

eFitness365: Fit to Live

www.eFitness365.com

Intervals

Jump rope, ride a bike (even on rollers!), run, swim, row...you pick it! Here is the drill:

Warm up 10 minutes

Go HARD 1 minute

Take it easy 2 minutes

Go HARD 2 minutes. Stay focused.

Take it easy 2 minutes

Go HARD 3 minutes. Stay focused.

Take it easy 2 minutes

Go HARD 4 minutes. Stay focused.

Take it easy 2 minutes

Go HARD 3 minutes. Stay focused.

Take it easy 2 minutes

Go HARD 1 minute

Cool down 10 minutes

Stretch!