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.).

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