



30 days of

HIT

ADVANCED

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

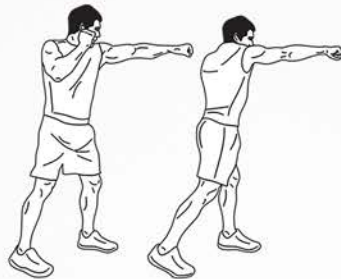
Level III 7 sets

2 minutes rest between sets

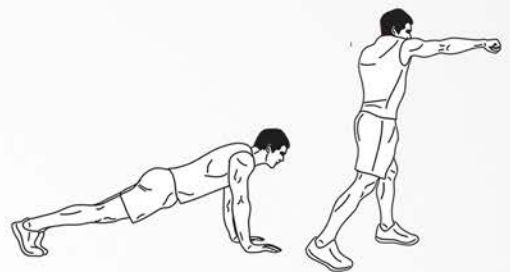
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20sec high knees



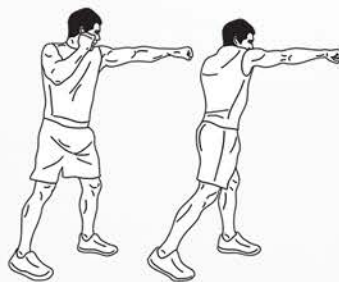
20sec punches



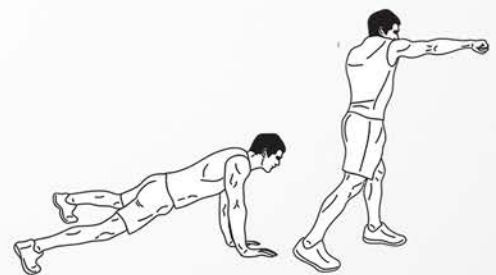
20sec plank + jab + cross



20sec high knees



20sec punches



20sec plank jack + jab + cross



one push-up between exercises

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Day 2 | Power HIIT

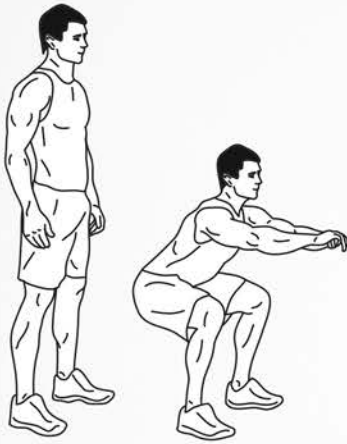
Level I 3 sets

Level II 5 sets

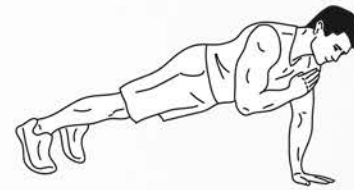
Level III 7 sets

2 minutes rest between sets

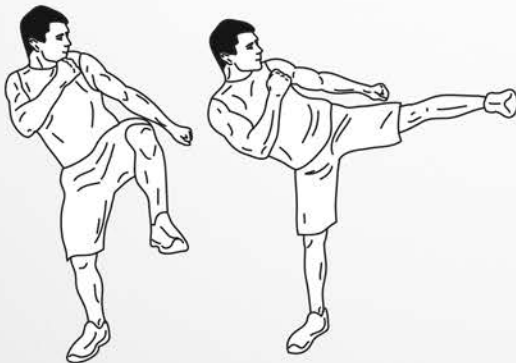
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40sec squats



20sec shoulder taps



40sec side kicks



20sec push-ups

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Day 3 | Full Circuit

Level I 3 sets

Level II 5 sets

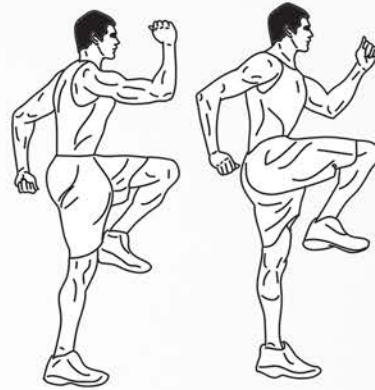
Level III 7 sets

non stop | no rest

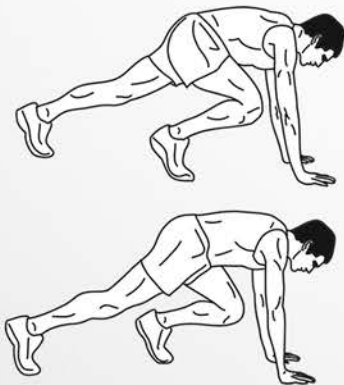
ADVANCED



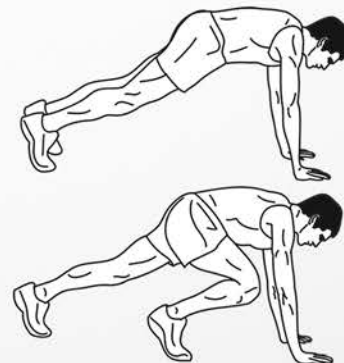
10sec high knees



20sec march steps



10sec climbers



20sec slow climbers

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Day 4 | Power HIIT

Level I 3 sets

Level II 5 sets

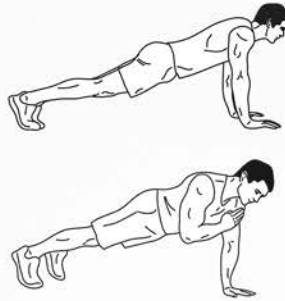
Level III 7 sets

2 minutes rest between sets

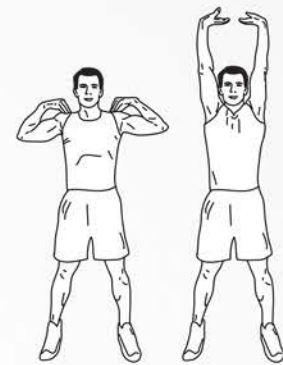
ADVANCED



20sec squats



20sec shoulder taps



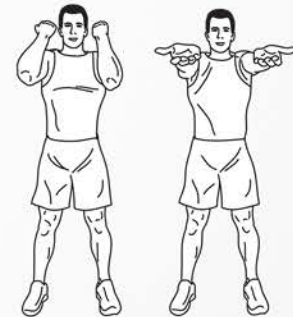
20sec standing shoulder taps



20sec squats



20sec push-ups



20sec bicep extensions



one jump squat between exercises

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Day 5 | Basic Burpees

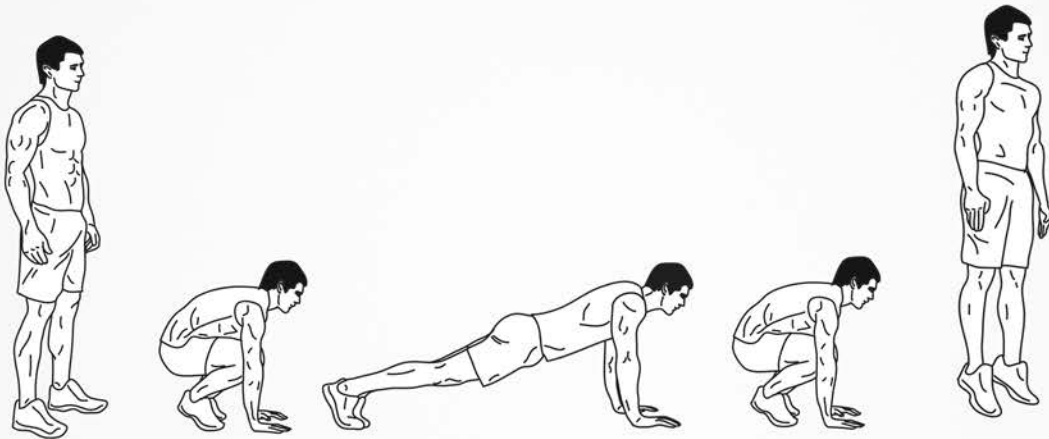
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20sec basic burpees

10sec rest

20sec basic burpees

10sec rest

20sec basic burpees

10sec rest

20sec basic burpees

rest

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Day 6 | Full Circuit

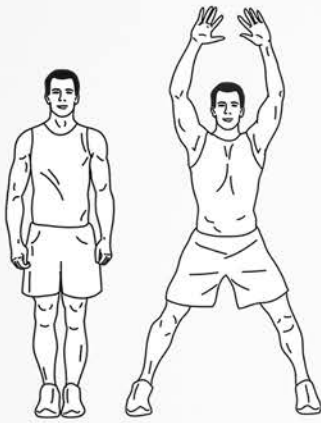
Level I 3 sets

Level II 5 sets

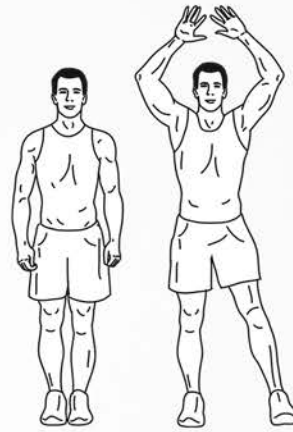
Level III 7 sets

non stop | no rest

ADVANCED



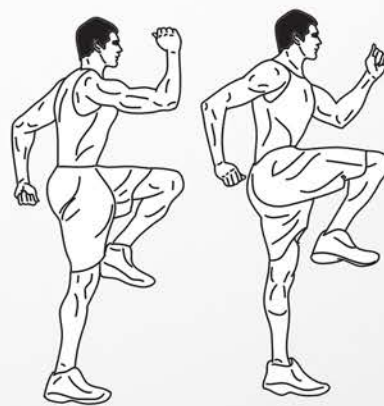
10sec jumping jacks



20sec step jacks



10sec high knees



20sec march steps

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Day 7 | Power HIIT

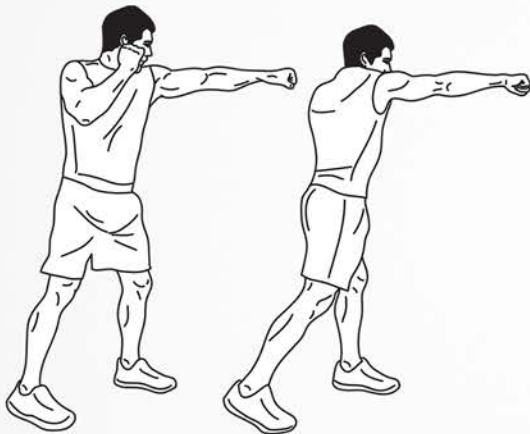
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

ADVANCED



20sec punches

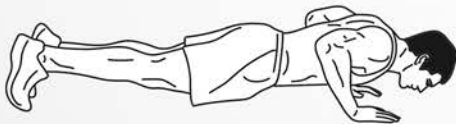
10sec push-up + shoulder tap

20sec punches

10sec push-up + shoulder tap

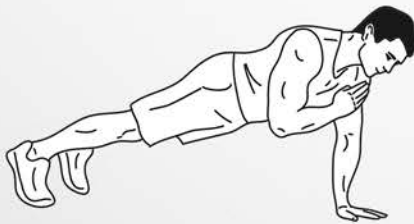
20sec punches

10sec push-up + shoulder tap



20sec punches

10sec push-up + shoulder tap



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Day 8 | Cardio HIIT

Level I 3 sets

Level II 5 sets

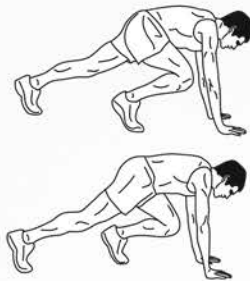
Level III 7 sets

2 minutes rest between sets

ADVANCED



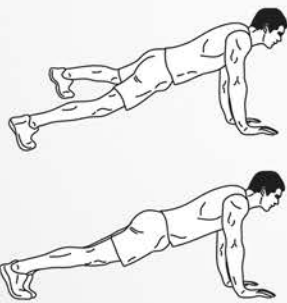
20sec high knees



20sec climbers



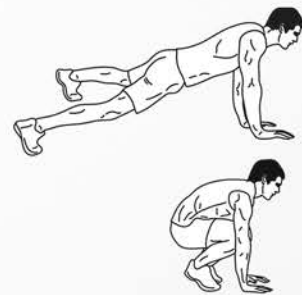
20sec high knees



20sec plank jacks



20sec high knees



20sec plank jack + jump in



one push-up between exercises

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Day 9 | Full Circuit

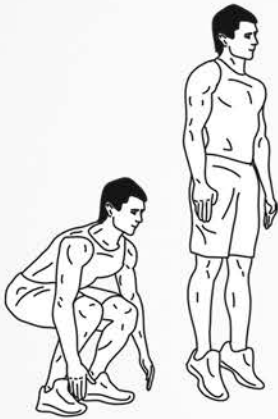
Level I 3 sets

Level II 5 sets

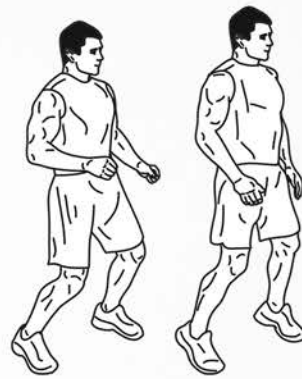
Level III 7 sets

non stop | no rest

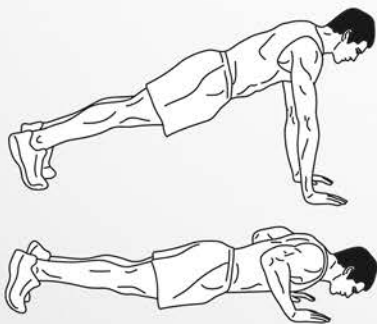
ADVANCED



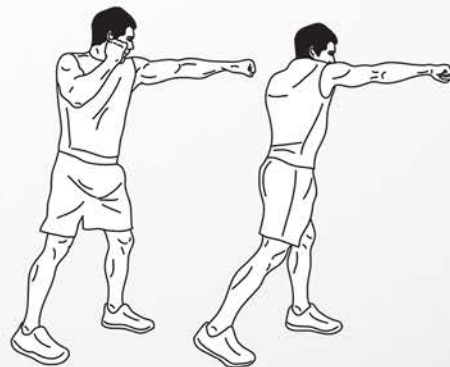
10sec jump squats



20sec hops on the spot



10sec push-ups



20sec punches

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Day 10 | HIIT the Plank

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

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20sec high knees

10sec plank hold

20sec high knees

10sec plank hold

20sec high knees

10sec plank hold



20sec high knees

10sec plank hold

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Day 11 | Cardio HIIT

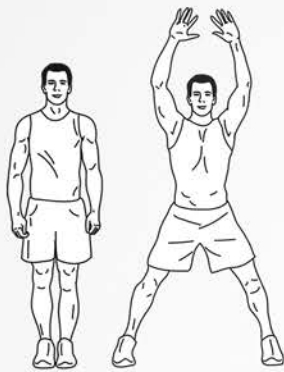
Level I 3 sets

Level II 5 sets

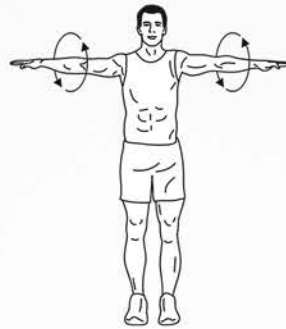
Level III 7 sets

2 minutes rest between sets

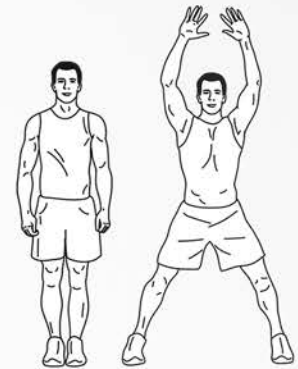
ADVANCED



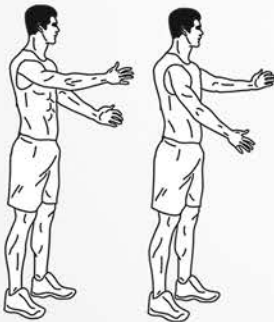
20sec jumping jacks



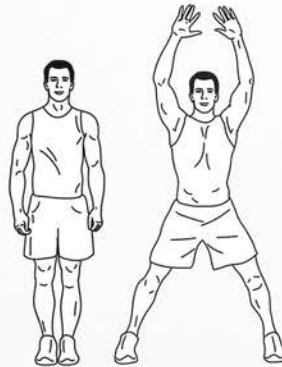
20sec raised arm circles



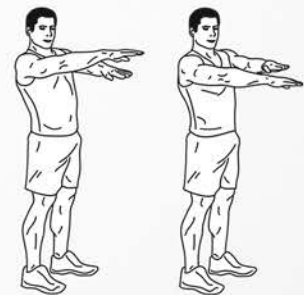
20sec jumping jacks



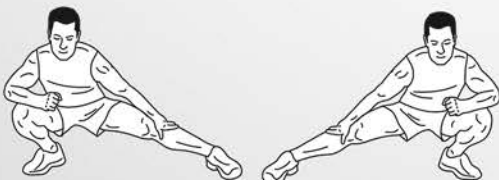
20sec scissor chops



20sec jumping jacks



20sec arm scissors



two side-to-side lunges between exercises

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Day 12 | Full Circuit

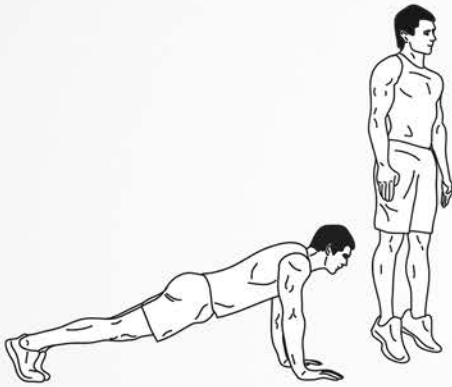
Level I 3 sets

Level II 5 sets

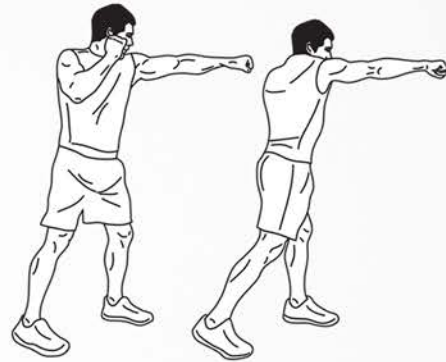
Level III 7 sets

non stop | no rest

ADVANCED



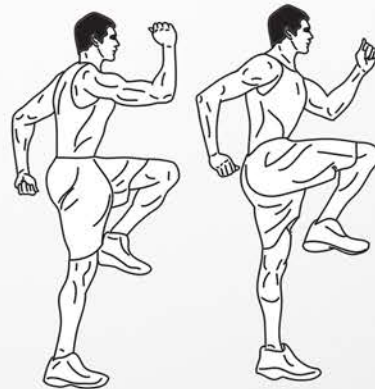
10sec basic burpees



20sec punches



10sec high knees



20sec march steps

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Day 13 | Cardio HIIT

Level I 3 sets

Level II 5 sets

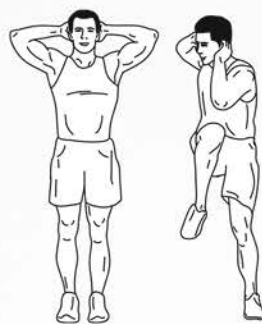
Level III 7 sets

2 minutes rest between sets

ADVANCED



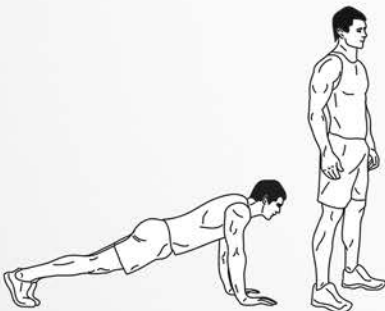
20sec high knees



20sec knee-to-elbow



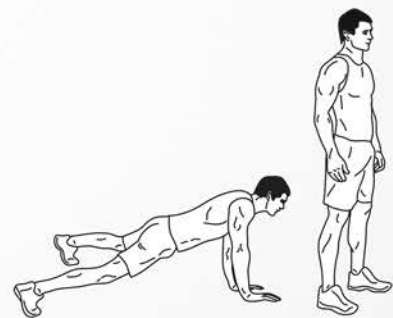
20sec high knees



20sec basic burpees



20sec high knees



20sec plank jack + burpees



one push-up between exercises

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Day 14 | Power HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

ADVANCED



20sec squats

10sec push-ups

20sec squats

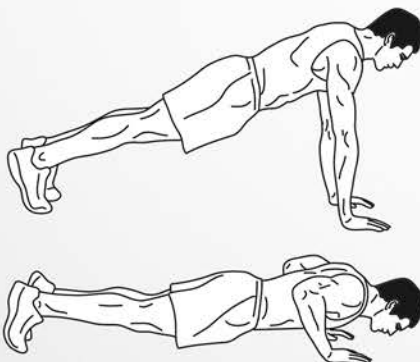
10sec push-ups

20sec squats

10sec push-ups

20sec squats

10sec push-ups



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Day 15 | High Knees

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

ADVANCED



20sec high knees

10sec rest

20sec high knees

10sec rest

20sec high knees

10sec rest

20sec high knees

rest

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Day 16 | Cardio HIIT

Level I 3 sets

Level II 5 sets

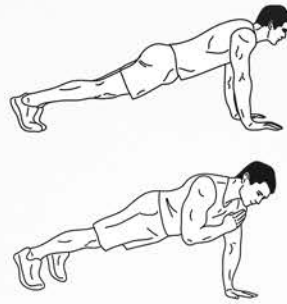
Level III 7 sets

2 minutes rest between sets

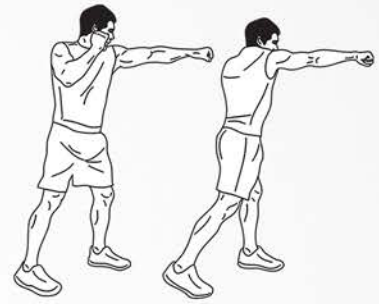
ADVANCED



30sec high knees



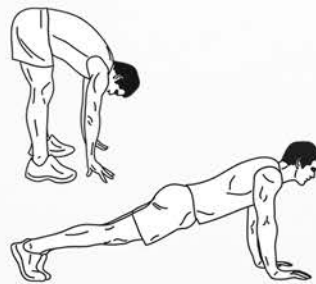
10sec shoulder taps



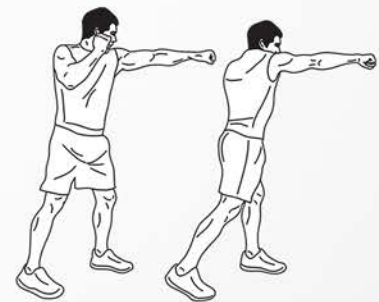
20sec punches



30sec high knees



10sec plank walk-outs



20sec punches



one jump squat between exercises

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Day 17 | Power HIIT

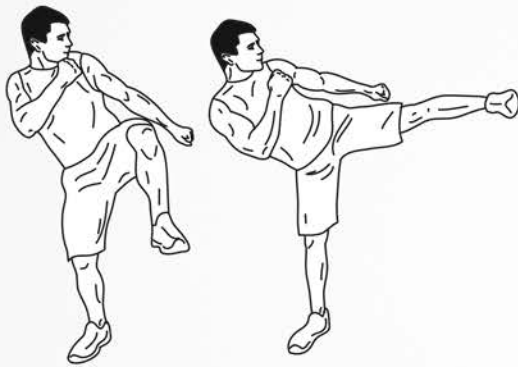
Level I 3 sets

Level II 5 sets

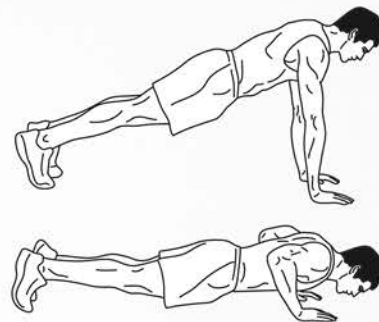
Level III 7 sets

2 minutes rest between sets

ADVANCED



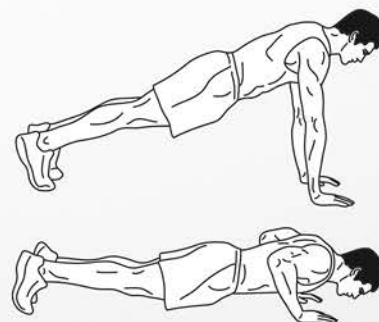
40sec side kicks



20sec push-ups



40sec lunge step-ups



20sec push-ups

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Day 18 | Full Circuit

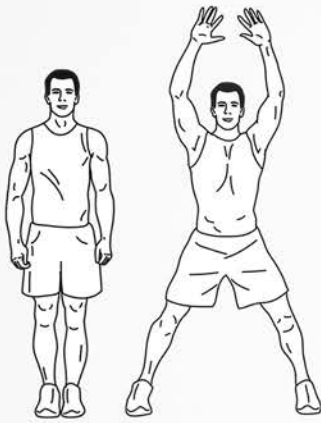
Level I 3 sets

Level II 5 sets

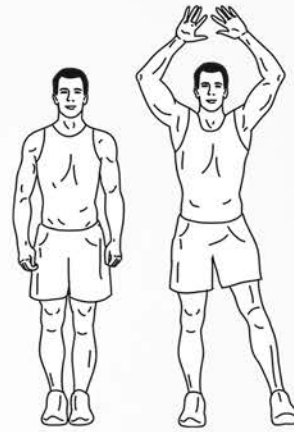
Level III 7 sets

non stop | no rest

ADVANCED



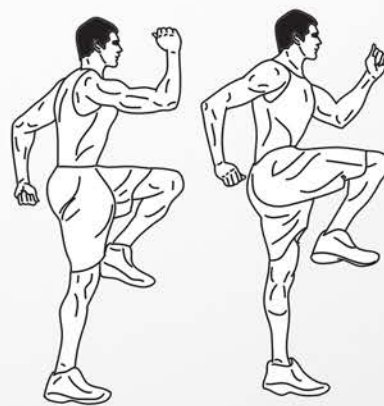
20sec jumping jacks



20sec step jacks



20sec high knees



20sec march steps

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Day 19 | Burpees

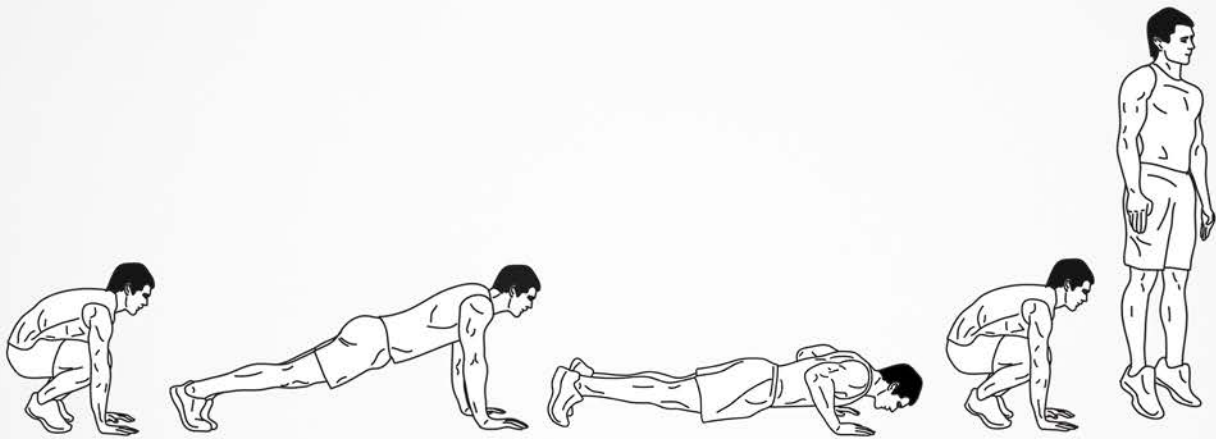
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

ADVANCED



20sec burpees

10sec rest

20sec burpees

10sec rest

20sec burpees

10sec rest

20sec burpees

rest

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Day 20 | HIIT the Plank

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

ADVANCED



20sec high knees

20sec plank hold

20sec high knees

20sec plank hold

20sec high knees

20sec plank hold

20sec high knees

20sec plank hold



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Day 21 | Power HIIT

Level I 3 sets

Level II 5 sets

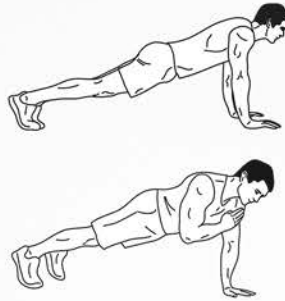
Level III 7 sets

2 minutes rest between sets

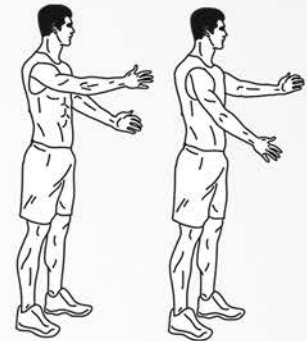
ADVANCED



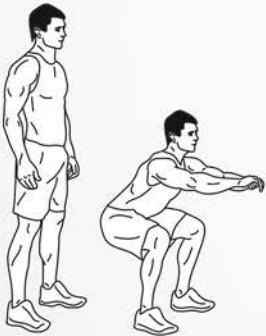
20sec squats



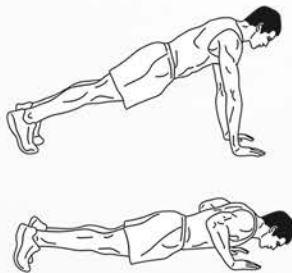
20sec shoulder taps



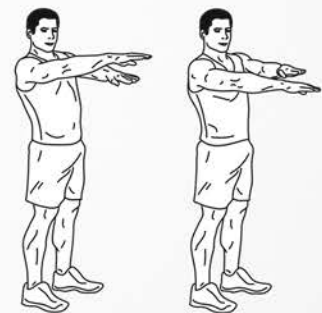
20sec scissor chops



20sec squats



20sec push-ups



20sec arm scissors



one jump squat between exercises

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Day 22 | Full Circuit

Level I 3 sets

Level II 5 sets

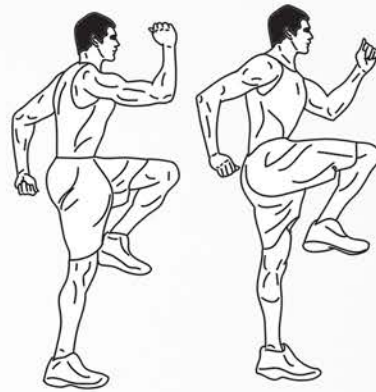
Level III 7 sets

non stop | no rest

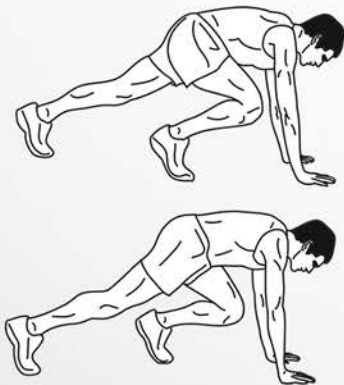
ADVANCED



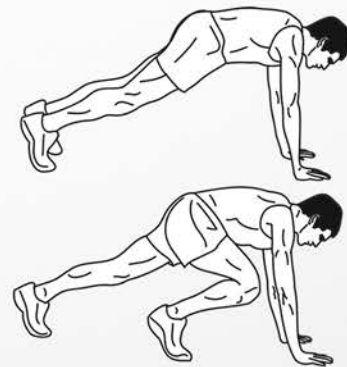
30sec high knees



30sec march steps



30sec climbers



30sec slow climbers

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Day 23 | Power HIIT

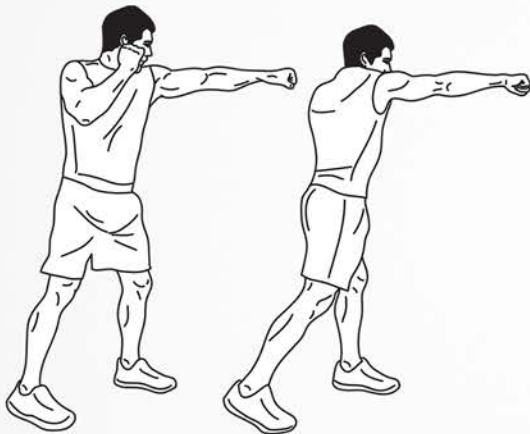
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

ADVANCED



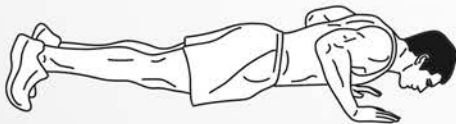
20sec punches

20sec push-up + shoulder tap

20sec punches

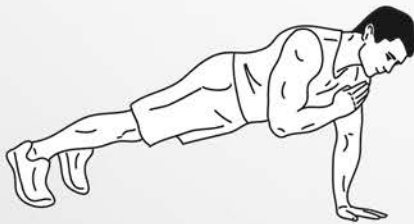
20sec push-up + shoulder tap

20sec punches



20sec push-up + shoulder tap

20sec punches



20sec push-up + shoulder tap

30 Days of HIIT

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Day 24 | Full Circuit

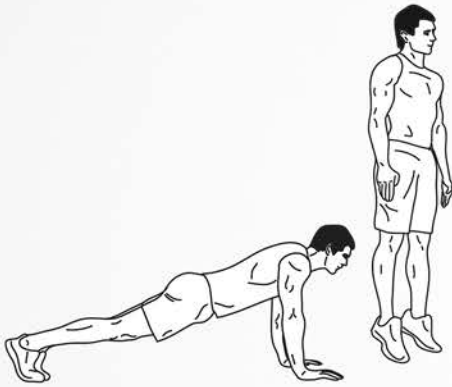
Level I 3 sets

Level II 5 sets

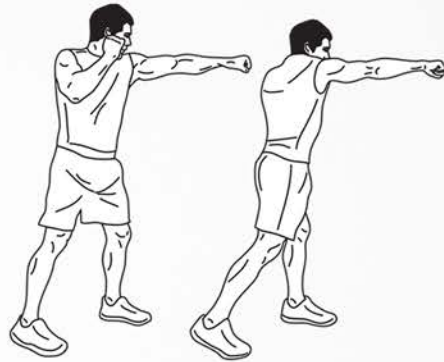
Level III 7 sets

non stop | no rest

ADVANCED



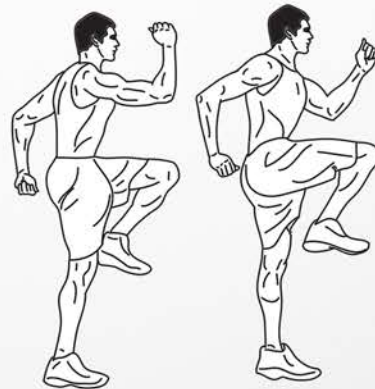
20sec basic burpees



20sec punches



20sec high knees



20sec march steps

30 Days of HIIT

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Day 25 | High Knees

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

ADVANCED



20sec high knees

10sec rest

20sec high knees

10sec rest

20sec high knees

10sec rest

20sec high knees

rest

30 Days of HIIT

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Day 26 | Cardio HIIT

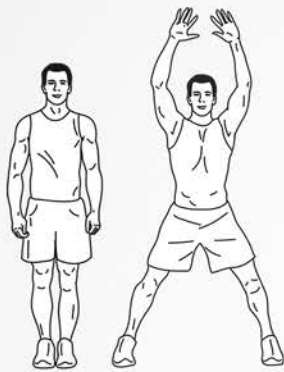
Level I 3 sets

Level II 5 sets

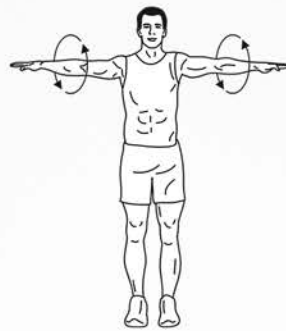
Level III 7 sets

2 minutes rest between sets

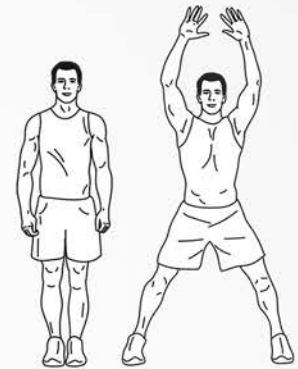
ADVANCED



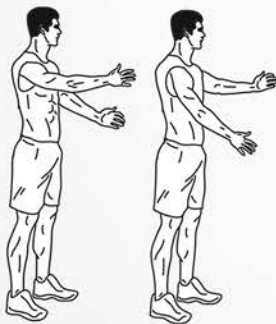
30sec jumping jacks



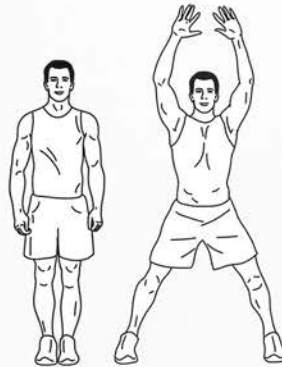
30sec raised arm circles



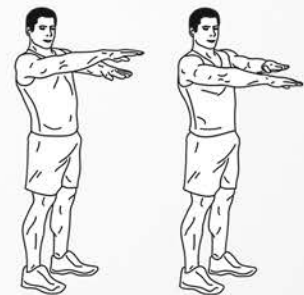
30sec jumping jacks



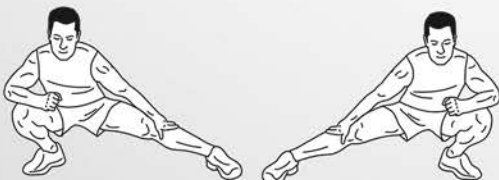
30sec scissor chops



30sec jumping jacks



30sec arm scissors



two side-to-side lunges between exercises

30 Days of HIIT

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Day 27 | HIIT the Plank

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

ADVANCED



20sec squats

20sec plank hold

20sec squats

20sec plank hold

20sec squats

20sec plank hold

20sec squats

20sec plank hold



30 Days of HIIT

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Day 28 | Cardio HIIT

Level I 3 sets

Level II 5 sets

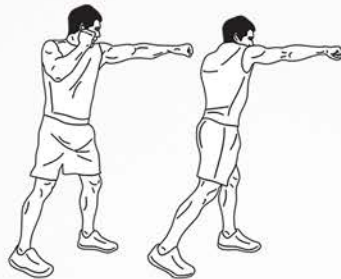
Level III 7 sets

2 minutes rest between sets

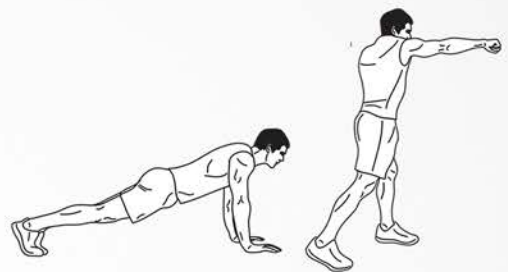
ADVANCED



30sec high knees



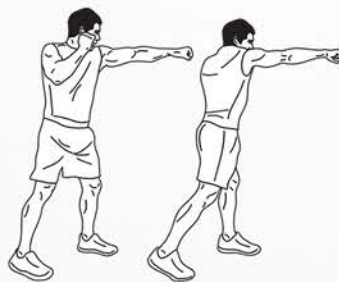
30sec punches



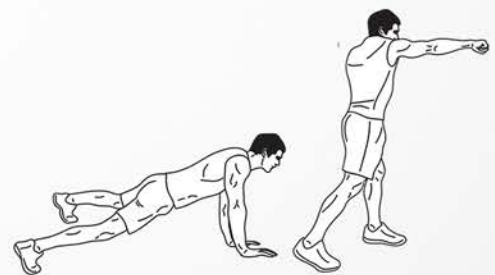
30sec plank + jab + cross



30sec high knees



30sec punches



30sec plank jack + jab + cross



one push-up between exercises

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Day 29 | Basic Burpees

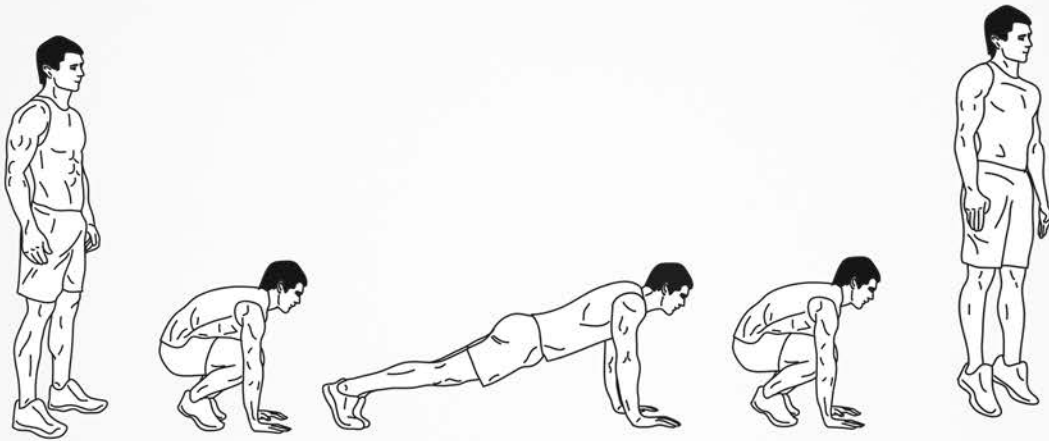
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

ADVANCED



30sec basic burpees

10sec rest

30sec basic burpees

10sec rest

30sec basic burpees

10sec rest

30sec basic burpees

rest

30 Days of HIIT

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Day 30 | Cardio HIIT

Level I 3 sets

Level II 5 sets

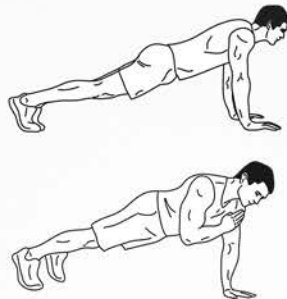
Level III 7 sets

2 minutes rest between sets

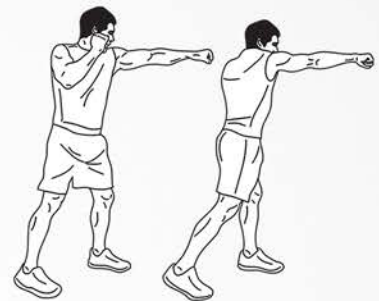
ADVANCED



30sec high knees



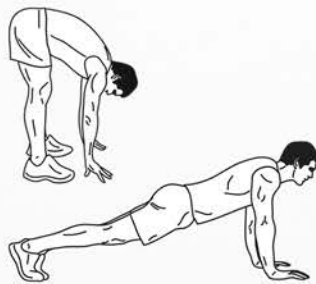
30sec shoulder taps



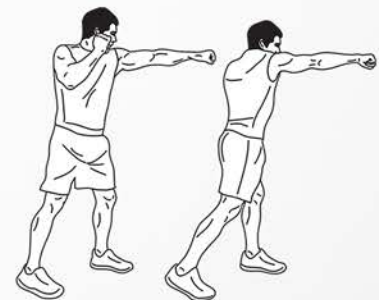
30sec punches



30sec high knees



30sec plank walk-outs



30sec punches



one jump squat between exercises

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