

Do Life Fit 24 Day Challenge

Phase 2

Day 13 – HIIT CARDIO

- *Pick a cardio of your choice. (Treadmill, bike, elliptical, rowing machine, outdoor walk or run etc...)*
- *This HIIT cardio will take you 21 minutes. Depending on your fitness level, you can make it shorter or longer. I suggest at least 10 minutes and no longer than 30 minutes.*
 1. 3-minute warm-up – go at a steady pace.
 2. 20 second spring as fast as you can go (more advanced, 30 second sprint)
 3. 40 second recovery – slow pace (more advanced, 30 second recovery)
 4. Repeat step 2 and 3 for a total of 15 times (more advanced up to 24 times)
 5. 3 minutes cool down – go at a slow steady pace.
- *STRETCH*
- *DO NOT FORGET TO DRINK PLENTY OF WATER*