



Glorious Glutes... HIIT It!

Warm up: 5 min jog/walk fast on treadmill

Circuit 1: You will complete 5 sets of sprints!

- Set 1: incline 5
- Set 2 incline 6
- set 3: incline 7
- Set 4: incline 8
- Set 5 incline 9

40 sec on/40 sec off (jump to the sides of the treadmill) at each incline

***speed between 7.5-9.0

Circuit 2: You will complete 5 sets of sprints!

- Set 1: incline 10
- Set 2 incline 11
- set 3: incline 12
- Set 4: incline 13
- Set 5 incline 14

30 sec on/30 sec off at each incline

***speed between 5.8-7.5

Circuit 3-Repeat 2x through

20 burpees

30 sit ups

40 mountain climbers

50 high knees

COOL DOWN WITH AN EASY 5 MIN WALK AND FOAM ROLLING!

www.1FitFoodie.com

