

HIIT (High Intensity Interval Training) Cardio

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

Single Leg Butt Kicks



FAST Jacks

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



High Knees

Hiit Training Program High Intensity Interval Training For Fast Fitness

**Marie Spano, Laura Kruskall, D. Travis
Thomas**



Hiit Training Program High Intensity Interval Training For Fast Fitness:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, **Hiit Training Program High Intensity Interval Training For Fast Fitness** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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