

Zoom Interval Workout

Various Dates and Times - Zoom 30 minute 3-2-1 Interval Circuit Workout

3-2-1 Interval Circuit Workout via Zoom. Quick 30 minute Zoom session. This workout combines strength, cardio and abs. This workout has three 6 minute cycles: Each cycle has 3 minutes of strength, 2 minutes of cardio, 1 minute of abs.

There is also a 2 minute warm up and a 2 minute cool down, including transition times it is 27 minutes in total. If I can do the workout, anyone can. I will share my screen on Zoom for the workout and try to have another screen showing myself following the workout. You may turn your video off once the workout starts if you do not wish your screen showing your movements.

You may adapt the movements however you choose, to lower intensity or make it no impact. I have some modification tips to share before it starts. Let's move together! You will need hand weights and a mat if exercising on hard surface. Anything can be used in place of weights (water bottles, plastic peanut butter jar, etc., anything plastic makes it easy to grip). All are welcome.

Please contact Louise to register or for help with Zoom and for all questions.

Date:

Friday April 2, 8am

Wednesday April 7, Noon

Saturday April 17, 8:30am

Monday April 26, 6pm

Location:

via Zoom

Sign Up:

Let Louise know you're coming by email.

Deadline:
30 minutes prior to start

Contact:

Louise Hearty, louise@insideedgeclub.bc.ca