

WOD #4



25 minutes

Complete this workout in
25 minutes



HIIT

High Intensity Interval
Training



Notes

Perform 1 minute of squats at a
moderate pace, followed
by 1 minute of running at a higher
intensity. Repeat until you complete
25 minutes



1 minute squats



1 minute run (or walk)

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

©2022 COPYRIGHT FLASH ROUTINE IS A PROPERTY OF RAMFITNESS, LLC.

PERSONAL USE ONLY. NO REPRODUCTION OF ANY KIND WITHOUT EXPRESS AUTHORIZATION FROM OWNER. RAMFITNESS.COM



Get More!

- ✓ High-resolution prints
- ✓ Remove watermark
- ✓ Complete Stretching Guides
- ✓ 100s Complete Flash Routines
- ✓ Complete Workout Plans
- ✓ Training and tracking logs
- ✓ Complete Nutrition Suite
- ✓ Quick-Start Diet Guide
- ✓ 15 Steps Weight-Loss Guide
- ✓ Huge Recipe library
- ✓ Dining Out Guides
- ✓ Food Tracking Charts
- ✓ And much more!

Get an All-Access at

[RAMFITNESS.COM/PRICING](https://www.ramfitness.com/pricing)