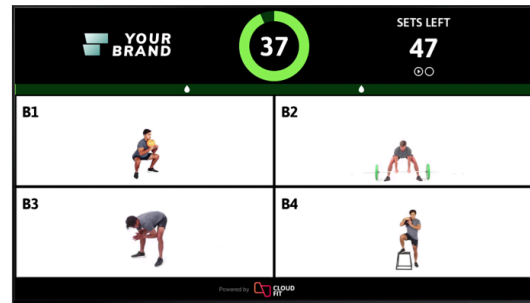
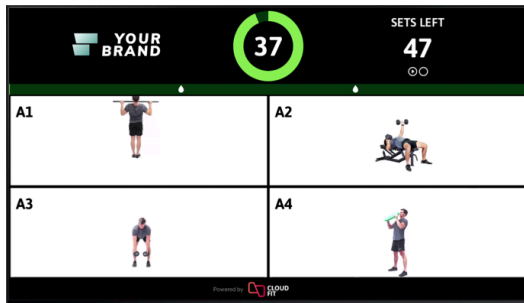


# HIRT.

## High Intensity Resistance Training

A strength - endurance workout that focuses on higher volume and rep ranges whilst maintaining high levels of intensity using resistance based exercises.



(sample image only)

Timeline			45 mins
15 sec	<b>Workout Description</b>	Digital Whiteboard	
20 sec	<b>Workout Details</b>	Digital Whiteboard	
2 min 30 sec	<b>Exercise Demonstrations</b>	Demos Module	
2 min 30 sec	<b>Warm Up</b>	Flow Module	
36 min 55 sec	<b>The Workout</b>	Circuit Module	
2 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

HIRT Laps	10 exercises	1 set / 4 laps	40:15
HIRT Double	10 exercises	2 sets / 2 laps	40:15
HIRT Drop Sets	10 exercises	3 sets / 1 lap	55 : 20 / 50 : 20 / 45 : 20

HIRT Laps	HIRT Double	HIRT Drop Sets
<a href="#">Blank Template</a>	<a href="#">Blank Template</a>	<a href="#">Blank Template</a>
<a href="#">HIRT Laps 1</a>	<a href="#">HIRT Double 1</a>	<a href="#">HIRT Drop Sets 1</a>
<a href="#">HIRT Laps 2</a>	<a href="#">HIRT Double 2</a>	<a href="#">HIRT Drop Sets 2</a>
<a href="#">HIRT Laps 3</a>	<a href="#">HIRT Double 3</a>	<a href="#">HIRT Drop Sets 3</a>
<a href="#">HIRT Laps 4</a>	<a href="#">HIRT Double 4</a>	<a href="#">HIRT Drop Sets 4</a>
<a href="#">HIRT Laps 5</a>	<a href="#">HIRT Double 5</a>	<a href="#">HIRT Drop Sets 5</a>
<a href="#">HIRT Laps 6</a>	<a href="#">HIRT Double 6</a>	<a href="#">HIRT Drop Sets 6</a>
<a href="#">HIRT Laps 7</a>	<a href="#">HIRT Double 7</a>	<a href="#">HIRT Drop Sets 7</a>
<a href="#">HIRT Laps 8</a>	<a href="#">HIRT Double 8</a>	<a href="#">HIRT Drop Sets 8</a>
<a href="#">HIRT Laps 9</a>	<a href="#">HIRT Double 9</a>	<a href="#">HIRT Drop Sets 9</a>
<a href="#">HIRT Laps 10</a>	<a href="#">HIRT Double 10</a>	<a href="#">HIRT Drop Sets 10</a>

**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.