

HIIT (High Intensity Interval Training) Cardio

@JamesEllisFit

JamesEllisFit.com



Do Each
Exercise:
30 Seconds
FAST
30 Seconds
REST
= 1 Interval

Single Leg Butt Kicks



Beginner:
1 Interval Each
Intermediate:
2-3 Intervals Each
Advanced:
4-5 Intervals Each

FAST Jacks



High Knees

Hiit Training Program High Intensity Interval Training For Fast Fitness

Yijin Wang



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