

## SAMPLE HIIT – AEROBIC WORKOUT

WEEK - WORKOUT	EXERCISE	RESISTANCE	RECOVERY TIME	SPRINT TIME	TOTAL TIME
1-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	10 MIN
2-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	12 MIN
3-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	14 MIN
4-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	16 MIN
5-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	18 MIN
6-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	20 MIN
7-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	12 MIN
7-2	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	12 MIN
8-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	14 MIN
8-2	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	14 MIN
9-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	16 MIN
9-2	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	16 MIN
10-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	18 MIN
10-2	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	18 MIN
11-1	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	20 MIN
11-2	ELLIPTICAL MACHINE	INCLINE 8 REISTANCE 10	50 SEC.	10 SEC.	20 MIN