

Lunch Crunch – Introduction to Interval Training.

All fitness levels welcome! We start with a 10-minute full-body warm-up. Then we go through five different stations aimed at working the whole body sequentially. These stations can be modified to fit all fitness levels from low impact to high intensity training. Each station is 1 minute with a 30 second rest in-between stations. We do three rounds. We finish with a cool-down and stretching session. Come get fit with me!