



30 days of

HIT

streamline

HIGH INTENSITY INTERVAL TRAINING

30 Days of HIIT

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Day 1 | Cardio HIIT

Level I 3 sets

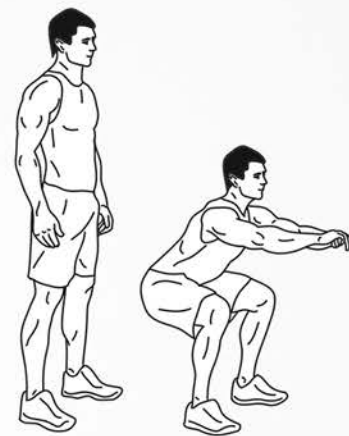
Level II 5 sets

Level III 7 sets

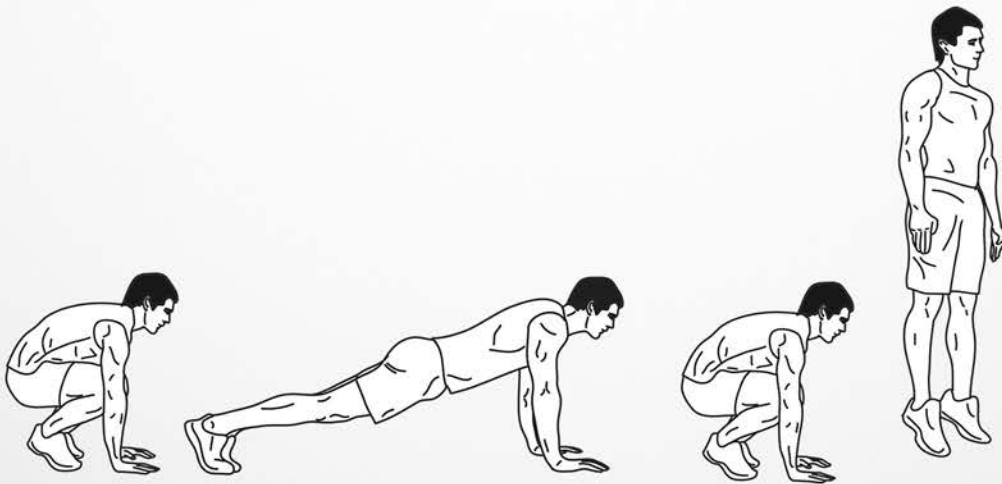
1 minute rest between sets



20sec high knees



20sec squats



20sec basic burpees

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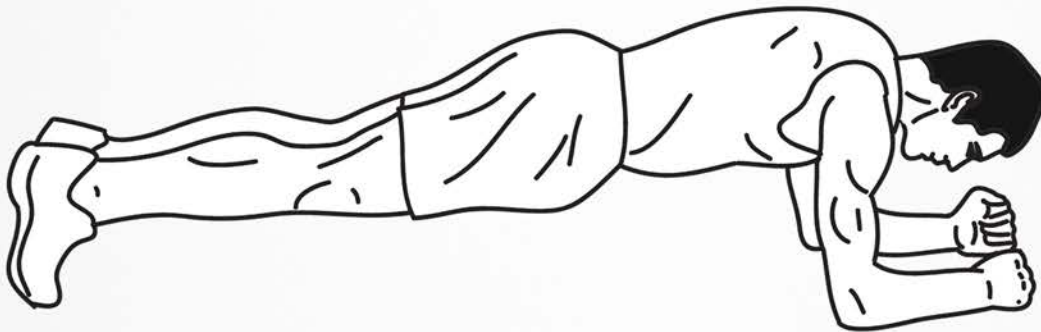
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Day 2 | Elbow Plank

Level I 3 sets

Level II 4 sets

Level III 5 sets



10 seconds

20 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest

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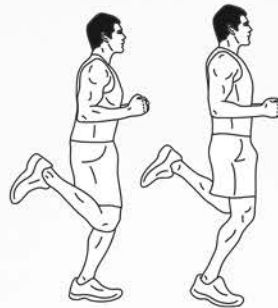
Day 3 | One & One

1 minute each exercise;
1 minute rest between exercises

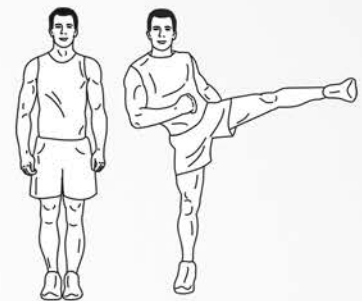
© darebee.com



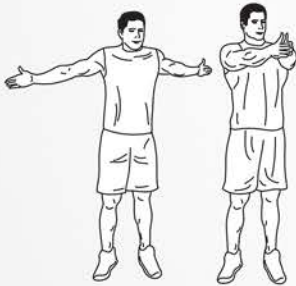
1. high knees



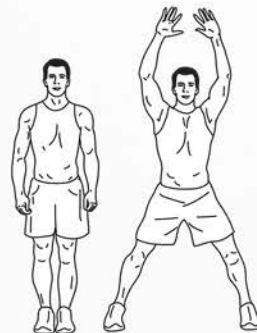
2. butt kicks



3. side leg raises



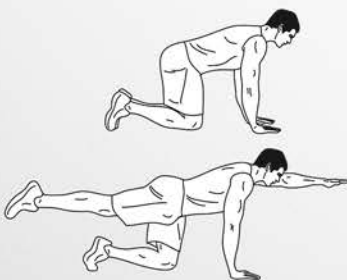
4. chest expansions



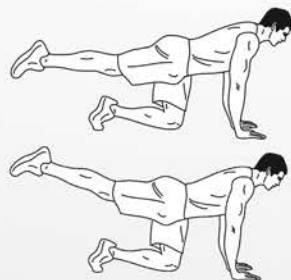
5. jumping jacks



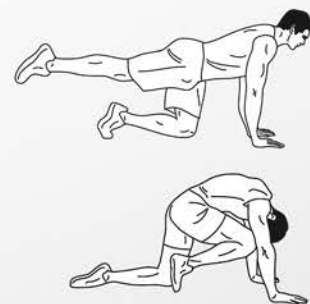
6. raised arm circles



7. alt arm / leg raises



8. raised leg swings



9. knee-in extensions

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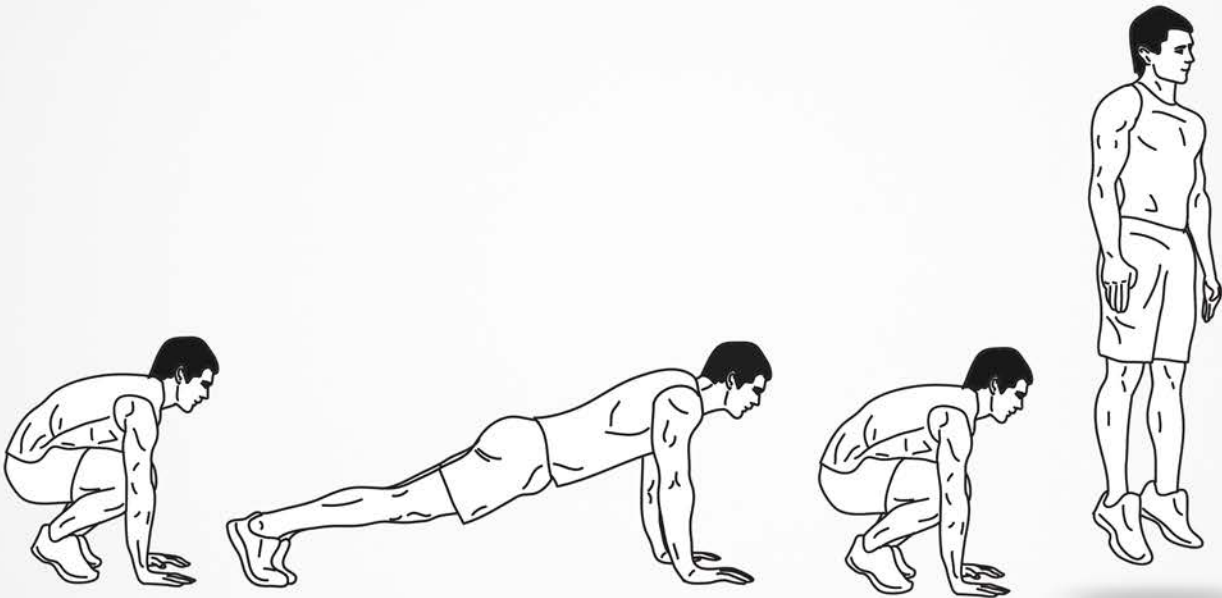
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Day 4 | Basic Burpees

Level I 3 sets

Level II 4 sets

Level III 5 sets



10 seconds

20 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest

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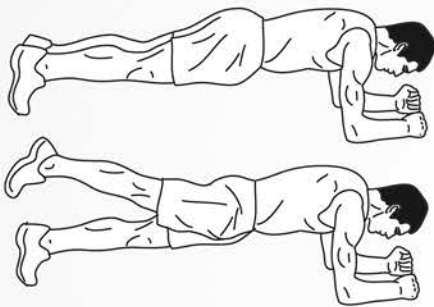
Day 5 | Active Plank

Level I 3 sets

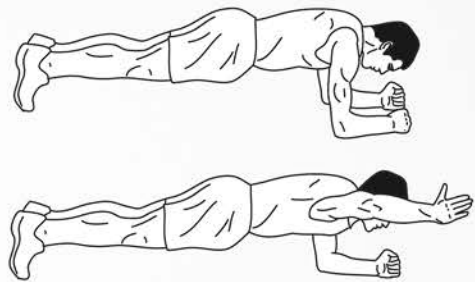
Level II 4 sets

Level III 5 sets

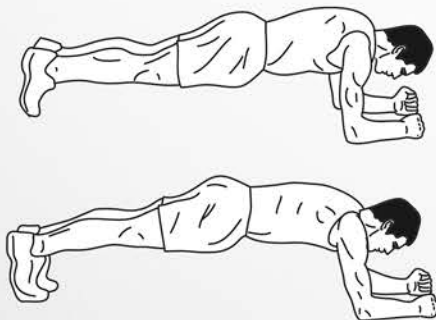
1 minute rest between sets



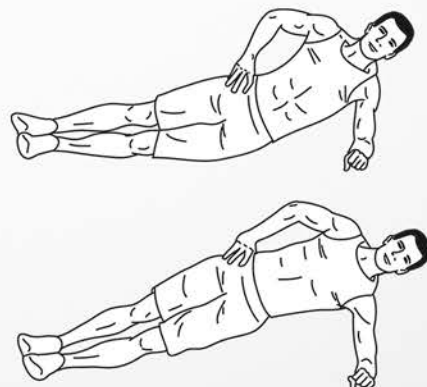
15sec elbow plank leg raises



15sec elbow plank arm raises



15sec body saw



15sec side bridges

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Day 6 | High Knees

Level I 3 sets

Level II 4 sets

Level III 5 sets



10 seconds

20 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest

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Day 7 | Ab Work

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec crunches



15sec reverse crunches



15sec flutter kicks



15sec scissors



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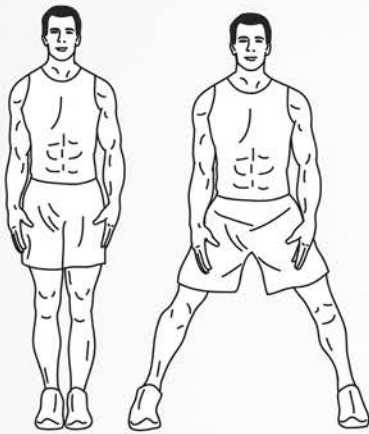
Day 8 | Cardio HIIT

Level I 3 sets

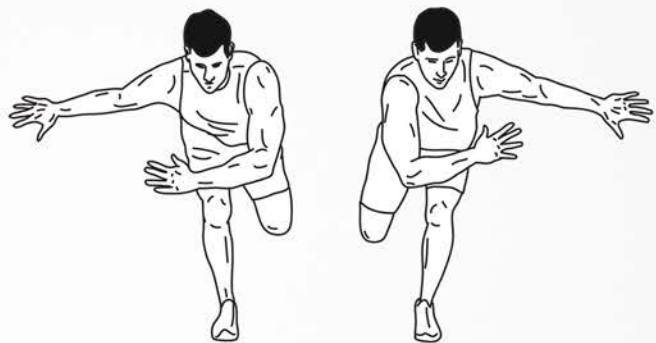
Level II 5 sets

Level III 7 sets

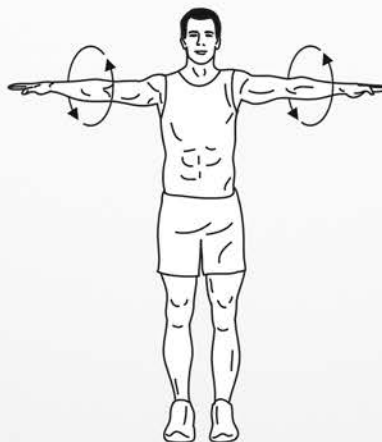
1 minute rest between sets



20sec half jacks



20sec side-to-side jumps



20sec raised arm circles

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Day 9 | Active Plank

Level I 1 set

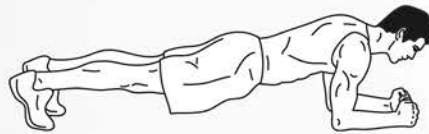
Level II 2 sets

Level III 3 sets

Move from one plank to the next with no rest in between; 2 minutes rest between sets



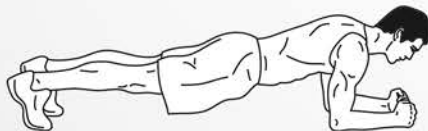
10 second plank



10 second elbow plank



20 seconds one arm plank
(10 seconds each arm)



10 second elbow plank



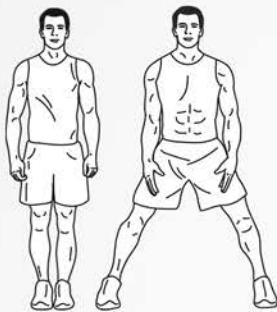
10 second plank

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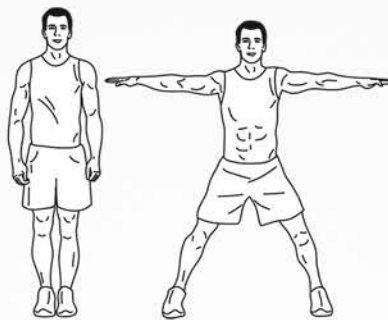
Day 10 | One & One

1 minute each exercise;
1 minute rest between exercises

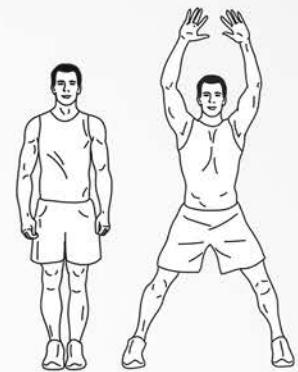
© darebee.com



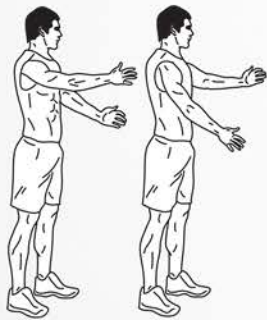
1. half jacks



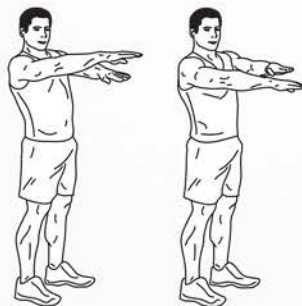
2. jumping Ts



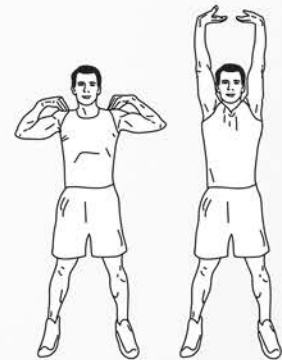
3. jumping jacks



4. scissors chops



5. arm scissors



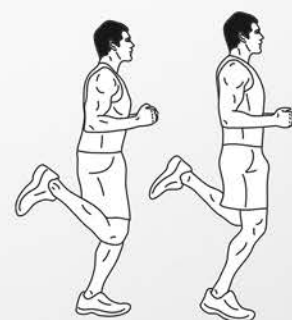
6. standing shoulder taps



7. reverse lunges



8. high knees



9. butt kicks

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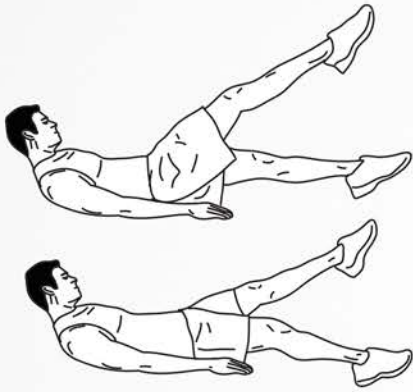
Day 11 | Ab Work

Level I 3 sets

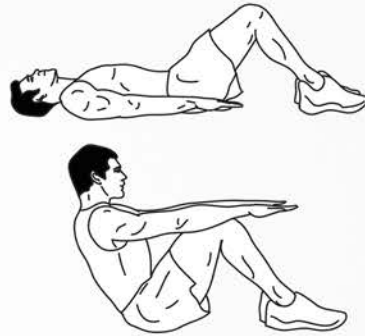
Level II 4 sets

Level III 5 sets

1 minute rest between sets



20sec flutter kicks



20sec sit-ups



20sec sitting twists

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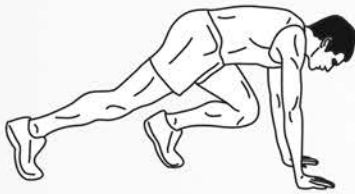
Day 12 | Active Plank

Level I 3 sets

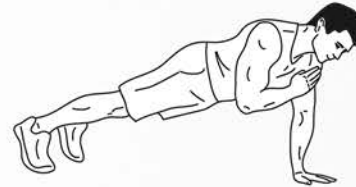
Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec climbers



15sec shoulder taps



15sec climbers



15sec plank rotations

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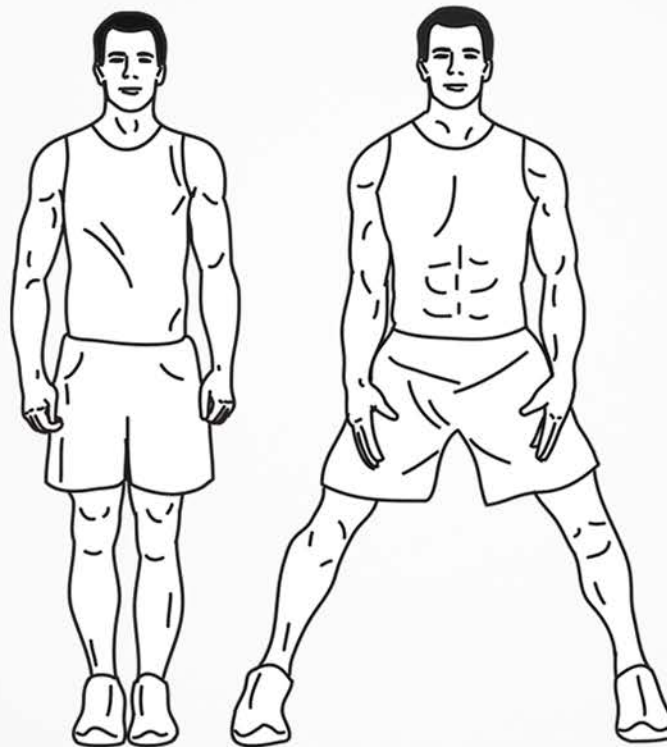
© darebee.com

Day 13 | Half Jacks

Level I 3 sets

Level II 4 sets

Level III 5 sets



10 seconds

20 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest

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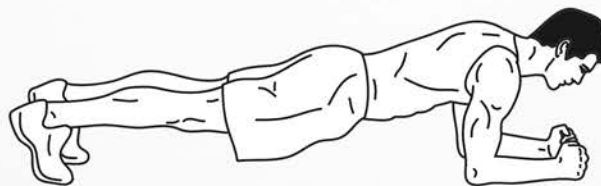
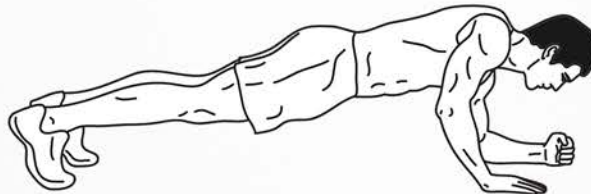
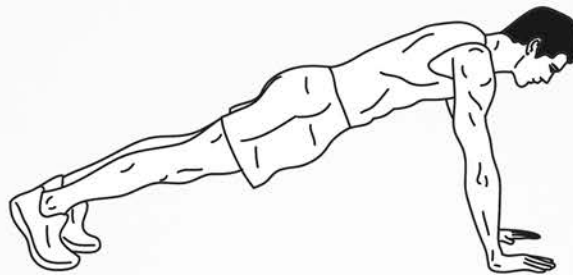
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Day 14 | Up & Down Plank

Level I 3 sets

Level II 4 sets

Level III 5 sets



10 seconds

20 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest

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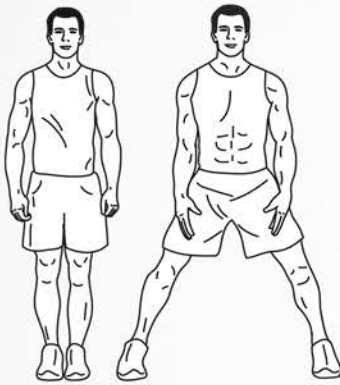
Day 15 | Cardio HIIT

Level I 3 sets

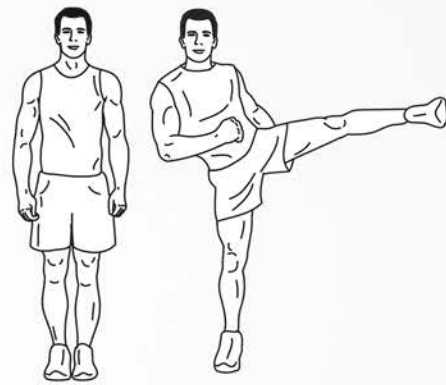
Level II 5 sets

Level III 7 sets

1 minute rest between sets



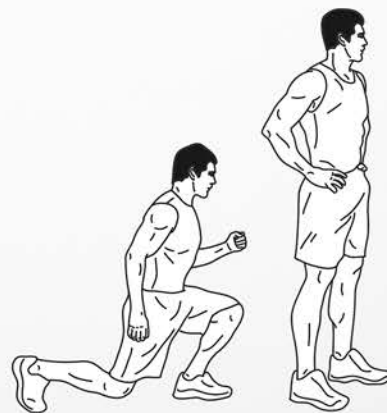
15sec half jacks



15sec side leg raises



15sec high knees



15sec reverse lunges

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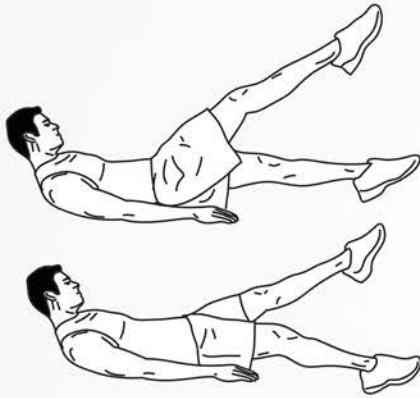
Day 16 | Ab Work

Level I 3 sets

Level II 4 sets

Level III 5 sets

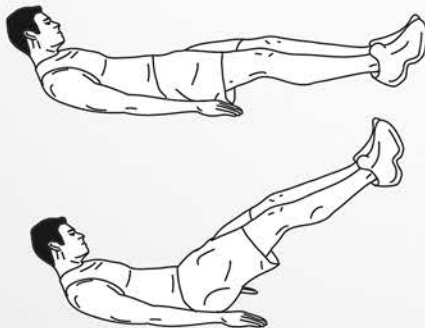
1 minute rest between sets



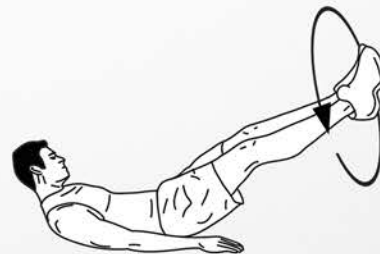
15sec flutter kicks



15sec sitting twists



15sec leg raises



15sec raised leg circles

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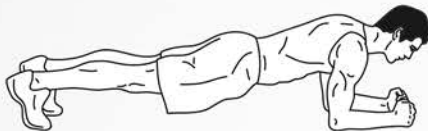
Day 17 | Active Plank

Level I 1 set

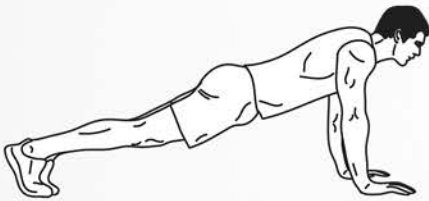
Level II 2 sets

Level III 3 sets

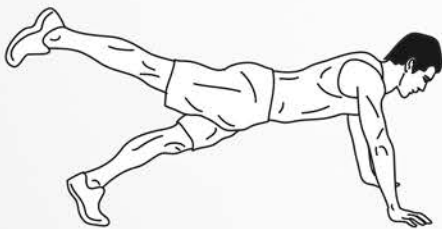
Move from one plank to the next with no rest in between;
2 minutes rest between sets



10 second elbow plank



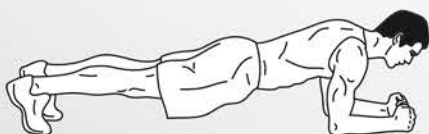
20 second plank



30 seconds raised leg plank
(15 seconds each leg)



20 second plank



10 second elbow plank

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Day 18 | High Knees

Level I 3 sets

Level II 4 sets

Level III 5 sets



30 seconds

30 seconds

30 seconds rest

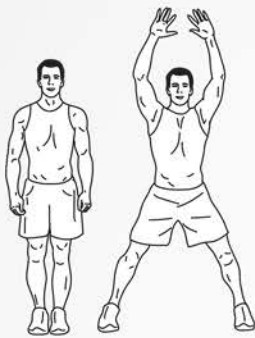
60 seconds rest

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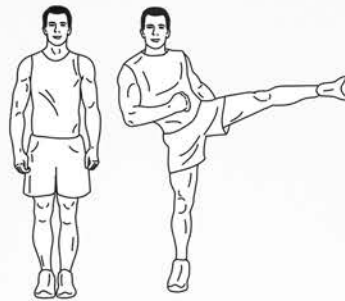
Day 19 | One & One

1 minute each exercise;
1 minute rest between exercises

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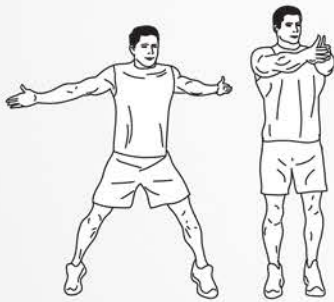
1. jumping jacks



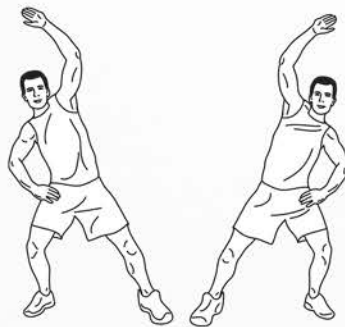
2. side leg raises



3. reverse lunges



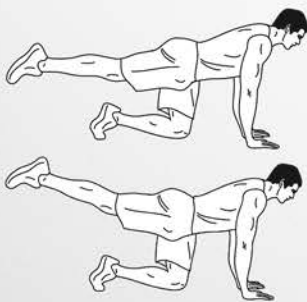
4. seal jacks



5. side jacks



6. calf raises



7. raised leg swings



8. bridges



9. side leg raises

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Day 20 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

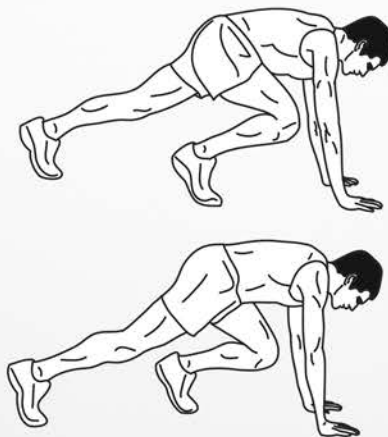
1 minute rest between sets



20sec high knees



20sec squats



20sec climbers

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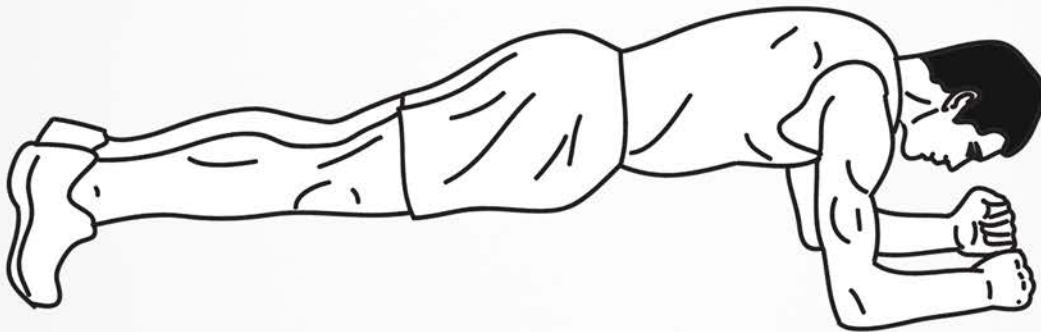
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Day 21 | Elbow Plank

Level I 3 sets

Level II 4 sets

Level III 5 sets



30 seconds

10 seconds rest

30 seconds

20 seconds rest

30 seconds

60 seconds rest

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Day 22 | Cardio HIIT

Level I 3 sets

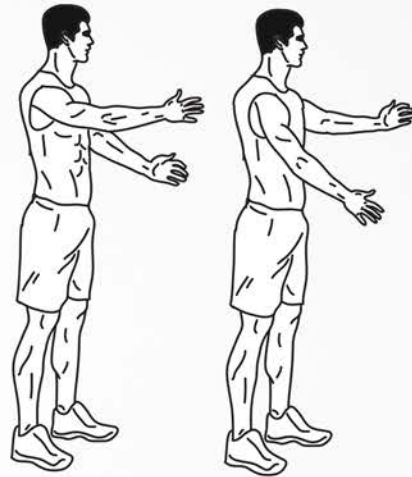
Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec high knees



20sec scissor chops



20sec high knees

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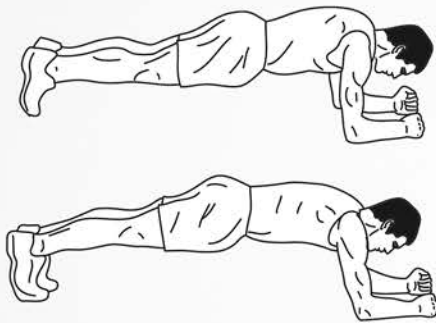
Day 23 | Active Plank

Level I 3 sets

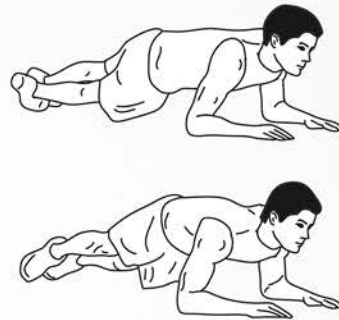
Level II 4 sets

Level III 5 sets

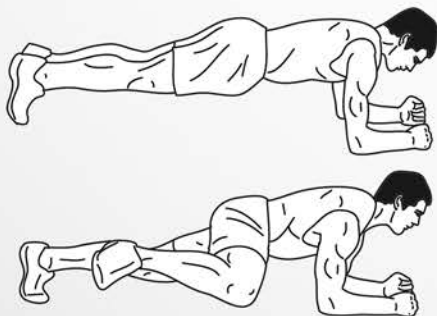
1 minute rest between sets



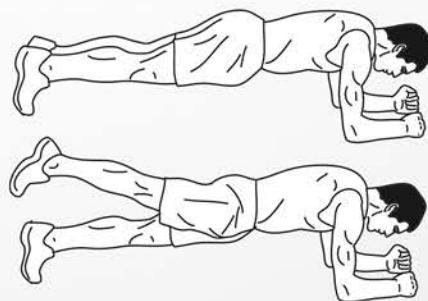
15sec body saw



15sec plank rolls



15sec plank crunches



15sec plank leg raises

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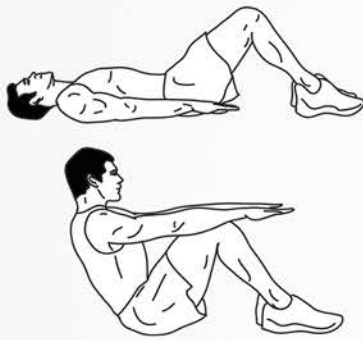
Day 24 | Ab Work

Level I 3 sets

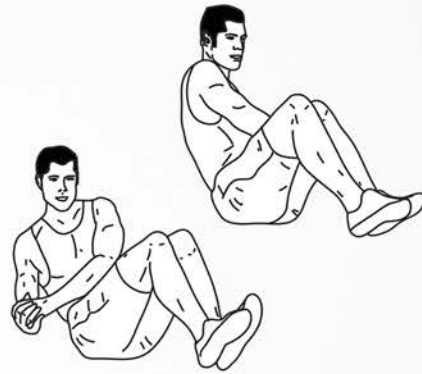
Level II 4 sets

Level III 5 sets

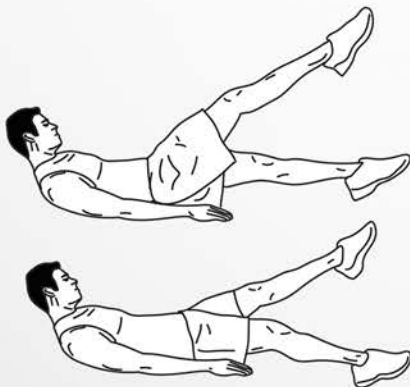
1 minute rest between sets



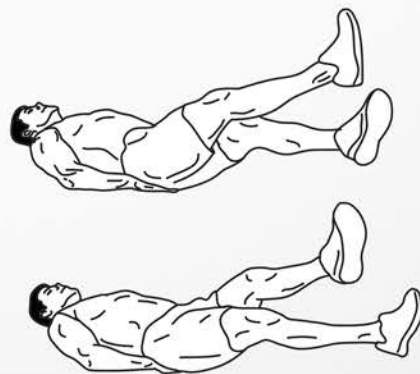
15sec sit-ups



15sec sitting twists



15sec flutter kicks



15sec scissors

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Day 25 | High Knees

Level I 3 sets

Level II 4 sets

Level III 5 sets



30 seconds

60 seconds

30 seconds rest

60 seconds rest

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Day 26 | Active Plank

Level I 1 set

Level II 2 sets

Level III 3 sets

Move from one plank to the next with no rest in between;
2 minutes rest between sets



30 second plank



10 second push-up plank



20 seconds plank



20 second one-legged plank
(10 seconds each leg)



10 second one-legged push-up plank
(5 seconds each leg)

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Day 27 | Cardio HIIT

Level I 3 sets

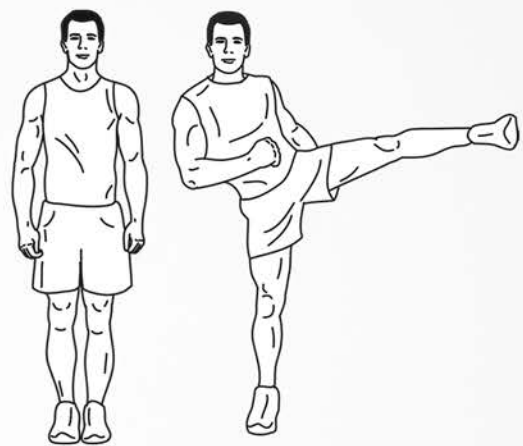
Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec high knees



20sec side leg raises



20sec climbers

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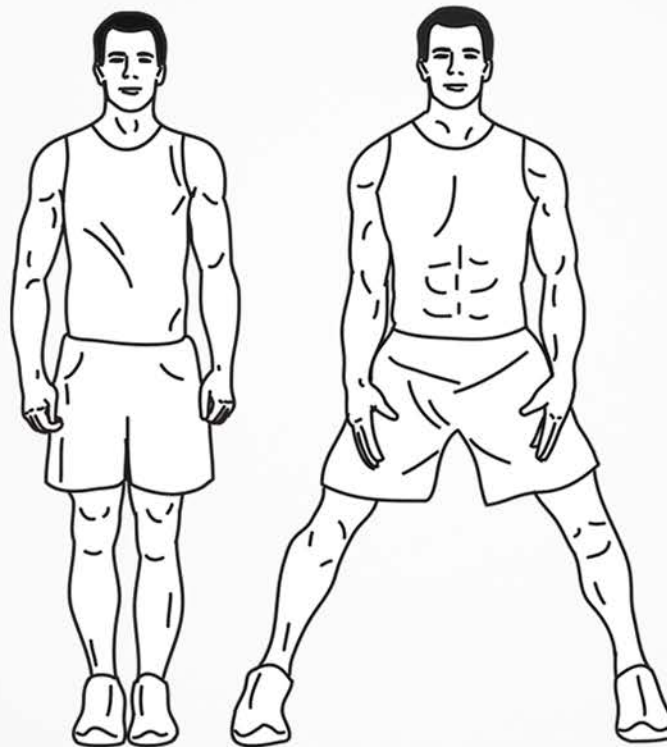
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Day 28 | Half Jacks

Level I 3 sets

Level II 4 sets

Level III 5 sets



30 seconds

30 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest

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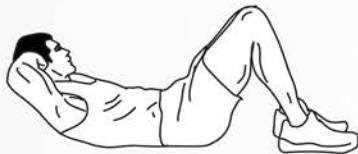
Day 29 | Ab Work

Level I 3 sets

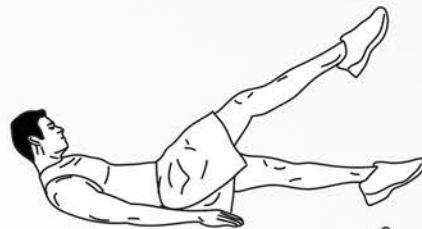
Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec crunches



15sec flutter kicks



15sec scissors



15sec knee-to-elbow crunches

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Day 30 | Cardio HIIT

Level I 3 sets

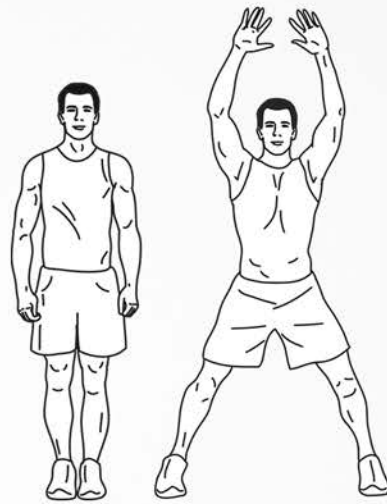
Level II 5 sets

Level III 7 sets

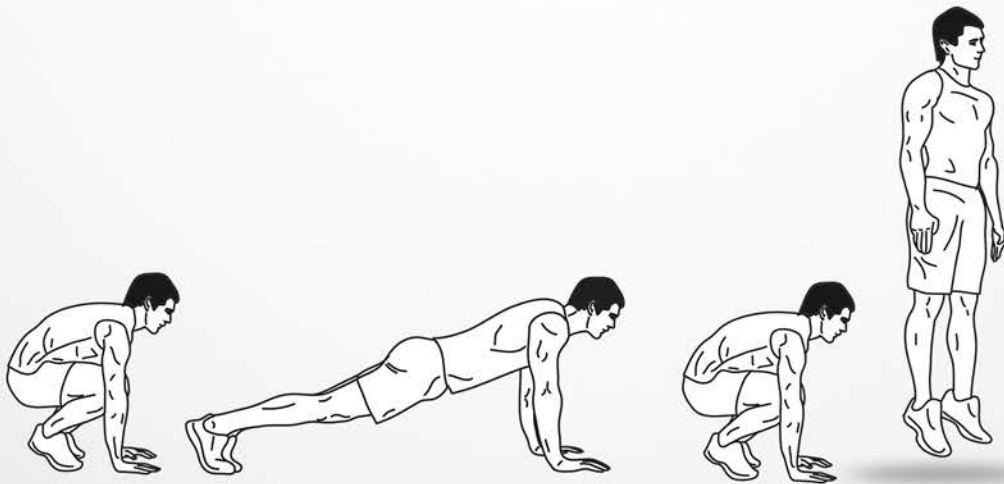
1 minute rest between sets



20sec high knees



20sec jumping jacks



20sec basic burpees

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it will be greatly appreciated and it will make a difference
in this project's future.

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