DAY 5

Exercise Name	Date:		
	Sets	Reps	Lbs
20 Minutes of HIIT	1	20 min	

Instructions:

This workout should be exactly 20 minutes.

Use the exercises listed below and complete 4 sets of each exercise. Within each set, you will complete the exercise for 40 seconds, followed by 20 seconds of rest. Once you have completed all 4 sets of the first exercise, move on the next, and so on.

Examples include:

1. High Knees
2. Plank Up and Down / Commandos
3. 180 Degree Jumps
4. Burpee Mountain Climbers
5. Alien Kicks

Bonus Challenge Day 5 - Visualize

Visualization is one of the strongest tools for creating an action plan and achieving any goal. If you cannot first see the result you desire in your mind's eye, how do you plan on working toward that? Write down your top goal when it comes to your health and fitness, and then spend 5-10 minutes sitting or laying quietly with your eyes closed imagining yourself achieve that goal. Visualize what it will look like when you've achieved it. How will you feel? What steps do you need to take to get there? See yourself executing your actions steps every day with ease and try to feel and embody the feelings now, as if you've already reached your goal... And get specific! The more specific your visualization, the better!

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