

## HIIT Cardio Circuit – May 11<sup>th</sup> 2020

This workout contains 2 different cardio circuits. Each exercise will be performed for 30 seconds back to back with a 30 second-1 minute break between rounds. Complete 3, 5 or 7 sets of each circuit

### Circuit 1

- 30 Seconds Star Jacks
- 30 Seconds Mountain Climbers
- 30 Seconds Hand Walk Outs
- 30 Seconds – 1 Minute Rest

### Circuit 2

- 30 Seconds Toe Taps
- 30 Seconds Squat Jumps
- 30 Seconds London Bridge
- 30 Seconds – 1 Minute Rest

### Disclaimer

*Please remember, it is advised that you or any of your family members that may also be joining this class, consult your physician before starting any exercise program, especially if you have any known medical conditions or are pregnant. If you experience any dizziness or feel faint*

*during this class, please stop immediately. We are not able to assume liability for any incident or injury. Prior to participating in a this session, and to make an informed decision on whether you should seek advice from a qualified exercise professional or health care provider, consult the "Get Active Questionnaire of the Canadian Society of Exercise Physiology and its reference document. Simply click on the links below.*

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