

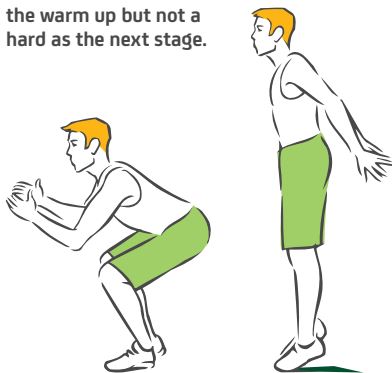
8. The Interval Session



REMEMBER: Before doing RED workouts you must warm up for a minimum of 5 minutes. Try the 'Get Up and GO!' workout. You must also cool down and stretch out, so follow any one of our YELLOW zone workouts for a minimum of 4 minutes after you've finished.

First choose one or two intense cardio exercises. These can be fast steps ups, skipping, squat jumps or jumping jacks. (See 'Intense Cardio and Strength exercises.)

- A** After your warm up do your first chosen cardio exercise for one minute at an easy pace, i.e. step up slowly or squat without the jumps in the squat jump. This pace should be harder than the warm up but not as hard as the next stage.



- B** Continue now with your first chosen cardio exercise but really up the pace for 30 seconds. Go as hard as you can ensuring you're using the correct technique and can keep going for the entire burst.

- C** Go back to a slow pace, e.g. slow step ups or squats. It's important during this phase that you recover from the phase before, so slow down as much as you can to feel your breathing relax. You should aim to work at a pace where your breathing recovers after 30 seconds. You may need to do this a few times to find the right intensity.

- D** Now go as hard as you can for 30 seconds using your second chosen cardio activity.

- E** Lower the intensity now and recover with slow step ups, squats or simply walk around.

- F** Go back and repeat steps 'b' to 'e' 3 – 5 times. The more you do this workout, the more efficient you will be and the more rounds you can fit into your 10 minutes - so keep going!

ALSO TRY: 'STRENGTH AND CARDIO CIRCUIT', SPINNING CLASSES, HITT TRAINING CLASSES, RUNNING AND SWIMMING INTERVALS

How to exercise safely

- Wear comfortable clothing that allows your skin to breathe and a good pair of supportive training shoes
- Ladies should always wear a supportive sports bra – doesn't matter how big or small you are!
- Aim to eat a small meal 2 hours before a workout or a snack, like a banana, 20 minutes before
- Drink water before, during and after your workouts
- Make sure you pick activities to suit your fitness level. See the 'activity zone' table
- Spread out your workouts over the week and aim to alternate days where you do more GREEN or more RED exercise. Always have a day where you completely rest from GREEN and RED, doing more gentle BLUE or YELLOW zone activities
- If you are pregnant or recently had a baby you need to keep your intensity low and should always consult with a doctor before exercising. Some exercise will need to be adapted to suit you so please get help from a qualified instructor
- Always warm up and cool down for intense workouts (GREEN and RED). YELLOW and BLUE workouts have their own built-in warm up phase
- If you feel any pain when exercising stop immediately and re-assess what you are doing
- If your muscles feel achy the day after a workout, take it easier the next day. Do some more gentle workouts from the YELLOW and BLUE zones

