

TRAINING GUIDE WEEK 8

DAY 56: ACTIVE REST

| EXERCISE | SETS | REPS | STRATEGY |
|---------------------|------|------|--|
| HIIT | 1 | 3 | 4 minutes easy/1 minute full intensity for a total of 15 minutes |
| Steady-state cardio | 1 | 1 | 20 minutes |

| NOTES: | | |
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