

INTEGRATE | Week 1

Cardio & HIIT

Weekly Cardio Goal:

Two, 20 minute walks. These can be before or after a workout or on an active recovery day. If possible I recommend getting at least one of these sessions outdoors!

Weekly HIIT Workout :

Again, this can be incorporated into one of your daily workouts, paired with one of your 20 minute walks, or as a Day 4 workout.

AMRAP - 12 minutes

10 Air Squats

10 Jumping Jacks

15 Russian Twists (use dumbbell or medicine ball)

15 Feet Elevated Glute Bridges

20 Sit Ups

20 Jump Lunges