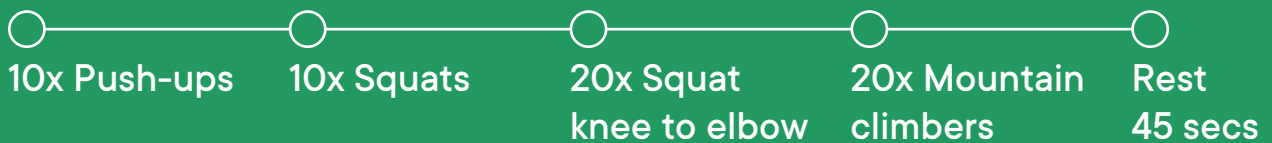


Intermediate H.I.I.T.

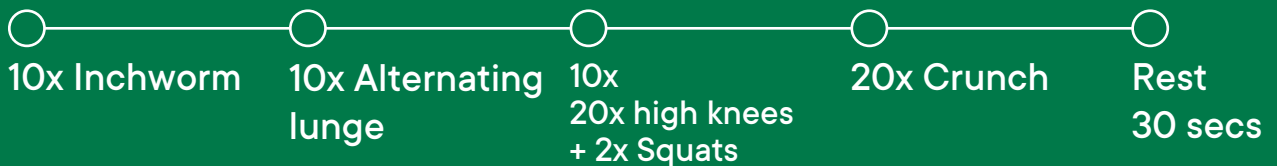
1 Warmup 20 secs each, 2 rounds



2 Conditioning 3 rounds



3 Core 3 rounds



4 Full body stretch Hold each stretch for 30 secs

