

Friday, July 18th @7AM!

HIIT & RECOVER: Intervals Reimagined

with Christine Conti, CEO FitFixNow

Experience the full power of HIIT with the added benefits of recovery in this dynamic workout! This session combines high-intensity intervals with recovery periods, giving you a challenging and effective workout that enhances strength and endurance. The workout will be structured to maximize intensity while allowing time for recovery, making it suitable for all fitness levels. Get ready to sweat, recover, and push your limits in a balanced, high-energy session!



1.The Why:

- Lifespan vs. Heath span & Recovery

2.Objectives & Research:

- Stress/Tension/Inflammation

- Circulation/Blood-Flow/Brain/Organ

3.Finding Pressure Points:

- Near Bone Structures/Under Major Muscles

4.Creating the Workout:

- Interval-Based, AMRAP, Ladders, Strength, Power, Recover

5.Inclusivity in the Fitness Industry



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