

FAST FITNESS

- EXPRESS HIIT CARDIO WORKOUT -

Burn Fat, Boost Your Fitness, Tone Up

Simple, Effective Workouts

dannywallispt.com



30 SECS
PER EXERCISE

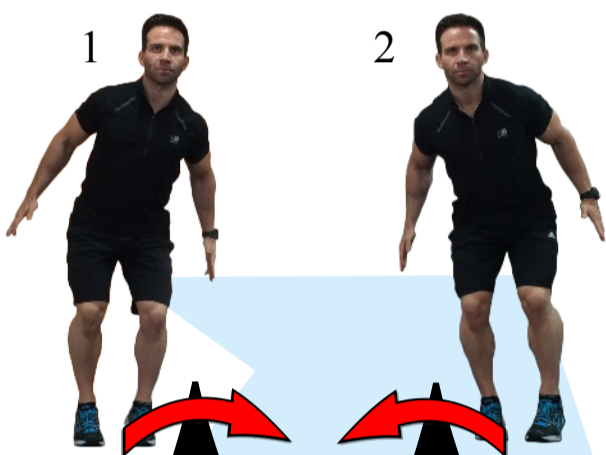


Complete Circuit

1 x Beginners

2 - 4 x Intermediate

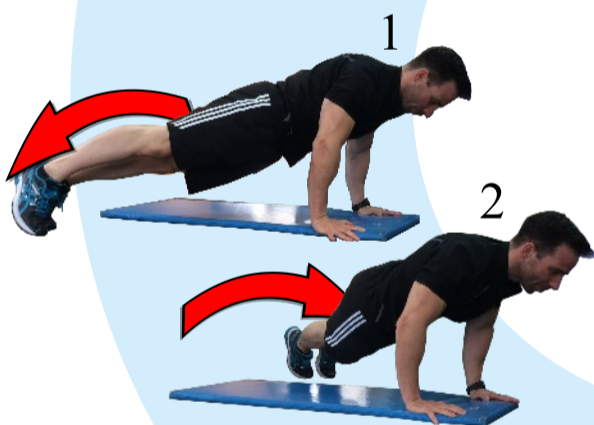
5+ x Advanced



Ski - Shift Jumps



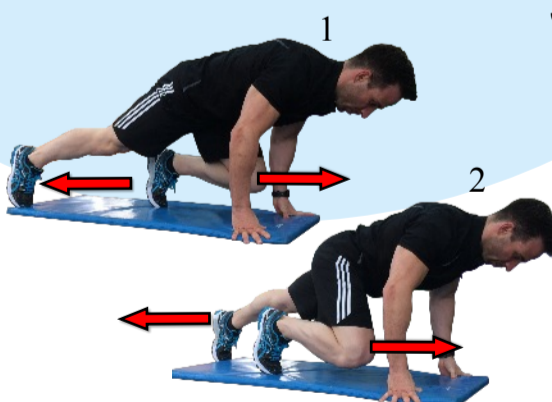
Power Squats



Bunny Hops



Jumping Jacks



Squat Thrusts

REST TIME BETWEEN CIRCUITS - 30 SECS



For more info visit www.dannywallispt.com