25-Minute Machine-Only HIIT-Lite Gym Card

Joint-friendly fat loss • No cooldown • Machines only

GLOBAL RULES

• Session length: 25 minutes
• Effort: RPE 6–7 / 10 (leave reps in reserve)
• No full rest — easy phases stay active
• Smooth, controlled reps only

WORKOUT A (Lower-led)

Time	Machine
0–5	Leg Press
5–10	Seated Row
10–15	Seated Chest Press
15–20	Seated Hamstring Curl
20–25	Ab Machine or Back Extension (light)

WORKOUT B (Upper & posterior focus)

Time	Machine
0–5	Seated Leg Curl or Glute Machine
5–10	Assisted Pull-Up or High Row
10–15	Pec Deck or Chest Fly
15–20	Machine Lateral Raise or Light Shoulder Press
20–25	Rotary Torso or Ab Machine

4-WEEK PROGRESSION

Week 1: 40s work / 20s easy — learn rhythm
Week 2: 45s work / 15s easy — same weights
Week 3: 40s / 20s — slightly heavier leg press + one upper machine
Week 4: 45s / 15s — add slow negatives or 1-sec squeeze

Alternate A/B each visit • 2–3 gym days per week • Walk on off days