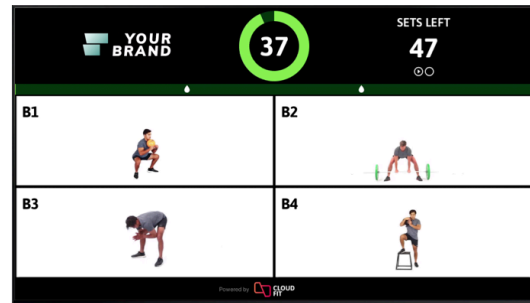
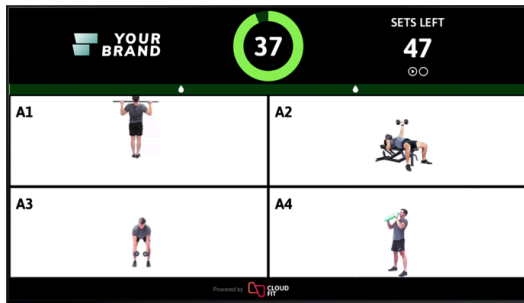


# HIIT.

Zones

## High Intensity Interval Training

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

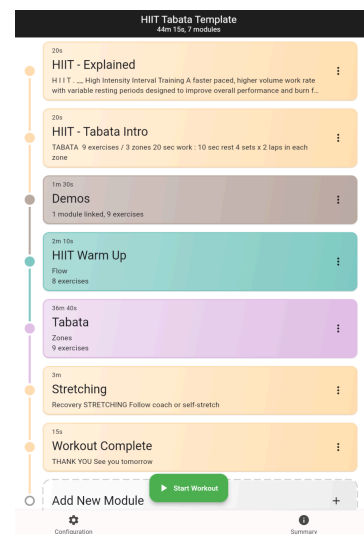


(sample image only)

## 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 10 sec	<b>Warm Up</b>	Flow Module
36 min 40 sec	<b>The Workout</b>	Zones 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 Tabata	9 exercises	4 sets / 2 laps	20 : 10
HIIT Laps	9 exercises	1 set / 4 laps	45 : 15
HIIT Sets	9 exercises	4 sets / 1 lap	30 : 10 / 35 : 15 / 45 : 20 / 55 : 30

### HIIT Tabata

#### [Blank Template](#)

[HIIT Tabata 1](#)

[HIIT Tabata 2](#)

[HIIT Tabata 3](#)

[HIIT Tabata 4](#)

[HIIT Tabata 5](#)

[HIIT Tabata 6](#)

[HIIT Tabata 7](#)

[HIIT Tabata 8](#)

[HIIT Tabata 9](#)

[HIIT Tabata 10](#)

### HIIT Laps

#### [Blank Template](#)

[HIIT Laps 1](#)

[HIIT Laps 2](#)

[HIIT Laps 3](#)

[HIIT Laps 4](#)

[HIIT Laps 5](#)

[HIIT Laps 6](#)

[HIIT Laps 7](#)

[HIIT Laps 8](#)

[HIIT Laps 9](#)

[HIIT Laps 10](#)

### HIIT Sets

#### [Blank Template](#)

[HIIT Sets 1](#)

[HIIT Sets 2](#)

[HIIT Sets 3](#)

[HIIT Sets 4](#)

[HIIT Sets 5](#)

[HIIT Sets 6](#)

[HIIT Sets 7](#)

[HIIT Sets 8](#)

[HIIT Sets 9](#)

[HIIT Sets 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 3 or 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.