

Killer Cardio

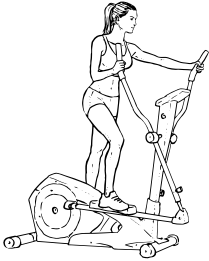
Cardio, Legs



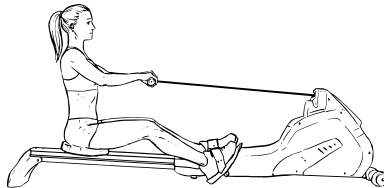
Brian P.

HIIT workouts for any of the modes of exercises below. 5-8 min warmup followed by either 1) 10x1min hard effort, 1 min easy effort. 2) 3 min hard effort, 2 min easy effort then 5-8 min cooldown

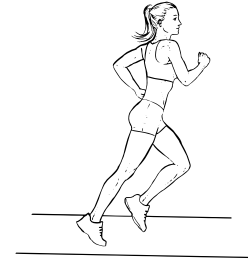
Cardio - Elliptical Machine



Cardio - Rowing Machine



Cardio - Running / Jogging / Treadmill



Cardio - Stairmaster / Stairmill



Cardio - Stationary Bike / Spinning



Cardio - Swimming

