

cardio HIIT



30-DAY CHALLENGE

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1 30sec side jack 30sec jumping jacks 6 sets 1min rest	2 30sec elbow plank 2 sets 30sec rest	3 30sec side jack 30sec jumping jacks 6 sets 1min rest	4 30sec elbow plank 2 sets 30sec rest	5 30sec side jack 30sec jumping jacks 6 sets 1min rest
6 30sec elbow plank 2 sets 30sec rest	7 30sec side jack 30sec jumping jacks 7 sets 1min rest	8 30sec elbow plank 3 sets 30sec rest	9 30sec side jack 30sec jumping jacks 7 sets 1min rest	10 30sec elbow plank 3 sets 30sec rest
11 30sec side jack 30sec jumping jacks 7 sets 1min rest	12 30sec elbow plank 3 sets 30sec rest	13 30sec side jack 30sec jumping jacks 8 sets 1min rest	14 30sec elbow plank 4 sets 30sec rest	15 30sec side jack 30sec jumping jacks 8 sets 1min rest
16 30sec elbow plank 4 sets 30sec rest	17 30sec side jack 30sec jumping jacks 8 sets 1min rest	18 30sec elbow plank 4 sets 30sec rest	19 30sec side jack 30sec jumping jacks 9 sets 1min rest	20 30sec elbow plank 5 sets 30sec rest
21 30sec side jack 30sec jumping jacks 9 sets 1min rest	22 30sec elbow plank 5 sets 30sec rest	23 30sec side jack 30sec jumping jacks 9 sets 1min rest	24 30sec elbow plank 5 sets 30sec rest	25 30sec side jack 30sec jumping jacks 10 sets 1min rest
26 30sec elbow plank 6 sets 30sec rest	27 30sec side jack 30sec jumping jacks 10 sets 1min rest	28 30sec elbow plank 6 sets 30sec rest	29 30sec side jack 30sec jumping jacks 10 sets 1min rest	30 30sec elbow plank 6 sets 30sec rest