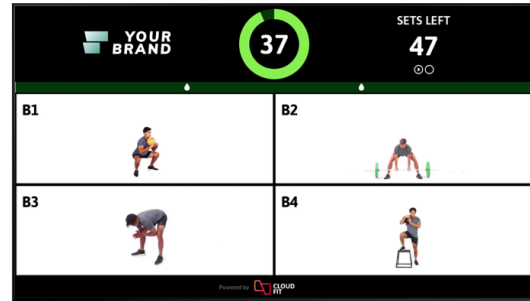
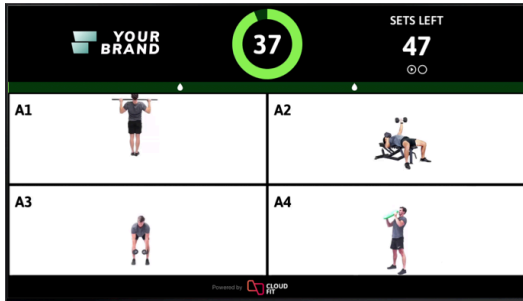


# HIIT.

Circuit

## High Intensity Interval Training

A faster paced, higher volume work rate with short rest periods designed to improve overall performance and burn fat.



(sample image only)

## Timeline

45 mins

15 sec	<b>Workout Description</b>	Digital Whiteboard
20 sec	<b>Workout Details</b>	Digital Whiteboard
2 min	<b>Exercise Demonstrations</b>	Demos Module
2 min 50 sec	<b>Warm Up</b>	Flow Module
32 min 45 sec	<b>The Workout</b>	Circuit Module
3 min	<b>Finisher</b>	Flow Module
3 min	<b>Stretching</b>	Digital Whiteboard
15 sec	<b>Workout Complete</b>	Digital Whiteboard



\*Approximate timings. Some timings adjust slightly with each workout template.

## Varieties

HIIT Cardio	8 exercises	1 set / 4 laps	45 : 15
HIIT Double	8 exercises	2 sets / 2 laps	50 : 15 / 50 : 15
HIIT Variable	8 exercises	4 sets / 1 lap	55 : 25 / 30 : 15 / 30 : 15 / 55 : 25

### HIIT Cardio

#### [Blank Template](#)

[HIIT Cardio 1](#)

[HIIT Cardio 2](#)

[HIIT Cardio 3](#)

[HIIT Cardio 4](#)

[HIIT Cardio 5](#)

[HIIT Cardio 6](#)

[HIIT Cardio 7](#)

[HIIT Cardio 8](#)

[HIIT Cardio 9](#)

[HIIT Cardio 10](#)

### HIIT Double

#### [Blank Template](#)

[HIIT Double 1](#)

[HIIT Double 2](#)

[HIIT Double 3](#)

[HIIT Double 4](#)

[HIIT Double 5](#)

[HIIT Double 6](#)

[HIIT Double 7](#)

[HIIT Double 8](#)

[HIIT Double 9](#)

[HIIT Double 10](#)

### HIIT Variable

#### [Blank Template](#)

[HIIT Variable 1](#)

[HIIT Variable 2](#)

[HIIT Variable 3](#)

[HIIT Variable 4](#)

[HIIT Variable 5](#)

[HIIT Variable 6](#)

[HIIT Variable 7](#)

[HIIT Variable 8](#)

[HIIT Variable 9](#)

[HIIT Variable 10](#)

#### Please note:

- These workouts will need a minimum of 2 displays (TVs) in order to be properly displayed. For best layout aesthetics we recommend 5 displays for this workout however any set up with 2 or more will be fine as well.
- The display image attached is only a sample of many layout options that can be displayed. CloudFit's customizable nature allows you to create your own set up in a way that suits your specific layout best.
- Upload your own background images and logos if required
- Drag, reorder or replace exercises to suit your layout
- Copy, rename, edit and save to your account.
- Use as best suited for your business.