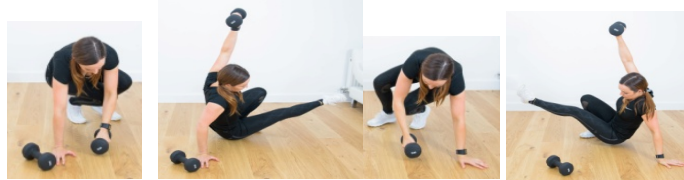


WEIGHTS FIIT - Functional Intensity Interval Training

Always warm up, cool down and stretch before and after doing a MyFitZone workout

1. Leg swoops



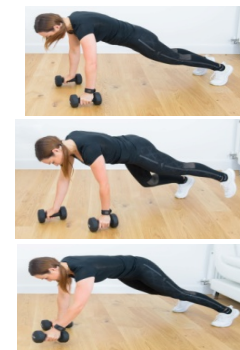
5. Knee to knee with a press up and squat thrust



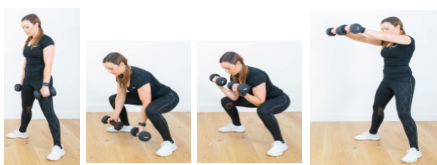
WEIGHTS FIIT #5 Functional Intensity Interval Training

Perform 10 reps of each exercise before moving on to the next exercise. Aim for 3 rounds - 15 exercises in total.

2. Plank walks - forward and back



4. Preacher curl with lateral front raise



3. Bear squat to overhead circles



MYFITZONE

Information Zone:-

1. Functional training improves your strength, power, mobility, endurance and flexibility - for a full body conditioning session
2. Once you have perfected your technique and the exercises start to feel easier, decrease your rest periods and try different variations
3. Don't forget you can contact us through our website, Facebook or email if you have any questions
4. Put 100% into every workout - this workout will get your heart rate up to where you need it to be to get body changing results
5. Always consult your doctor before beginning any new exercise program
6. Don't forget to warm up, cool down and stretch with every MyFitZone workout

www.myfitzone.co.uk