



Jog, walk or run on a treadmill or outdoors for 4 minutes at a leisurely pace then go all out for 45 seconds for a total of 4-5 sets. Vary the elevation on the treadmill during the entire time. On your all out sessions, go full out to the point you cant speak. Take the 4 minutes to recover and get your breath back.

For weight or resistance training, do short burst of core, upper and lower body, back to back with a short rest in-between