

6-MIN H.I.I.T. FITNESS ROUTINE CYO INTERVALS CARD

Name:

Fitness Component for Targeted Improvement:

muscular fitness / aerobic capacity

(circle one or both)

Create a routine with 8 activities/exercises.

At least 50% of the activities must work to improve the targeted fitness component(s) circled above.

It's okay to blend your favorite skill-based activities into the mix (e.g., basketball, soccer, dance, juggling, sport stacking, etc.).

Activity Description	Interval Time
Activity Name:	30 Seconds
Rest & Transition	15 Seconds
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