

Info graphic draft – Hiit Cards workouts



Beginner 9 minute workout · 7am before breakfast · 3 times a week.

Shuffle cards – take 1 red, 1 black, 1 green



10 seconds workout – rest 50 seconds



10 seconds full effort – rest 50 seconds



10 second correct form – rest 50 seconds

Repeat 3 times



Active but weak - 12 minute workout– 3 times a week 6 cards - 2 red, 2 green, 2 black.



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20 seconds workout – rest 40 seconds



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20 seconds full effort – rest 40 seconds



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20 second correct form – rest 40 seconds

Repeat twice



Intermediate 9 cards – 4 times a week:



30 seconds workout – rest
30 seconds



30 seconds full effort – rest
30 seconds



30 second correct form –
rest 30 seconds

Repeat twice – 18min

Repeat 3 times – 27min



Advanced 12 cards – 4-5 times a week.



40 seconds workout
– rest 20 seconds



40 seconds full effort
– rest 20 seconds



40 second correct
form – rest 20 seconds

Repeat twice – 24min

Repeat 3 times – 36 min

Top five benefits of high intensity interval training:

- 1. Saves time**
- 2. Boosts metabolism improving calorie burn**
- 3. Activates muscle that are switched off**
- 4. Improves full body muscle mass**
- 5. Gets you fit and strong fast**

Advise: Start slowly and focus on form – build on intensity.