



Trip Fitness HIIT Cardio Program:

Lose Body Fat FAST!

Total of 25 minutes of cardio + 5 minutes of cool down time.

- **3:00 Minutes:** – Warm Up – Device of your choice. This level should be with a slight resistance at a “normal pace”, no exertion required, no incline.

Now the 12 Minute, Fat Blasting, HIIT Cardio Session Begins!

- **2:00 Minutes:** – High Resistance: 75% resistance (high incline on treadmill) – Make yourself struggle with this.
- **2:00 Minutes:** – Low Resistance: 25% resistance (medium incline on treadmill) – Sprint! Max speed your body will allow you to go.
- **2:00 Minutes:** – High Resistance: 75% resistance (no incline)
- **3:00 Minutes:** – Highest Incline: 50% resistance
- **1:00 Minutes:** – No Resistance: All out sprint
- **2:00 Minutes:** – Highest Incline: 75% resistance (you are barely moving the machine)

You can switch machines (if you want) for this next part.

- **10:00 Minutes:** – Regular cardio, no resistance, no inclines, just steady pace.

Cool Down

- **5:00 Minutes:** – Cool Down – Light pace, bringing your heart rate back down, could even use this period as stretching time.

If you are still breathing, still standing, and still reading after performing this workout, **CONGRATULATIONS!**

This type of interval training may be done up to 5 days per week for maximum fat loss, try to do 3 days per week on a minimum.