

# 1 + 1 = Lots of fit, fab fun!

This high intensity interval workout is a fast and furious pattern of high intensity cardio intervals and strength training for active recovery to push your chicks fab fitness results to the next level.

**The pattern alternates cardio and strength:**

1 min cardio (hard as you can go)

1 strength (recovery)

Repeat each cardio and strength 4 times for a total of 8 minutes per section. You have 10 secs to get from cardio to strength and back so KEEP YOUR CHICKS MOVING!. Please make sure to offer level 1 options too for starting chicks as this is a doozy.

## 5 MIN – Warm up (include dynamic stretching)

### CARDIO

- 1 MIN**
- Line Sprints (outdoors use hills!)

### STRENGTH

- Lower Body (4 rounds of 1 min each)
  1. walking lunges
  2. 4 x 4 lunges
  3. incline lunges
  4. side to side lunges

Alternate between cardio and strength 4 times for a total of 8 min.

- 1 MIN**
- One legged burpees (alternate legs each set)

- Upper Body
  1. side to side pushups
  2. commando pushups
  3. Arnettes
  4. front raise / side raise

Alternate between cardio and strength 4 times for a total of 8 min.

- 1 MIN**
- High Kicks (30 secs) / Low fast kicks (30 secs)

- Lower Body
  1. sumo squata
  2. squats with side kick
  3. squat wirh back kick
  4. dead lifts

Alternate between cardio and strength 4 times for a total of 8 min.



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CARDIO	STRENGTH
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- |   |   |
|---|---|
| <p><b>1 MIN</b></p> <ul style="list-style-type: none"> <li>• Jumping Jacks with weights (do a variation each minute)</li> </ul> | <ul style="list-style-type: none"> <li>• Upper Body               <ol style="list-style-type: none"> <li>1. tricep dips or kick backs</li> <li>2. low squat w bicep curls (use inner thigh)</li> <li>3. standing chest fly with squat</li> <li>4. isometric hold at shoulder height)</li> </ol> </li> </ul> |
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Alternate between cardio and strength 4 times for a total of 8 min.

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|---|---|
| <p><b>1 MIN</b></p> <ul style="list-style-type: none"> <li>• Jumping Jacks with weights (do a variation each minute)</li> </ul> | <ul style="list-style-type: none"> <li>• Core               <ol style="list-style-type: none"> <li>1. plank</li> <li>2. v sit w tuck</li> <li>3. v sit oblique twists</li> <li>4. lower ab pulses)</li> </ol> </li> </ul> |
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Alternate between cardio and strength 4 times for a total of 8 min.

**5 MIN – cool down and total body static stretch**

NOTE: You want your chicks to be at a perceived exertion of 9 out of 10 during the cardio portions. How do they know they are there? Your chicks will be breathing heavily out of their mouths and feel like at the end of the cardio they NEED this recovery. Remind them they get to recover so they can push themselves as hard as they can go to get the benefits of the high intense intervals.



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