

4 Week HIIT Routine-Can utilize this w/any Cardio
Equipment-you WILL see results w/this!!!
Please see me or EDGE Staff for any Questions/Help
HIIT: High-Intensity-Interval-Training

CARDIO SESSION: WEEK 1

**3 MIN SLOW WALK OR JOG
30 SECONDS SPRINT
1 MINUTE JOG ALTERNATED W/30 SEC
SPRINT AND REPEATED 8 TIMES
3 MIN WALK/JOG**

WEEK 2

**4 MIN SLOW WALK/JOG
1 MIN SPRINT ALTERNATED W/1 MIN
JOG REPEATED 5 TIMES
1 MIN SPRINT
3 MIN WALK/JOG**

WEEK 3

**2 MIN WALK/JOG
1 MIN SPRINT ALT W/1 MIN RUN REPEAT
8 TIMES
2 MIN WALK/JOG**

WEEK 4

**1 MIN JOG
30 SEC SPRINT ALT W/30 SEC JOG
REPEAT 15 TIMES
1 MIN SPRINT
1 MIN JOG
1 MIN WALK**