

INTERVAL TIMER SETTINGS

VERSATILITY PROGRAM (3 days a week, 45-50 minutes a day)

HIIT & WEIGHTS 1

- **Warmup:** 10 minutes (note: final 30 seconds are your rest time)
- **Interval Cycle:** 8 sets, High 20 seconds, low 10 seconds. Repeat x 4. Rest time 20 seconds
- Pause timer for Weight circuits. Restart for cool down.
- **Cool Down:** 3 minutes

AMRAP & Weights 2

- **Warmup:** 8 minutes 30 seconds (note: final 30 seconds are your rest time)
- **Interval Cycle # 1:** 1 set, High Intensity 5:00, Low 45 seconds (Low = rest time)
- **Interval Cycle # 2:** 1 set, High Intensity 4:00, Low 45 seconds (Low = rest time)
- **Interval Cycle # 3:** 1 set, High Intensity 3:00, Low 45 seconds (Low = rest time)
- **Interval Cycle # 4:** 1 set, High Intensity 2:00, Low 45 seconds (Low = rest time)
- **Interval Cycle # 5:** 1 set, High Intensity 1:00, Low 45 seconds (Low = rest time)
- Pause during Weight set. Restart for cool down.
- **Cool Down:** 3 minutes

Cardio Conditioning

- **Warm up:** 10 minute (note: final 30 seconds is rest).
- **Interval Cycle:** 15 sets. Start with Low. Low for 10 seconds. High for 10 seconds. Repeat for 5 cycles.
- **Cool down:** 3 minutes

Kickboxing

- **Warmup:** 9 minutes 30 seconds (note final 30 seconds are your rest time)
- **Interval Cycle:** 1 sets, High 3 minutes, low 0 seconds. Repeat x 5. Rest time 30 seconds
- **Cool Down:** 2 minutes

Core

- **Warmup:** 2 minutes (note final 30 seconds are your rest time)
- **Interval Cycle:** 1 sets, High 3 minutes, low 0 seconds. Repeat x 3. Rest time 30 seconds
- **Cool Down:** 2 minutes