

**DO LIFE
FIT**

With Elaina



BIKE HIIT CARDIO

- 1. Warm up for 3 minutes.**
- 2. Sprint (as hard as YOU can go) for 30 seconds.**
- 3. Recover (either stop or go slow) for 1 minute.**
- 4. Repeat step #2 and #3, eleven more times.**
- 5. Cooldown for 3 minutes.**

A total of 24 minutes.

Remember to adjust according to your fitness level. You can add resistance, go faster, go slower, take a longer recovery time, etc. But aim to get better every time you do this HIIT cardio.