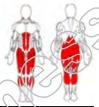


WQD #4





25 minutes

Complete this workout in 25 minutes



ZNH.

High Intensity Interval Training



Notes

Perform 1 minute of squats at a moderate pace, followed by 1 minute of running at a higher intensity. Repeat until you complete 25 minutes



1 minute squats



1 minute run (or walk)

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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