

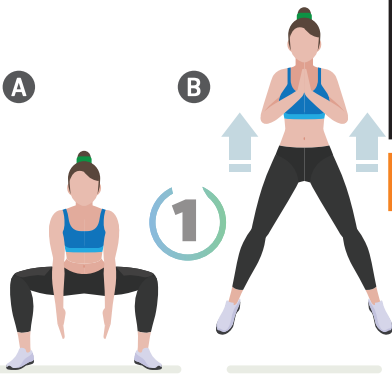
SHACK BLAST

HIIT WORKOUT



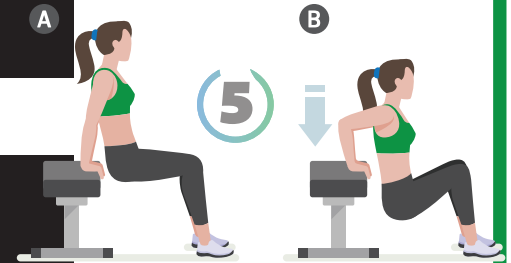
THE FITNESS SHACK

www.fitnesssylvania.com



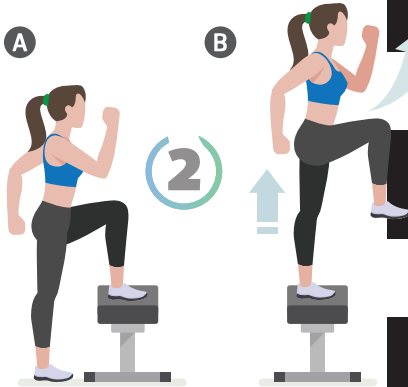
1 JUMP SQUATS • 45 SEC

REST 15 SEC



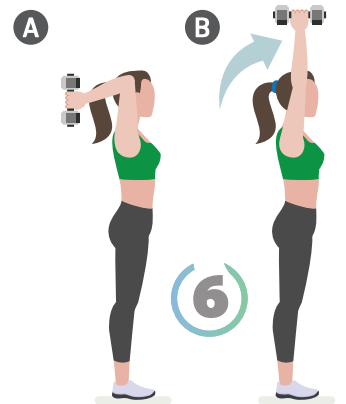
2 RAISED STEP-UP • 45 SEC

REST 15 SEC



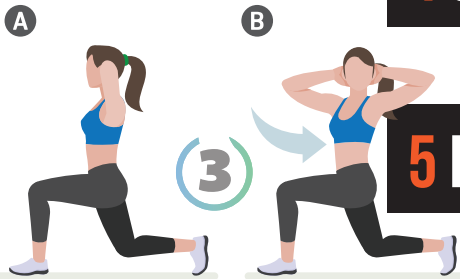
3 LUNGE TWISTS • 45 SEC

REST 15 SEC



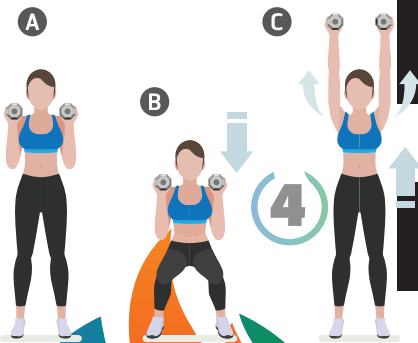
4 SQUAT TO PRESS • 45 SEC

REST 15 SEC



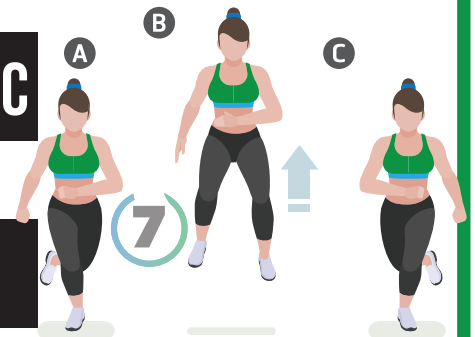
5 BENCH DIPS • 45 SEC

REST 15 SEC



6 TRICEP EXTENSIONS • 45 SEC

REST 15 SEC



7 OVER THE RIVER • 45 SEC

REST 2 MIN

REPEAT 3X OR 4X
DEPENDING ON YOUR FITNESS LEVEL



Physician Approved Fitness