

DAILY HIIT



30-DAY CHALLENGE @ darebee.com

1 15sec high knees 5 sets 45sec rest	2 30sec jumping jacks 5 sets 30sec rest	3 15sec basic burpees 5 sets 45sec rest	4 15sec high knees 5 sets 45sec rest	5 30sec jumping jacks 5 sets 30sec rest
6 15sec basic burpees 5 sets 45sec rest	7 15sec high knees 5 sets 45sec rest	8 30sec jumping jacks 5 sets 30sec rest	9 15sec basic burpees 5 sets 45sec rest	10 15sec high knees 5 sets 45sec rest
11 30sec jumping jacks 5 sets 30sec rest	12 15sec basic burpees 5 sets 45sec rest	13 15sec high knees 5 sets 45sec rest	14 30sec jumping jacks 5 sets 30sec rest	15 15sec basic burpees 5 sets 45sec rest
16 15sec high knees 5 sets 45sec rest	17 30sec jumping jacks 5 sets 30sec rest	18 15sec basic burpees 5 sets 45sec rest	19 15sec high knees 5 sets 45sec rest	20 30sec jumping jacks 5 sets 30sec rest
21 15sec basic burpees 5 sets 45sec rest	22 15sec high knees 5 sets 45sec rest	23 30sec jumping jacks 5 sets 30sec rest	24 15sec basic burpees 5 sets 45sec rest	25 15sec high knees 5 sets 45sec rest
26 30sec jumping jacks 5 sets 30sec rest	27 15sec basic burpees 5 sets 45sec rest	28 15sec high knees 5 sets 45sec rest	29 30sec jumping jacks 5 sets 30sec rest	30 15sec basic burpees 5 sets 45sec rest