

Hiit australia 8 week challenge pdf

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Workouts WeekWEEK CHALLENGE Use dumbbells when performing the shoulder press and man makers exercises in this HIIT workout. Now you can take a well-earned rest day, giving your muscles time to recover. A HIIT DayExercises Interval SecondsWorkouts WeekWEEK CHALLENGE Created Date/18/PMfor yourweek HIIT Program'. This video will show you how to access and use your program over the course ofweeks. Avoid jumping onto the next workout without completion of the previous week. Exercises Congratulations on completing your first week of the Activ8 program! Workouts WeekWEEK CHALLENGE Strength DayExercises Tempo SetsWorkouts You will need access to a treadmill and rower equipment to complete this HIIT workout. Utilise a step to perform the left or right split squats and left or right step ups. The workouts have been named as week Perform the workouts weekly in a chronological order. Getting started is the hardest part! Congratulations on completing your first week of the Activ8 program! A mat should be used when doing planks, push ups and crunches. Workouts WeekWEEK CHALLENGE It will show you how to access and use your program over the course ofweeks. The workouts have been named as week Perform the workouts weekly in a chronological order. Avoid jumping onto the next You will need access to a treadmill and rower equipment to complete this HIIT workout. Use a step for alternating step ups. If your gym does not possess this equipment, substitute these exercises for alternative HIIT exercises, such as man makers. Utilise a step to perform the left or right split squats and left or right step ups. Intense yet gratifying workout program that takes a standard HIIT workout to a exercises for alternative HIIT exercises, such as man makers. A different level of intensity. There areworkouts in total, which are all based in a circuit format. Workouts WeekWEEK CHALLENGE There is lots of skipping in this HIIT workout, so you will need a skipping rope, as well as battle rope to complete rope work. Welcome to the Kinetic Steps'Week Dumbbell HIIT Workout Program. Getting started is Use dumbbells when performing the shoulder press and man makers exercises in this HIIT workout. There areworkouts in total, which are all based in a circuit format.

 Difficulté Moyen

 Durée 206 heure(s)

 Catégories Énergie, Bien-être & Santé, Jeux & Loisirs

 Coût 573 USD (\$)

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