

HIIT

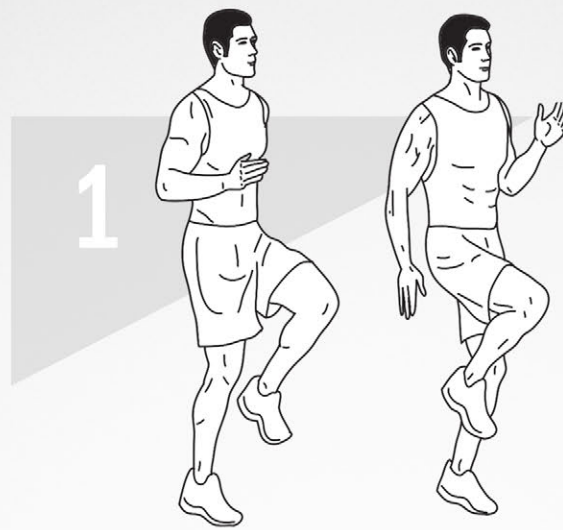
v2

30 DAYS

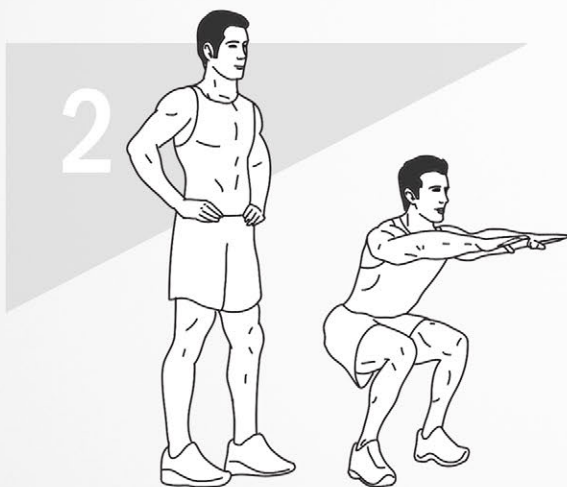
OF HIGH INTENSITY INTERVAL TRAINING

Neila Rey

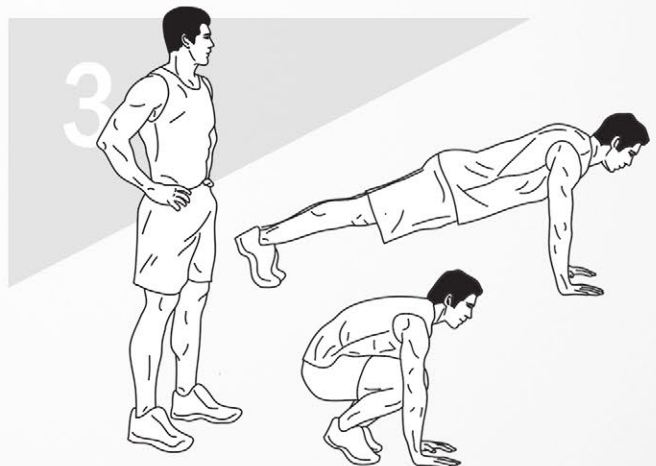
#30daysofHIIT



20sec high knees



20sec squats



20sec basic burpees

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds

Elbow Plank

10 seconds

20 seconds rest

10 seconds

20 seconds rest

10 seconds

20 seconds rest

20 seconds

30 seconds rest

20 seconds

60 seconds rest

10 seconds

30 seconds rest

10 seconds

20 seconds rest

10 seconds

10 seconds rest

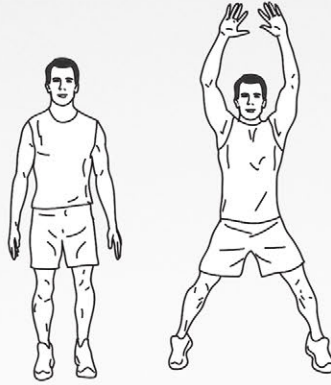
10 seconds

done

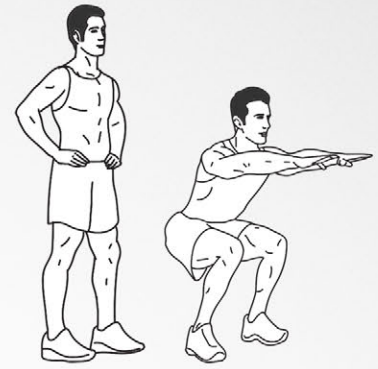




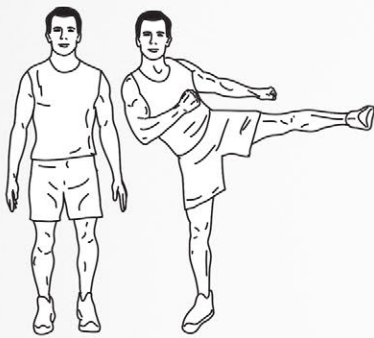
1. high knees



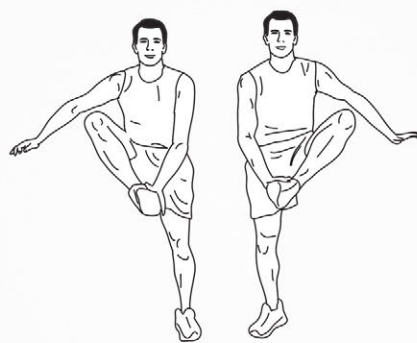
2. jumping jacks



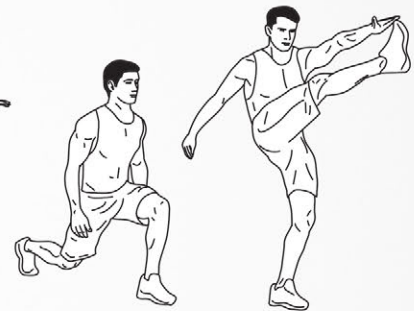
3. squats



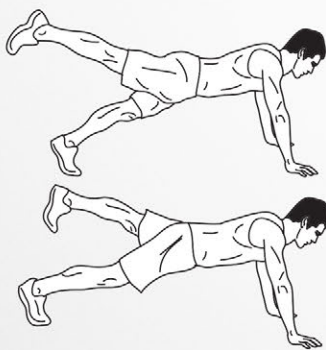
4. side leg raises



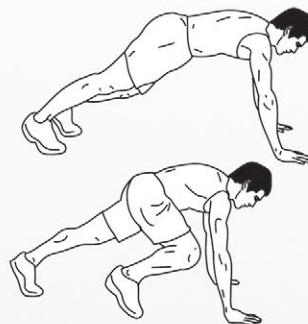
5. toe tap jumps



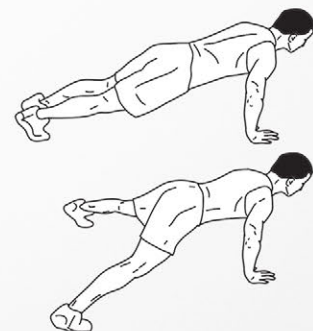
6. lunge kicks



7. plank leg raises



8. climbers



9. plank jacks

1 minute each exercise / **1 minute** rest after each exercise

Burpees

10 seconds

10 seconds rest

20 seconds

20 seconds rest

20 seconds

20 seconds rest

30 seconds

30 seconds rest

40 seconds

60 seconds rest

30 seconds

30 seconds rest

20 seconds

20 seconds rest

20 seconds

20 seconds rest

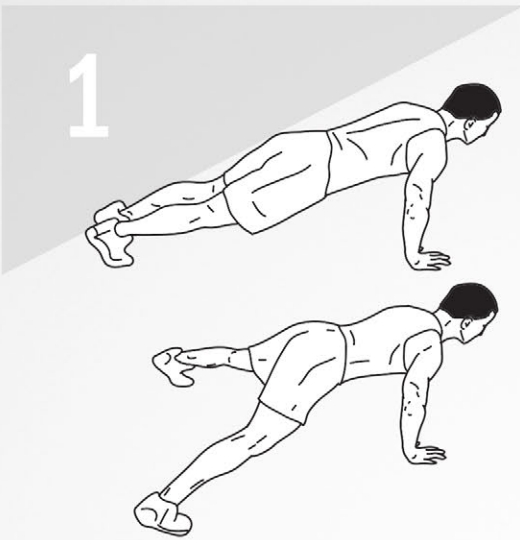
10 seconds

20 seconds rest

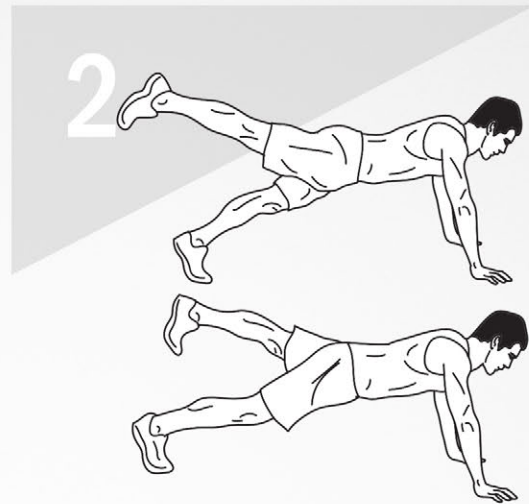
10 seconds

done

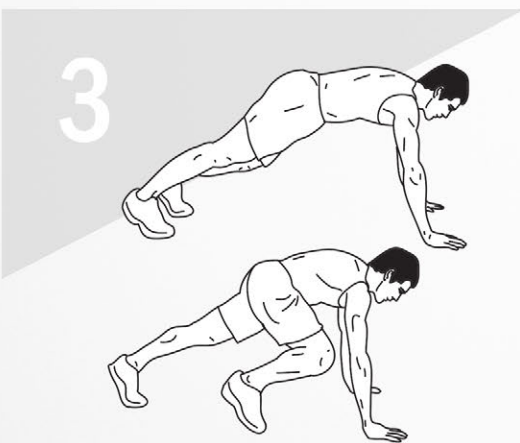




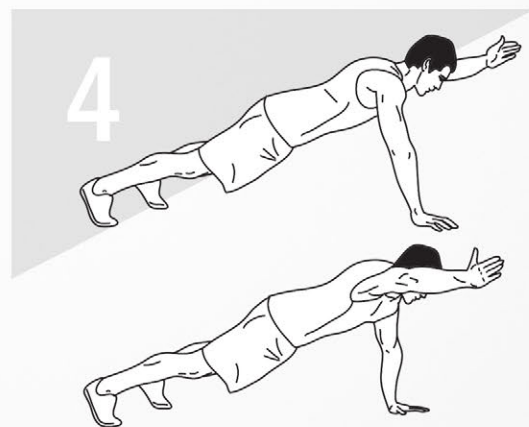
15sec plank jacks



15sec plank leg raises

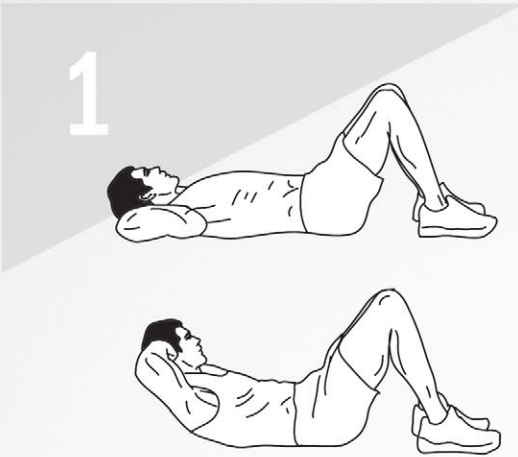


15sec climbers

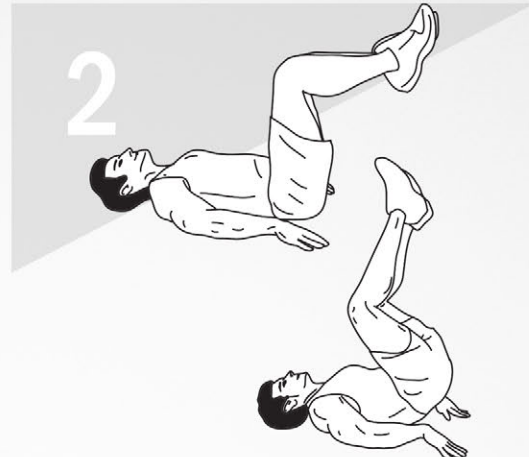


15sec plank arm raises

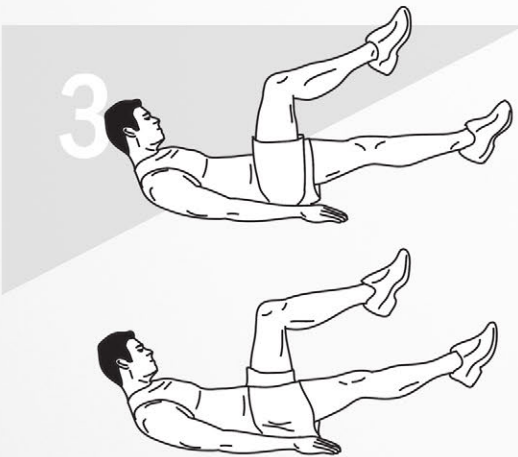
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



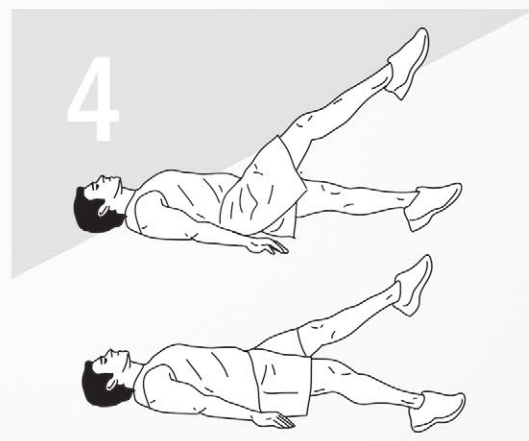
15sec crunches



15sec reverse crunches



15sec air bike crunches



15sec flutter kicks

Level I 3 rounds **Level II** 6 rounds **Level III** 9 rounds
1 minute rest between rounds

High Knees



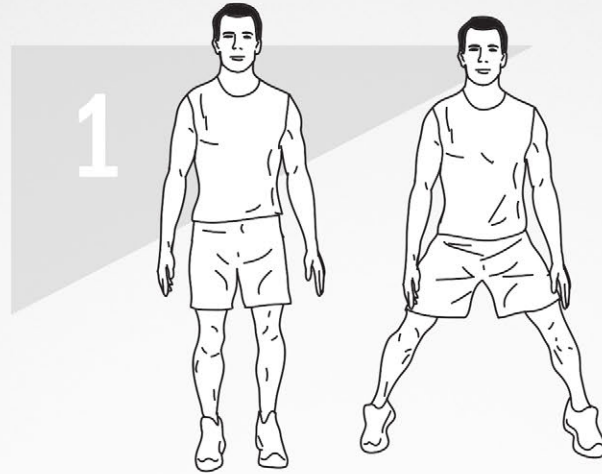
30 seconds

30 seconds

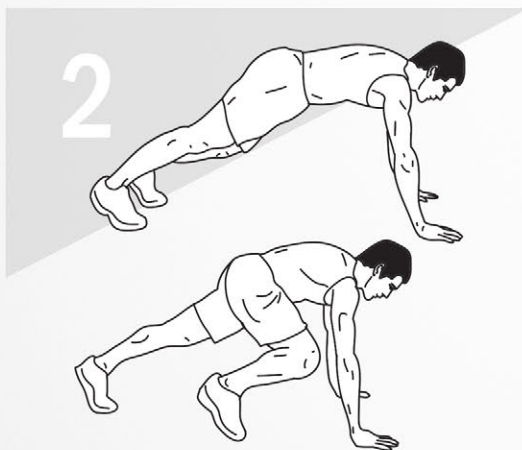
15 seconds rest

60 seconds rest

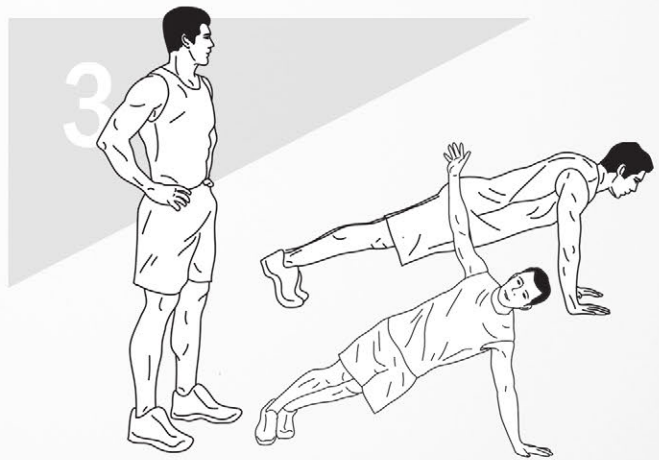
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds



20sec half jacks



20sec climbers



20sec basic burpee w/ rotations

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds

Plank



1 **10 second** plank



2 **10 second** elbow plank



3 **20 second** one arm plank
(10 seconds each arm)



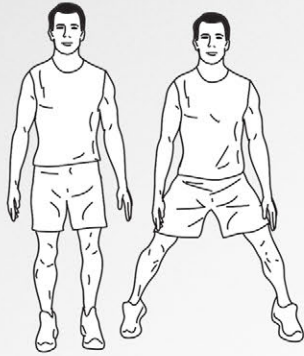
4 **10 second** elbow plank



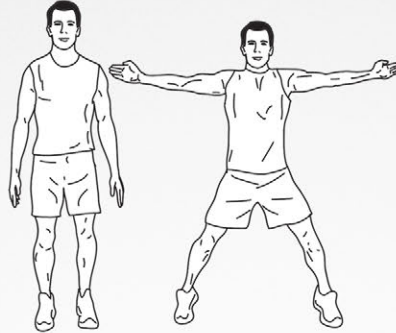
5 **10 second** plank

move from one plank to the next with no rest in between
rest between sets up to 2 minutes

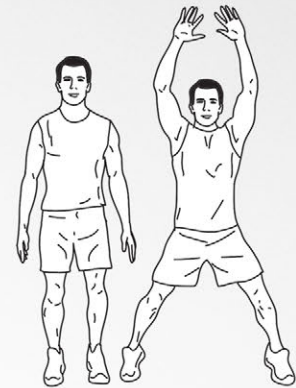
Level I once **Level II** twice **Level III** 3 times



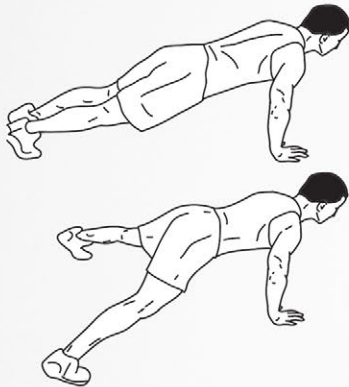
1. half jacks



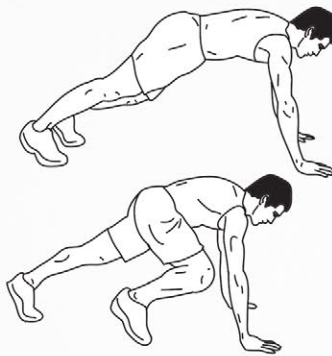
2. jumping Ts



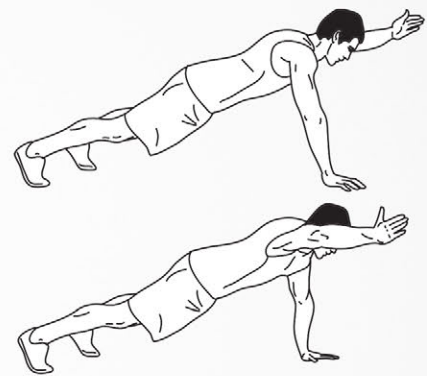
3. jumping jacks



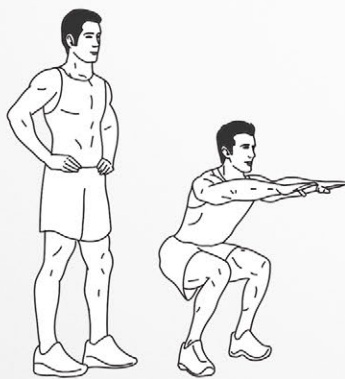
4. plank jacks



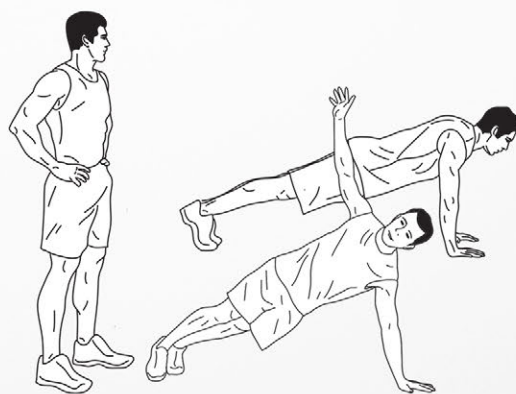
5. climbers



6. alt arm/leg raises

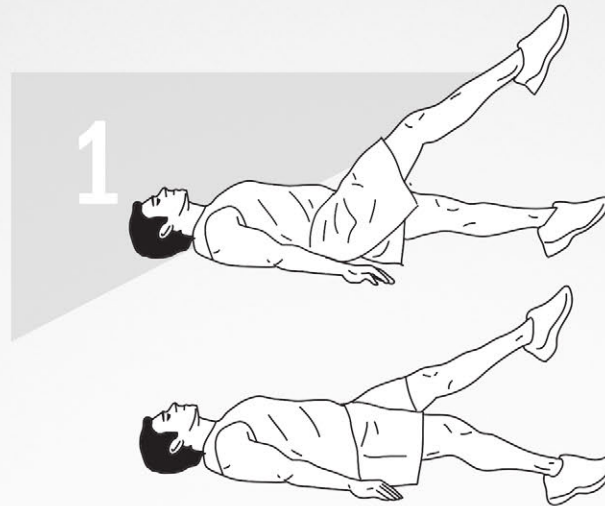


7. squats

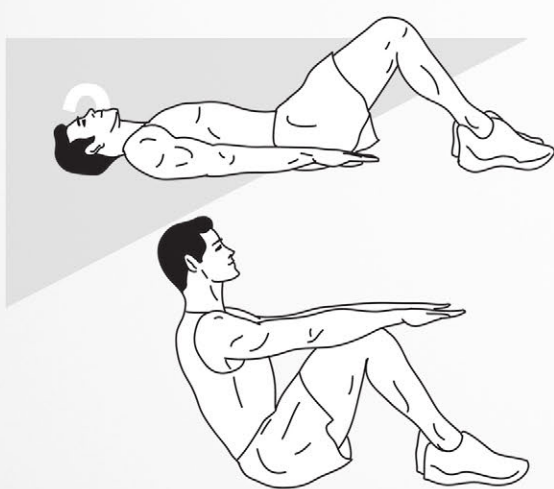


8. basic burpees w/rotations

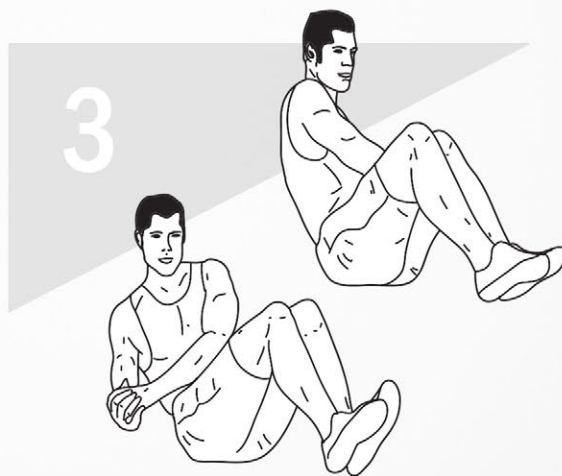
1 minute each exercise / **1 minute** rest after each exercise



20sec flutter kicks

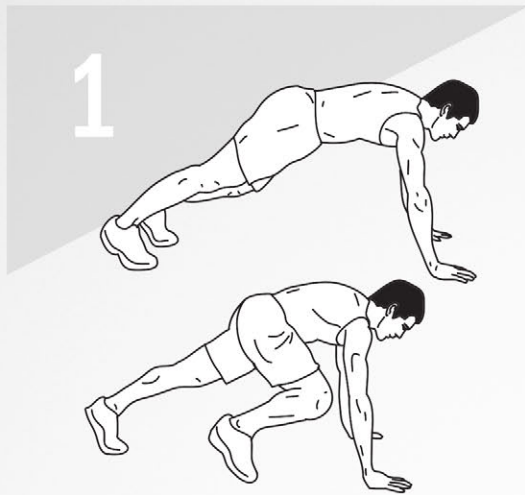


20sec sit-ups

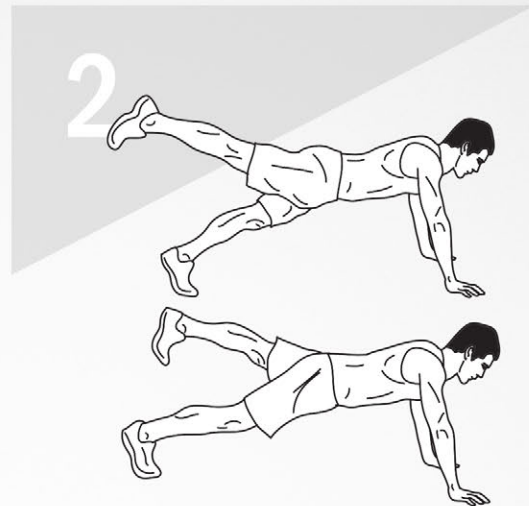


20sec sitting twists

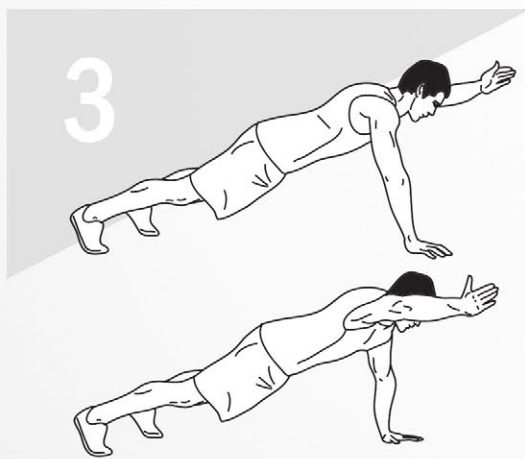
Level I 3 rounds **Level II** 6 rounds **Level III** 9 rounds
1 minute rest between rounds



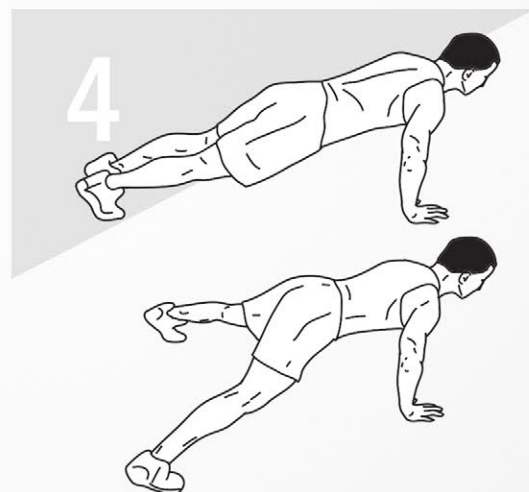
15sec climbers



15sec plank leg raises



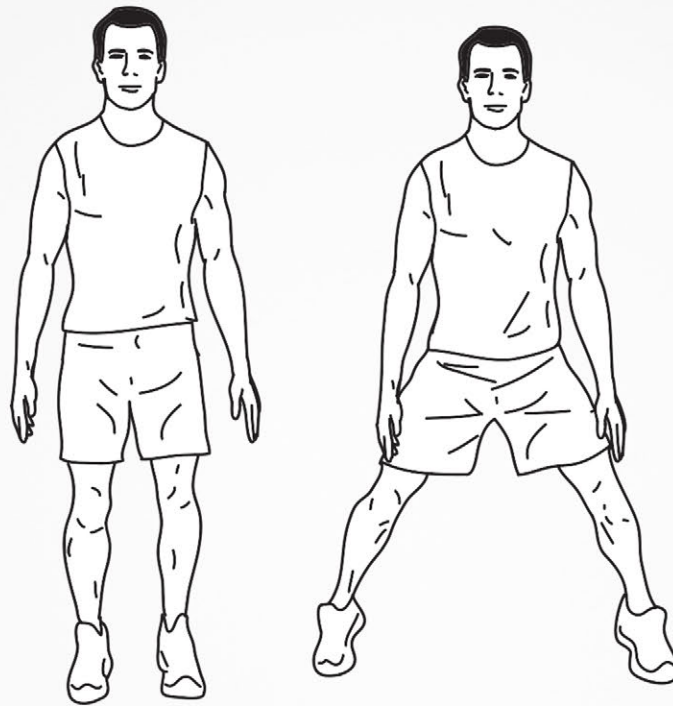
15sec plank arm raises



15sec plank jacks

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds

Half Jacks



30 seconds

30 seconds

15 seconds rest

60 seconds rest

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds

Up & Down Planks

10 seconds

20 seconds rest

20 seconds

20 seconds rest

20 seconds

20 seconds rest

30 seconds

40 seconds rest

30 seconds

60 seconds rest

20 seconds

40 seconds rest

20 seconds

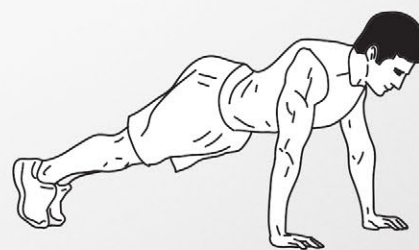
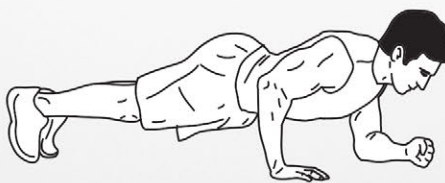
20 seconds rest

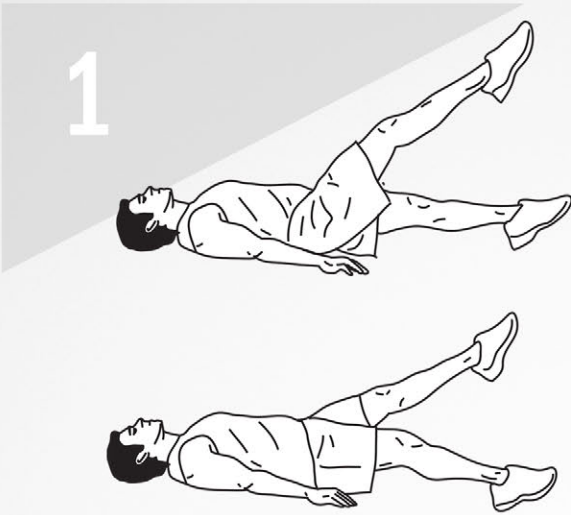
10 seconds

20 seconds rest

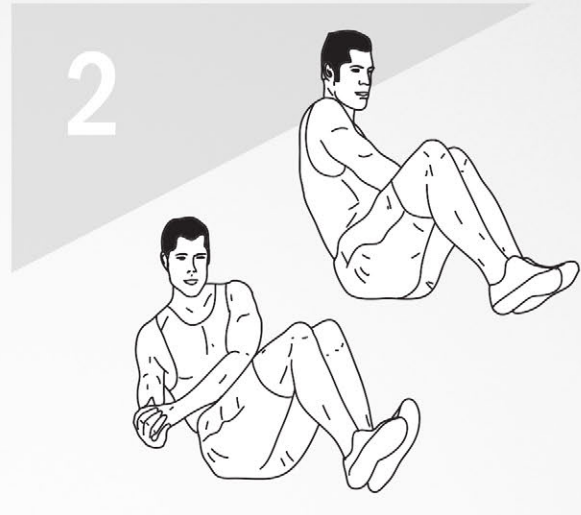
10 seconds

done

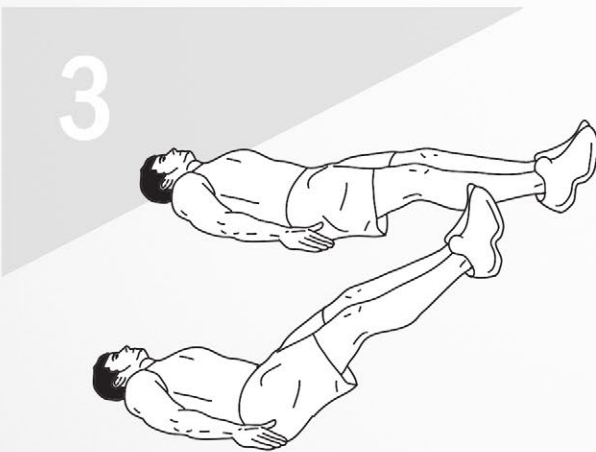




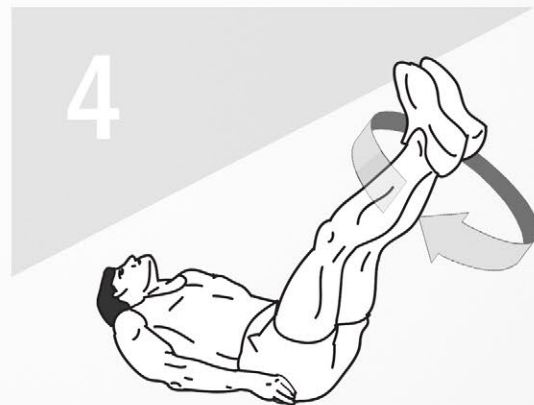
15sec flutter kicks



15sec sitting twists

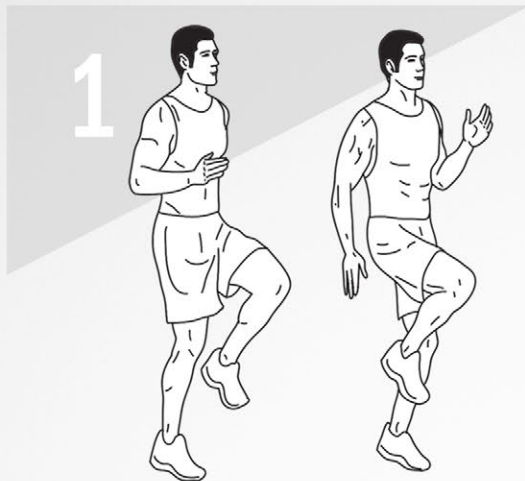


15sec leg raises

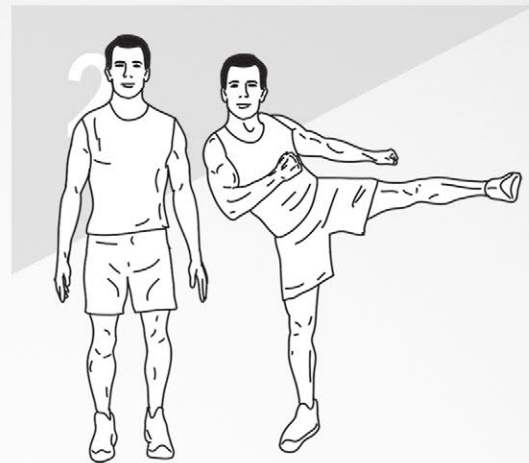


15sec raised leg circles

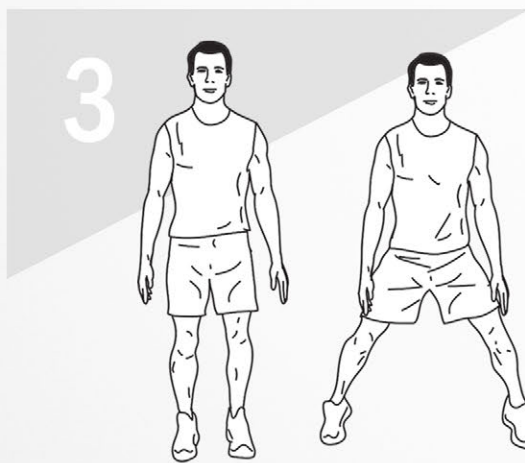
Level I 3 rounds **Level II** 6 rounds **Level III** 9 rounds
1 minute rest between rounds



15sec high knees



15sec side leg raises



15sec half jacks



15sec lunge step-ups

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds

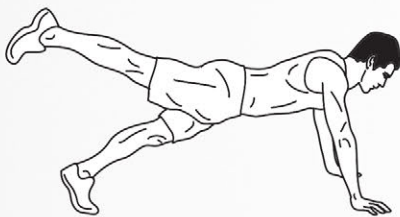
Plank



1 **30 second** elbow plank



2 **20 second** plank



3 **20 second** raised leg plank
(10 seconds each leg)



4 **10 second** plank

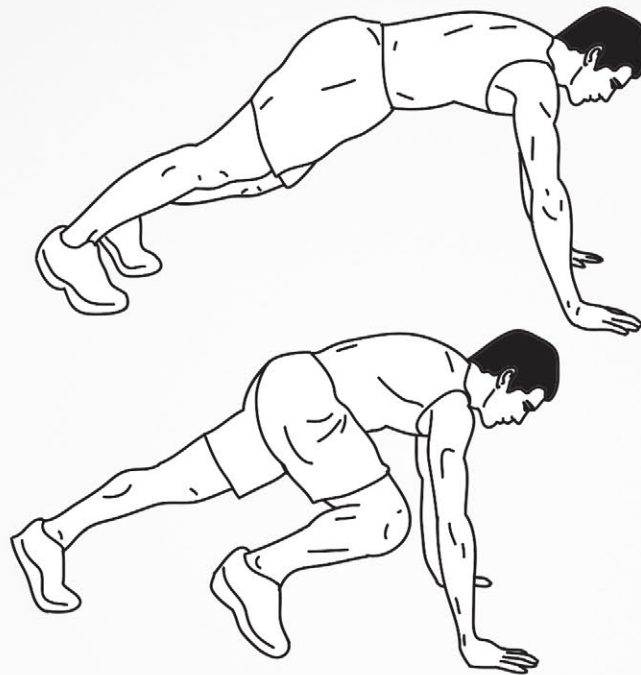


5 **10 second** elbow plank

move from one plank to the next with no rest in between
rest between sets up to 2 minutes

Level I once **Level II** twice **Level III** 3 times

Climbers



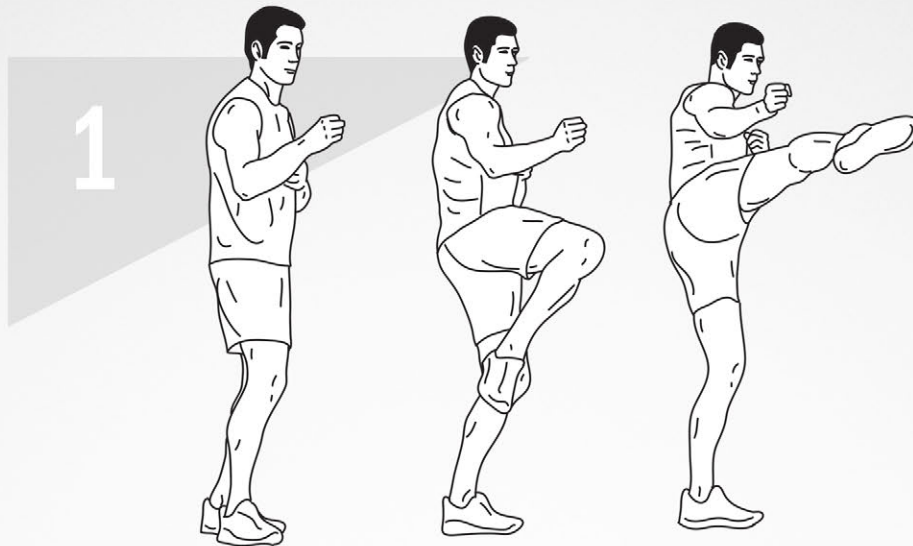
30 seconds

15 seconds rest

30 seconds

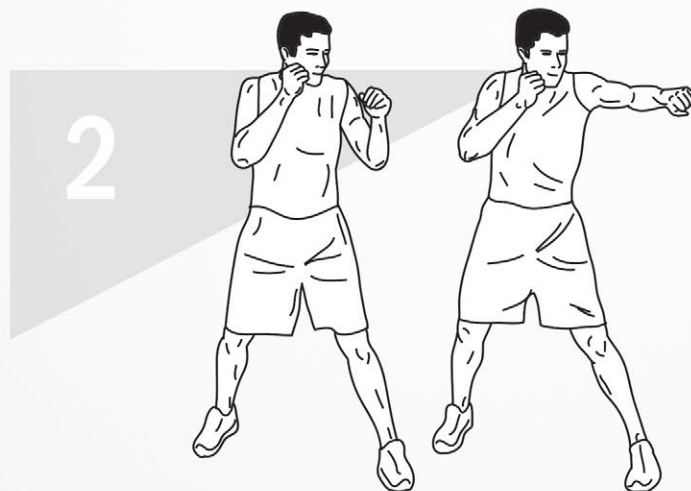
60 seconds rest

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds



1

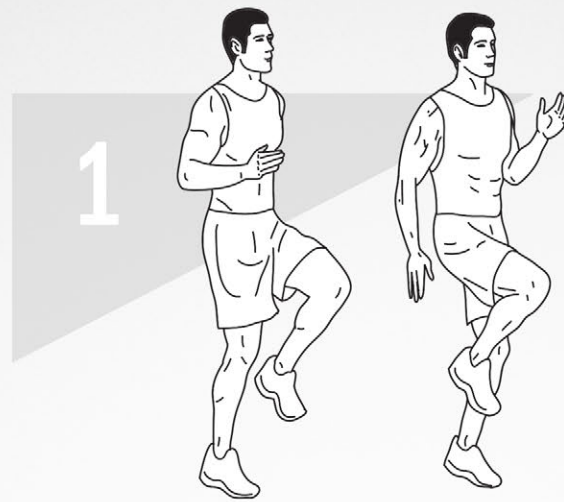
30sec turning kicks



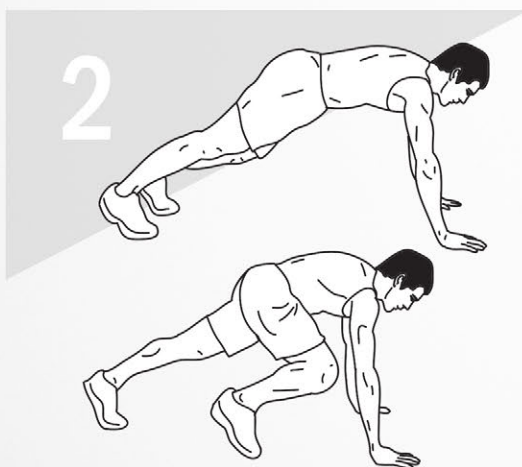
2

30sec punches

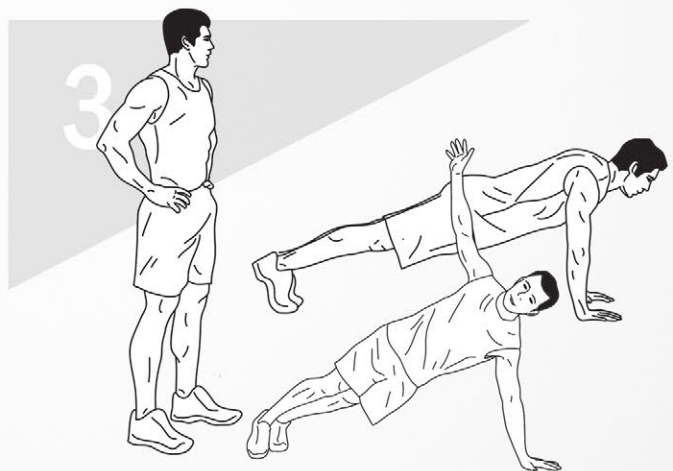
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



20sec high knees



20sec climbers

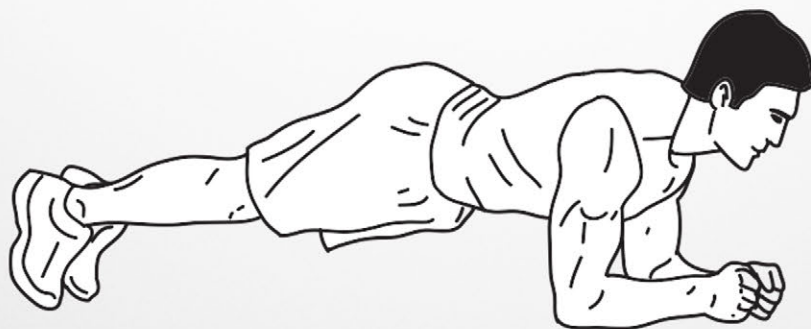


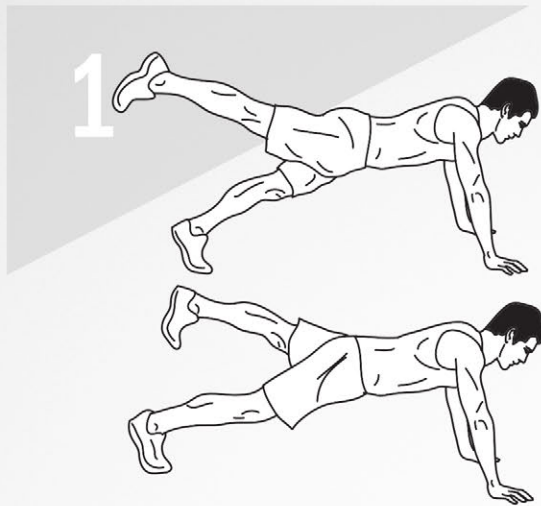
20sec basic burpees w/ rotations

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds

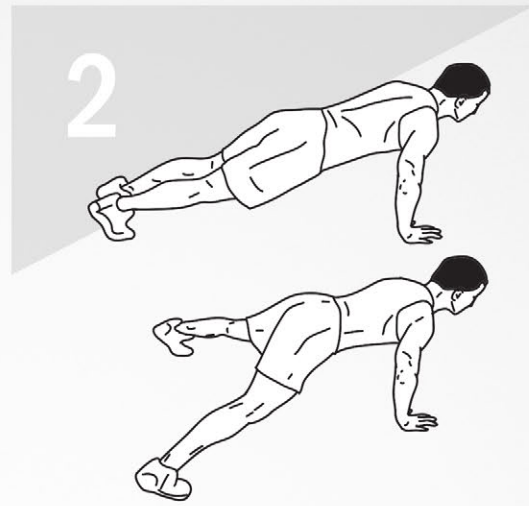
Elbow Plank

10 seconds	20 seconds rest
20 seconds	20 seconds rest
20 seconds	20 seconds rest
30 seconds	40 seconds rest
60 seconds	60 seconds rest
20 seconds	40 seconds rest
20 seconds	20 seconds rest
10 seconds	20 seconds rest
10 seconds	done

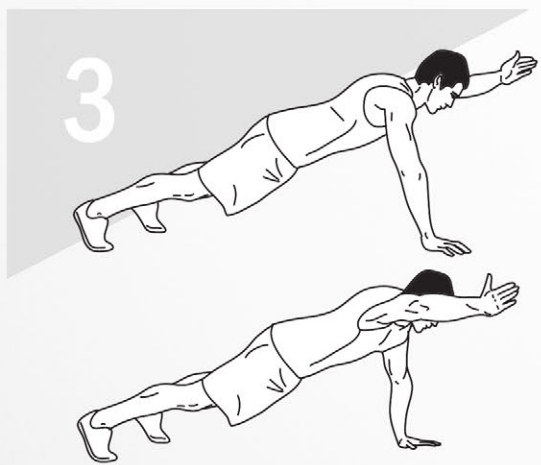




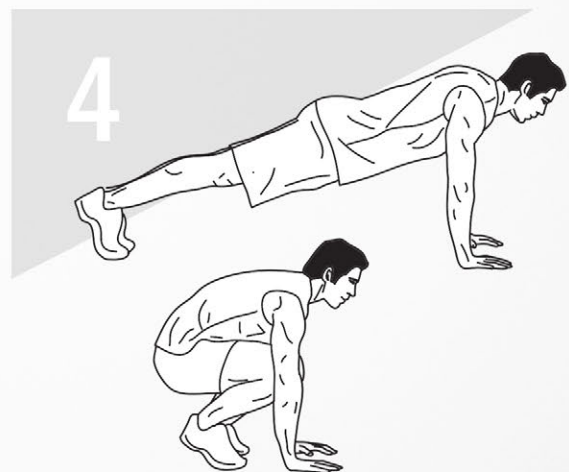
15sec plank leg raises



15sec plank jacks

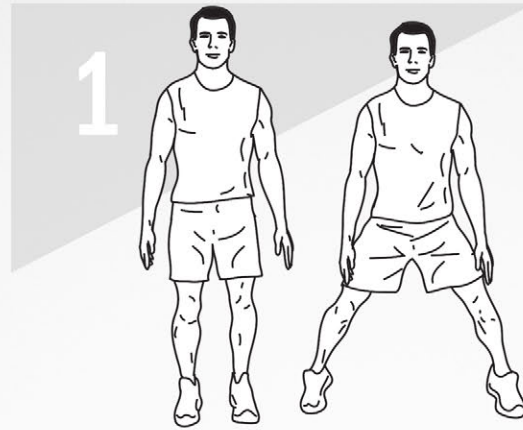


15sec plank arm raises

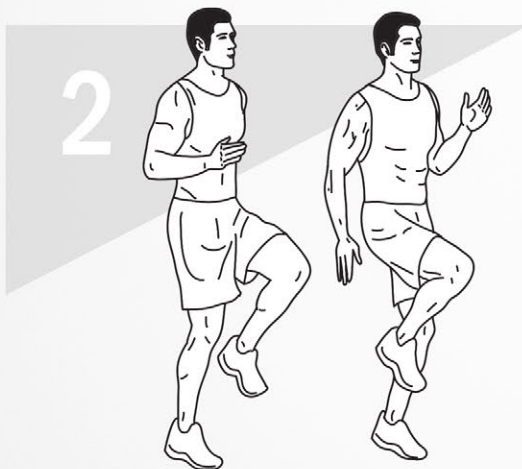


15sec plank jump-ins

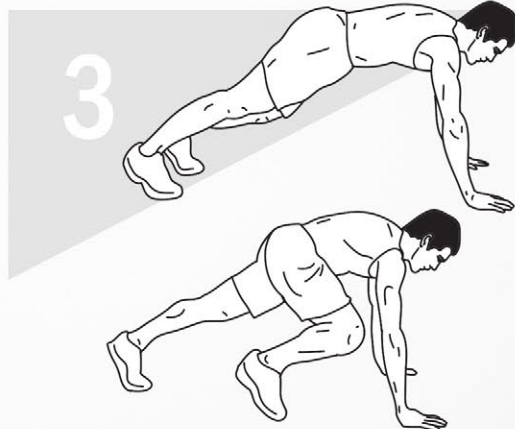
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



30sec half jacks

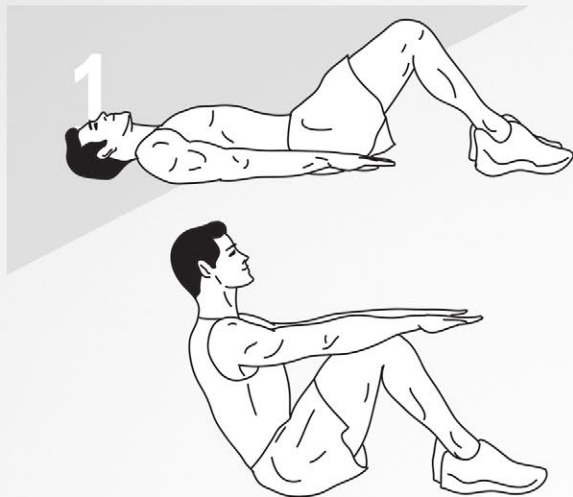


20sec high knees



10sec climbers

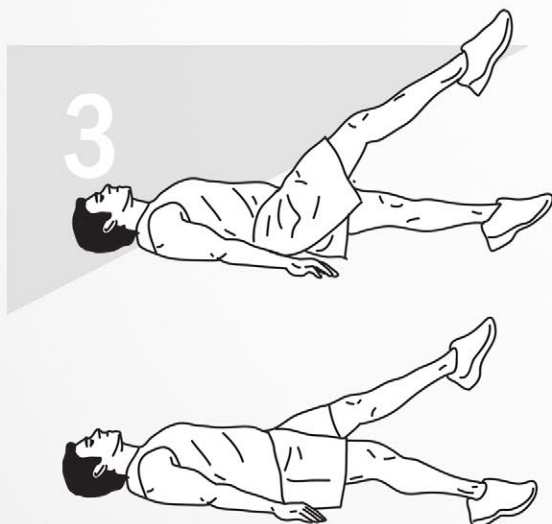
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds



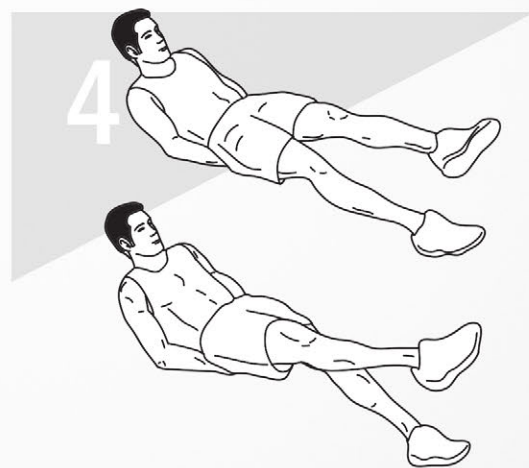
15sec sit-ups



15sec sitting twists



15sec flutter kicks



15sec scissors

Level I 3 rounds **Level II** 6 rounds **Level III** 9 rounds
1 minute rest between rounds

High Knees



30 seconds

30 seconds

10 seconds rest

30 seconds rest

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds

Plank



1 **30 second** plank



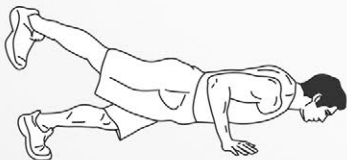
2 **10 second** push-up plank



3 **20 second** plank



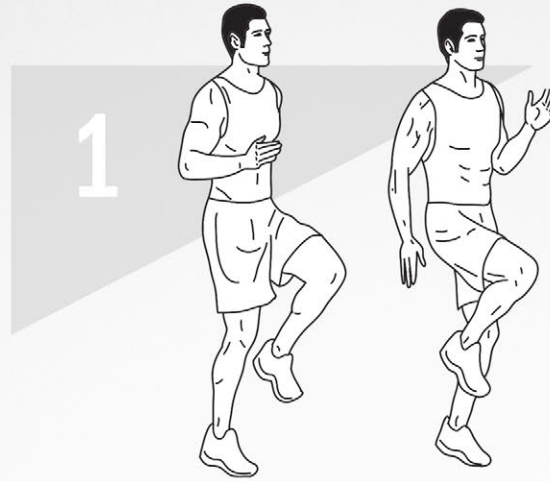
4 **20 second** one leg plank
(10 seconds each leg)



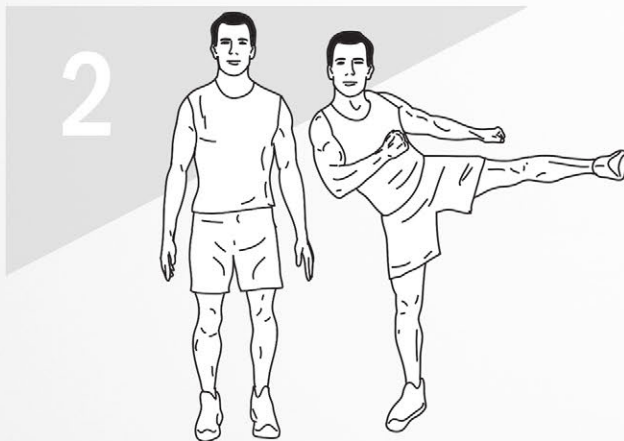
5 **10 second** one leg push-up plank
(5 seconds each leg)

move from one plank to the next with no rest in between
rest between sets up to 2 minutes

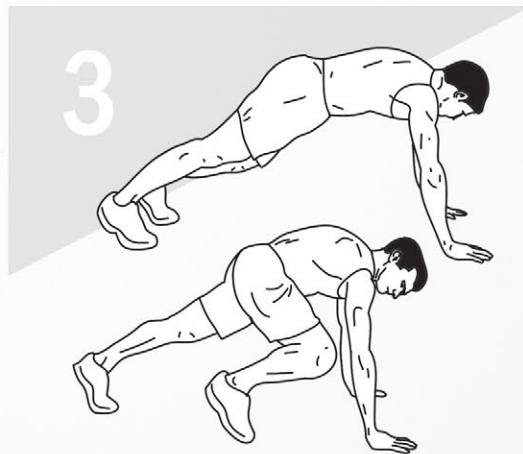
Level I once **Level II** twice **Level III** 3 times



20sec high knees



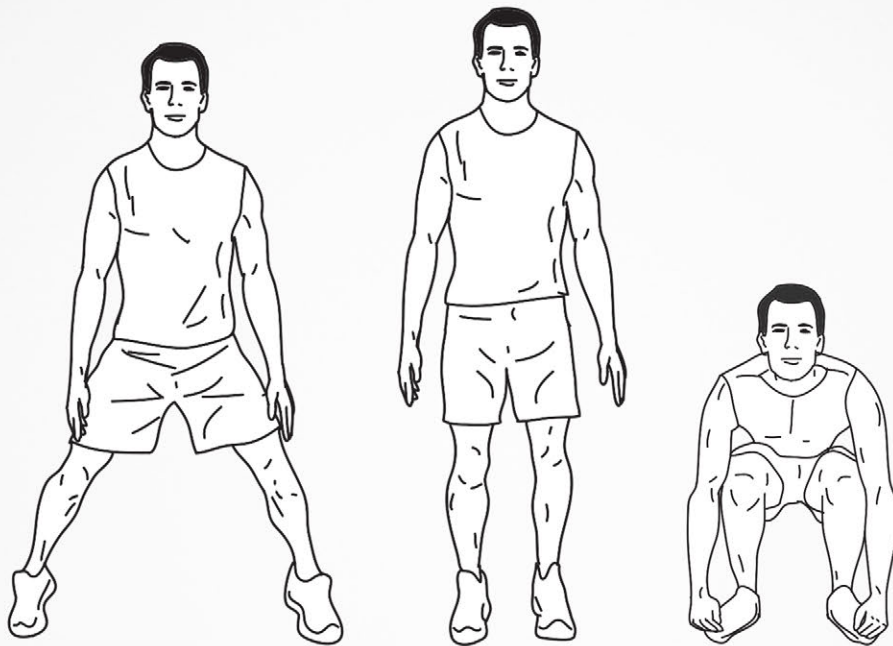
20sec side leg raises



20sec climbers

Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds
1 minute rest between rounds

Half Jack Floor Taps



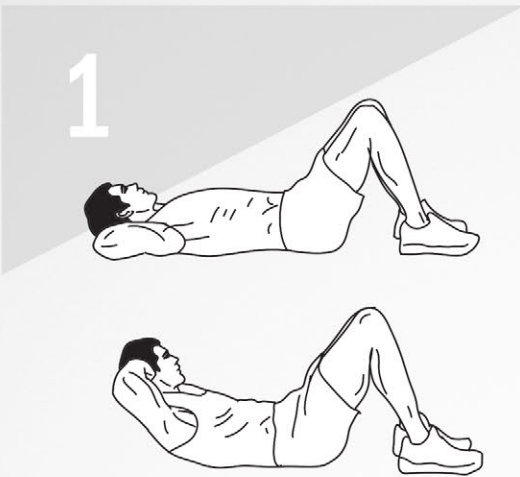
30 seconds

30 seconds

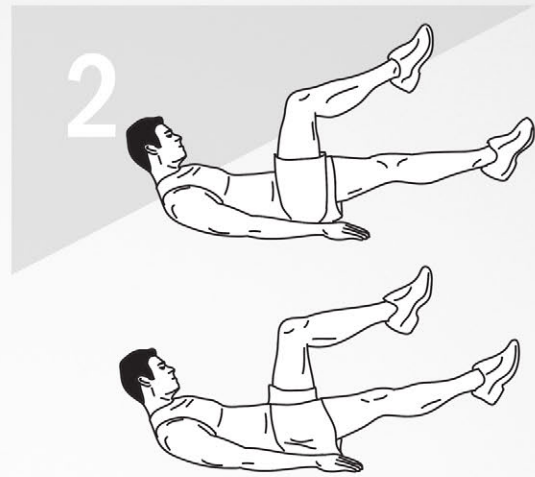
10 seconds rest

30 seconds rest

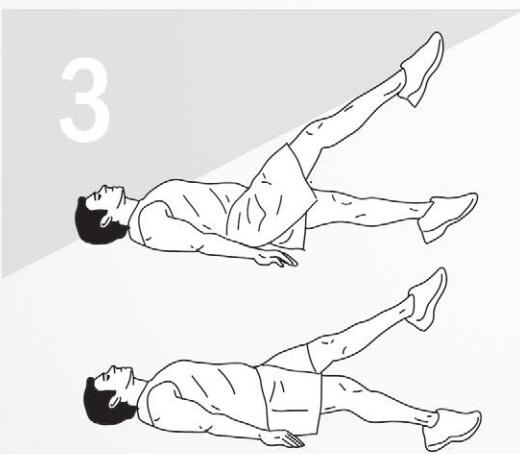
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds



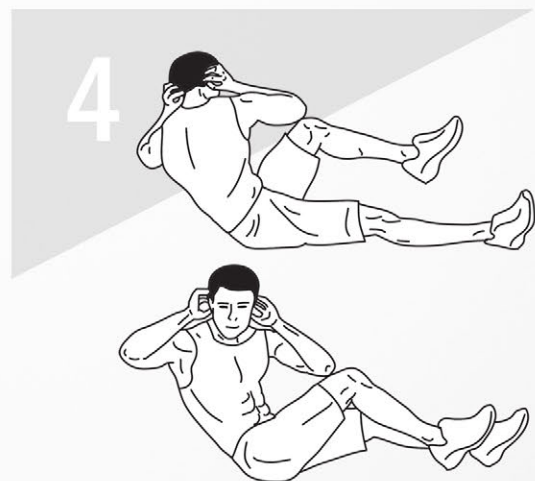
15sec crunches



15sec air bike crunches

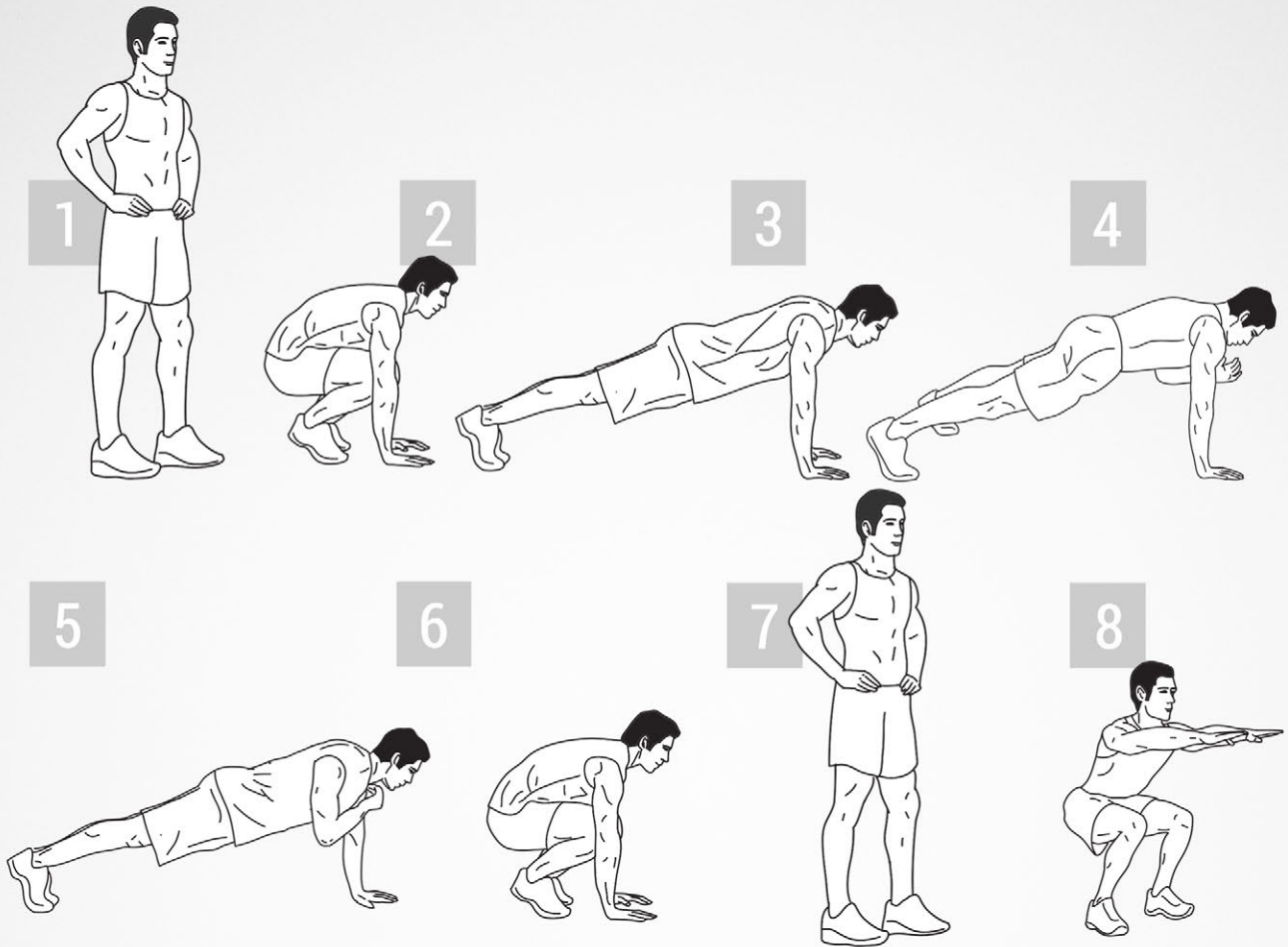


15sec flutter kicks



15sec knee-to-elbow sit-ups

Level I 3 rounds **Level II** 6 rounds **Level III** 9 rounds
1 minute rest between rounds



60
SECONDS

jump into a plank
tap left shoulder
tap right shoulder
get up & squat

Level I 5 rounds
Level II 10 rounds
Level III 15 rounds

60 seconds rest
between rounds

This project is supported exclusively via donations.
We have no sponsors, we run no ads and we, sadly,
did not discover the cheatcode for more gold
so anything you can contribute will be greatly appreciated.

donate \$1 and help
to keep this project up

PayPal



+ other options

free workouts and fitness programs at

neilarey.com