

Aerobic High-Resistance Interval Conditioning

Level 3

Stairs/Biking/Sprinting

Duration	Sets/Reps
0:15 on, 0:45 off	15 reps
Rest 2:00	1 rep
0:15 on, 0:45 off	15 reps
MAX SPEED/SPRINTING	
Total Duration: 32 min	