

- JOHN REED FITNESS -

DAILY WORKOUTS

- HIIT CARDIO 1 -

MINUTE	PERCEIVED EFFORT *1 LEAST CHALLENGING - 10 MOST CHALLENGING
2 MINUTE WARM UP	5
1 MINUTE ALL OUT <hr style="width: 20%; margin: 0 auto;"/> 1 MINUTE JOG REPEAT 10 ROUNDS FOR 20 MINUTES OF INTERVALS	10 <hr style="width: 20%; margin: 0 auto;"/> 5
2 MINUTE COOL DOWN	5

How To:

- PICK CARDIO OF YOUR CHOICE. TREADMILL, BIKE, OPEN FIELD, STAIR MASTER, PUNCHING BAG, ETC...
- AFTER PROPER WARM UP PERFORM 1 MINUTE ALL OUT SPRINT FOLLOWED BY 1 MINUTE COOL DOWN/ BRISK "JOG" - WHAT EVER THAT PACE IS FOR YOU!
- ENJOY!

Connect With Me

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If you find value in this and would like to support me please help me reach others by sharing our work with the people in your life. A successful personal training business is survived by referrals and positive word of mouth. My mission is to add more value to my clients than anyone and to help inspire, support and educate others into reaching their potential while avoiding risk of injury and enjoying the process! This wouldn't be possible without you tuning in so thank you and until the next workout!

Your Personal Trainer,

John Reed Fitness