

DAY 18 – HIIT

- ❖ Use the treadmill, elliptical, rowing machine or bike for this HIIT cardio!
- ❖ Remember to always go at your own speed and at your own pace.

1. Warm up with a 5 minutes of light cardio
2. 20 seconds sprint (as fast as YOU can go) (more advanced, 30 to 60 seconds)
3. 1 minute and 40 seconds recovery speed (rest if you need to)
4. 35 seconds sprint (more advanced 45-60 seconds)
5. 1 minutes and 25 seconds recovery speed
6. Repeat steps 2 to 5, two more times.
7. Cool down with a 5 minutes light cardio

Remember to always stretch after every workouts and drink plenty of water.