

Do Life Fit 24 Day Challenge

Phase 2

Day 10 – HIIT CARDIO/ABS

- *Pick a cardio of your choice. (Treadmill, bike, elliptical, rowing machine, outdoor walk or run etc...)*

- 1. Warm up for 3 minutes at a steady pace.
- 2. 60 second sprint as hard as you can.
- 3. 60 second recover (either stop or go at a slow pace or both).
- 4. 45 second sprint as hard as you can.
- 5. 45 second recover (either stop or go at a slow pace or both).
- 6. 30 second sprint as hard as you can
- 7. 30 second recover (either stop or go at a slow pace or both).
- 8. 15 second sprint as hard as you can.
- 9. 15 second recover (either stop or go at a slow pace or both).
- 10. Repeat step 2 to 9, two to three more times.
- 11. Cool down for 3 minutes at a steady pace.

ABS

- *Do all 3 exercises back to back, taking a 45 second break at the end.*
- *Do 3 to 4 complete rounds of all 3 exercises.*

- 1. V-up - right arm reaching to left foot, alternating to other arm and foot – 20 reps.

- 2. Alternating Heel touches – 30 reps

- 3. Stability ball roll-in – 12-15 reps.

- **STRETCH**

- **DO NOT FORGET TO DRINK PLENTY OF WATER**