



HIIT Gym Workout Beginners

	<u>EXERCISE</u>	<u>Time ON/OFF</u>	<u>SETS</u>	<u>REST TIME AFTER ALL SETS COMPLETED</u>
1	Cross Trainer	10/20	5	1 Minute
2	Rower	10/20	5	1 Minute
3	Bike	10/20	5	1 Minute

This can all be done on the same machine if you want. But the idea is to get you used of different machines in the gym and to make you feel comfortable on all machines.