



Shrimp & Garlic Zucchini Noodles

Sauteed shrimp over spiralized zucchini in garlic-lemon-butter sauce. Done in 15 min.

320
KCAL

34g
PROTEIN

16g
FAT

12g
CARBS

INGREDIENTS



- 1 lb large shrimp, peeled
- 3 medium zucchini, spiralized
- 4 cloves garlic, minced
- 2 tbsp butter + 1 tbsp olive oil
- Juice of 1 lemon
- Red pepper flakes
- Salt, pepper, parsley

METHOD

1. Cook shrimp 2 min per side until pink. Remove.
2. Add butter + garlic 30s. Toss zucchini noodles 2-3 min.
3. Return shrimp, squeeze lemon. Top with pepper flakes.

STOMP IT OFF: QUICK FIRE HIIT

30 MIN ON THE MAT

Maximum Output, Minimum Time

P - Precision: Hit every dot exactly on the beat

WARM-UP (5 minutes)

- Quick Feet** - Fast feet on mat center 30s. Light and fast.
- Arm Swings** - 10 each direction. Cross-body, then overhead.
- Bodyweight Squats** - 10 reps. Full depth. Wake up legs.
- Jumping Jacks** - 20 reps. Get heart rate up.

WORK SETS (20 minutes)

1. **Explosive Dot Drills** - Step to each dot as fast as possible. 30s ON, 10s OFF. 4 rounds.
2. **Lateral Shuffles** - Shuffle across mat, touch ground at each end. 30s continuous. 3 rounds. Rest 15s.
3. **Narrow Stance Power Squats** - Narrow stance, press through heels HARD. 12 reps fast. Explode up. 3 sets.
4. **Speed Skaters** - Leap side to side, landing on one foot. 30s ON / 15s OFF. 4 rounds.
5. **Plank Jacks** - Plank position, jump feet wide then together. 30s ON / 15s OFF. 3 rounds.
6. **Box Jumps (Imaginary)** - Squat, explode up as high as possible. Land soft. 3x8. Rest 30s.
7. **Mountain Climber Sprints** - As fast as possible. 20s ON / 10s OFF. 4 rounds. Drive knees hard.
8. **Broad Jumps** - Jump forward across mat, walk back. 3x6. Stick the landing 2s.
9. **Tabata Burpees** - 20s max effort burpees, 10s rest. 4 rounds. All out.

COOL-DOWN (5 minutes)

- Standing Forward Fold** - Hang loose. 30s. Let gravity do the work.
- Calf Stretch** - Against wall, 20s each leg.
- Full Body Squeeze & Release** - Tense everything 10s, release fully. 3 rounds. Done.