

HIIT THE DECK

feel great in 8

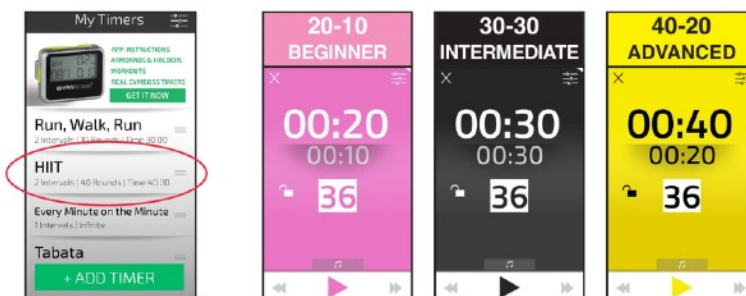
WHAT IS HIIT?

High Intensity Interval Training (HIIT) helps you burn fat, speed up your metabolism and burn extra calories after your workout! In this deck pink cards are cardio, yellow cards are core and upper body and green cards are legs, so you'll also strengthen the entire body!

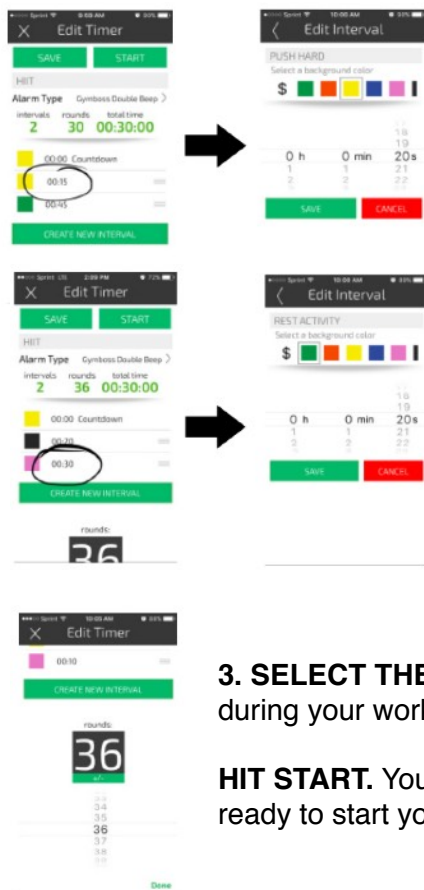
HOW TO PLAY:

STEP ONE: Decide how many cards/which cards you want to use as part of your workout. You can either do all 35 workout cards, just the pink cardio cards, focus on core and upper body with the yellow cards, or focus on legs with the green cards. Or, any combination!

STEP TWO: Download the free Gymboss Fitness Timer from the Apple App Store or Google Play. Open the timer and choose HIIT. Then follow the instructions below to program your timer for the level of intensity you want.



TO PROGRAM YOUR TIMER: Follow the steps below to program your timer. When you finish, your timer should match one of the pictures shown above.



1. EDIT THE 1ST INTERVAL: Click on the first interval and choose the length to match the intensity you want {Beginner = 20s, Intermediate = 30s, Advanced = 40s} This will be your workout interval, so I named mine **PUSH HARD** at the top. **Hit SAVE.**

2. EDIT THE 2ND INTERVAL: Click on the second interval and choose the length to match the intensity you want {Beginner = 10s, Intermediate = 30s, Advanced = 20s}. This will be your rest interval, so I named mine **REST ACTIVITY** at the top. **Hit SAVE.**

3. SELECT THE NUMBER OF ROUNDS: Click on the number of rounds you want to do during your workout. The number of rounds will determine the length of your workout.

HIT START. You timer is programmed and ready to go. Just hit the play button when you are ready to start your workout!

STEP THREE: Do a 5 minute warm up/stretch and then push the play button on your timer, and get moving!

During the first interval, choose one of the workout cards and do the exercise listed.

When the timer beeps, switch to a "rest" activity (i.e. walk or march in place).

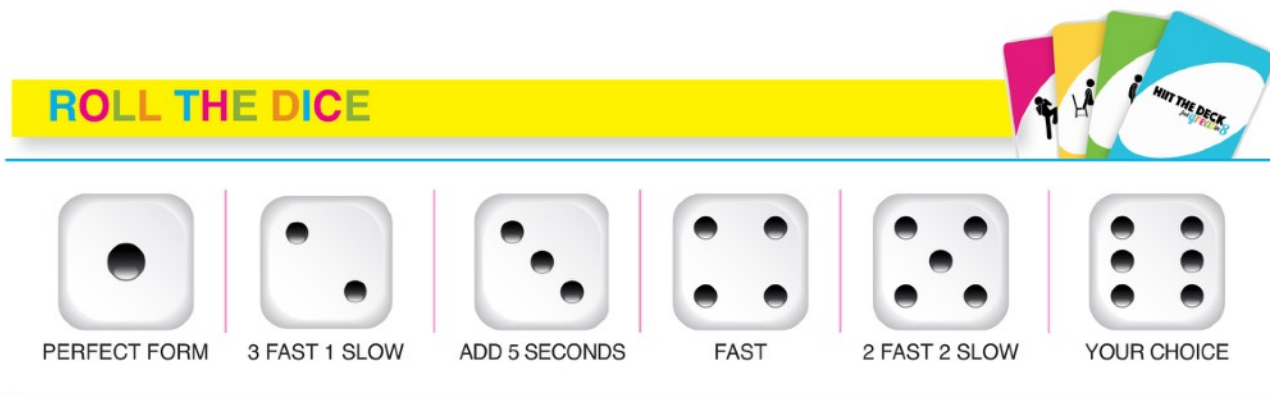
Every time the timer beeps alternate between doing a workout card and rest activity. Depending on how many cards and how many rounds you chose you may either do each card once, or you can repeat the cards multiple times.

Remember to push yourself during the workout card intervals and then let your heart rate drop during the rest intervals.

When your HIIT workout is finished, don't forget to do a 5 minute cool down.

OPTIONAL CHALLENGE:

Grab a pair of dice (actually, you only need one, it just sounded silly to say grab a die :)) and roll it every time you choose a new workout card. Follow the instructions below based on which number you roll.



DISCLAIMER:

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of healthy problems that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Feel Great in 8 from any and all claims or causes of action, known or unknown, arising out of Feel Great in 8's negligence.