

# THE FITT 22. *Flite* WORKOUTS

## **HIIT** *Flite*

**22-MIN CARDIO HIIT**  
HIIT 22. Elite is the next level in Cardio HIIT Training! Utilizing a variety of work to rest period ratios - expect a creative mix of exercises & protocols! Workouts send end with POWER, FIRE & FLAME rounds - ensuring max burn & overall results!

## **PUMP** *Flite*

**22-MIN STRENGTH**  
PUMP 22. Elite is a Strength workout designed to maximize time & results. New muscle splits have you collectively targeting your entire body each week while maximizing volume. Expect brand new compound moves with quick transitions!

## **FOCUS** *Flite*

**22-MIN MUSCLE SPECIFIC**  
FOCUS 22. Elite is consists of muscle specific strength workouts for you to add into your weekly Calendar. These sessions allow you to customize the program to your goals while also allowing you to come back and repeat the program every 6 weeks with a new focus!

## **FLEX** *Flite*

**22-MIN STRETCH**  
FLEX 22. Elite is a functional stretching class designed to optimize your body's form & function. Elite brings new muscle splits to give extra attention to the areas you need most! Each session will help rejuvenate your body so you can safely push the rest of the week!