

## Day 4 – HIIT Cardio (High-Intensity Interval Training)

- ❖ Hiit involves alternating between very intense bouts of exercise and low intensity exercise.

Total of 20 minutes. (For more advanced you can do 25-30 minutes and change the 30 seconds sprint to 45 seconds to 60 seconds)

### On your treadmill:

First do a 3-minute warm up at a steady state.

1. Do 30 seconds sprint – as hard as you can go! (Either really fast walk or run)
2. Then 1 minutes and 30 seconds at a very slow pace (recovery.) You can modify the recovery period to 2 minutes if you feel 1 minute and 30 seconds is not enough.
3. Repeat for a total of 14 minutes of HIIT.

Finish with a 3 minutes cool down at a steady state.

What is really important is to bring your heart rate super high for the 30 seconds and then bring it right down. Repeat.

This will burn fat and calories throughout the day even when you are done exercising!!

- ❖ Do not forget to do some stretching as well and drink a lot of water.