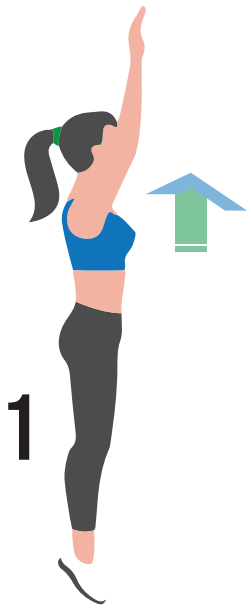


SHACK BLAST

HIIT WORKOUT



THE FITNESS SHACK
www.fitnesssylvania.com



1

1 BURPEES • 45 SEC

REST 15 SEC

2 LUNGES • 45 SEC

REST 15 SEC

3 JUMP SQUATS • 45 SEC

REST 15 SEC

4 PUSH UPS • 45 SEC

REST 15 SEC

5 MOUNTAIN CLIMBERS • 45 SEC

REST 15 SEC

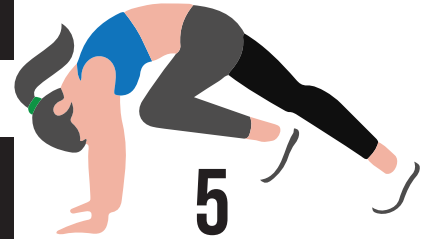
6 HIGH KNEES • 45 SEC

REST 15 SEC

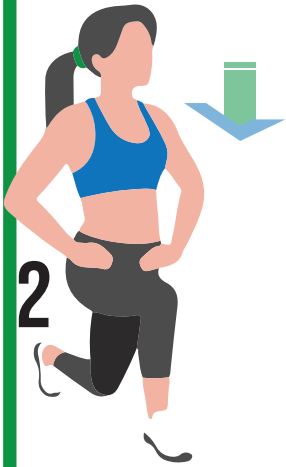
7 PLANK • 45 SEC

REST 2 MIN

REPEAT 3X OR 4X
DEPENDING ON YOUR FITNESS LEVEL



5



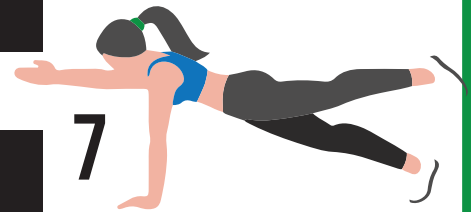
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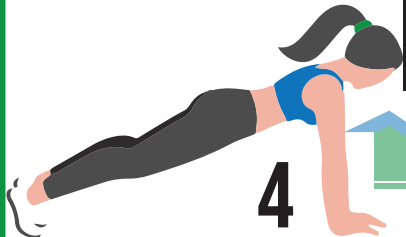
6



3



7



4



Physician Approved Fitness