

Aerobic High-Resistance Interval Conditioning

Level 1

Stairs/Biking/Sprinting

Duration	Sets/Reps
0:12 on, 0:48 off	10 reps
Rest 3:00	1 rep
0:12 on, 0:48 off	10 reps
MAX SPEED/SPRINTING	
Total Duration: 23 min	