recover 60 sec	
CARDIO	SPIN BIKE – SEAT Quick
STATION	1. Squat long jump and walk back 2. Pelvic lift
Recover 60 sec	
CARDIO	SKI ERG
STATION	1. Saxon Side Bend 2. Dorsal Raise
Recover 60 sec	
CARDIO	ROWER
STATION	1. Team slam ball / squat jump alternate 2. Team burpee + high 5
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	