

# Beginner 4 Week HIIT Challenge

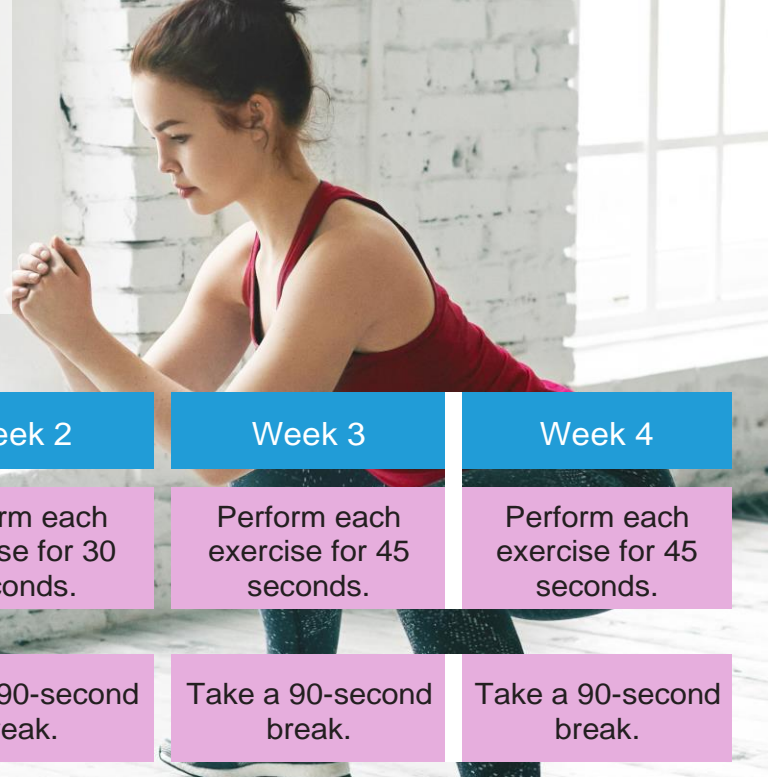
## High Intensity Interval Training

Try this program 5 times per week on different days.

Each week the time of each exercise will increase.

Go easy and listen to your body.

Modify any moves as needed.



Exercises (modify as needed)	Week 1	Week 2	Week 3	Week 4
<ul style="list-style-type: none"><li>• <b>Jumping jacks</b> Modify: Side steps with arm raises</li><li>• <b>Standing squat</b> Modify: Wall squats</li><li>• <b>Pushups</b> Modify: Wall push-ups</li><li>• <b>High knee march or step up</b> Modify: Low knee march</li><li>• <b>Crunches or plank</b> Modify: Bridge</li></ul>	Perform each exercise for 20 seconds.	Perform each exercise for 30 seconds.	Perform each exercise for 45 seconds.	Perform each exercise for 45 seconds.
	Take a 90-second break.	Take a 90-second break.	Take a 90-second break.	Take a 90-second break.
	Go for 3 rounds.	Go for 5 rounds.	Go for 5 rounds.	Go for 8 rounds.

# Deep Breathing Benefits

There are many benefits of mindful breathing. Even just a few minutes a day can help calm the mind, reduce stress, improve lung function and so much more.

Once you're comfortable with this breathing technique, add on. There are many breathing exercises to explore. Get your whole family involved. It's easy and everyone can benefit!

## Belly Breathe with Box Count

<b>1</b>	Sit or lie down on your back.
<b>2</b>	Place one hand on your belly and one hand on your chest.
<b>3</b>	Breathe in deeply and slowly through your nose, letting your belly expand (chest does not move).
<b>4</b>	Breathe out slowly through parted lips, as if you were whistling.
<b>5</b>	Repeat 3 or more times.
<b>6</b>	As you feel more comfortable with this technique, add a box count.
<b>7</b>	Belly breathing with box count: Inhale for 4 counts, hold for 4, exhale for 4, and hold for 4.
<b>8</b>	Repeat 10 times, adding on as time permits.
<b>9</b>	Expand your breathing practice up to 20 minutes a day for optimum benefits.