

60 days of

HIT

60 Days of HIIT

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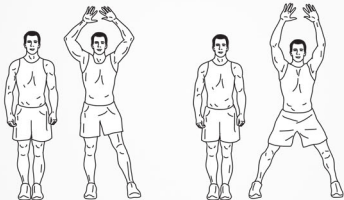
Day 1 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec step jacks

15sec jumping jacks

15sec step jacks

15sec jumping jacks

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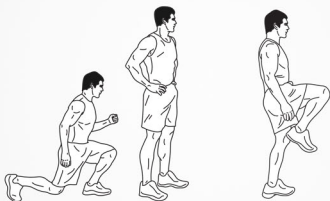
Day 2 | Lowerbody HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec reverse lunges / right side

15sec balance hold / right leg

15sec reverse lunges / left side

15sec balance hold / left leg

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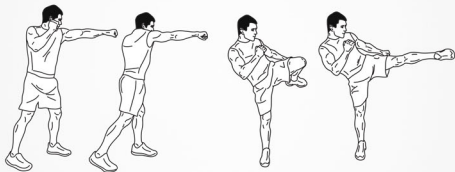
Day 3 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec punches (jab + cross)

15sec turning kicks / right leg

15sec punches (jab + cross)

15sec turning kicks / left leg

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Day 4 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec crunches



15sec flutter kicks



15sec crunches



15sec scissors



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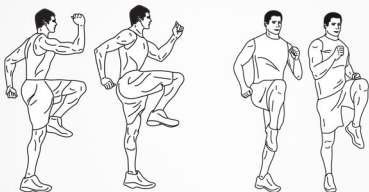
Day 5 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec march steps

15sec high knees

15sec march steps

15sec high knees

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Day 6 | Upperbody HIIT

Level I 3 sets

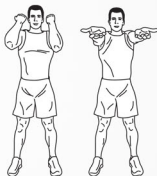
Level II 4 sets

Level III 5 sets

1 minute rest between sets



30sec shoulder taps



30sec bicep extensions



Make it harder: add dumbbells

Replace shoulder taps with dumbbell shoulder press.

Replace bicep extensions with dumbbell bicep curls.

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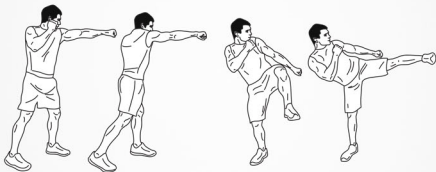
Day 7 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec punches (jab + cross)

15sec side kicks / right leg

15sec punches (jab + cross)

15sec side kicks / left leg

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Day 8 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec climbers



15sec plank hold



15sec climbers



15sec elbow plank hold

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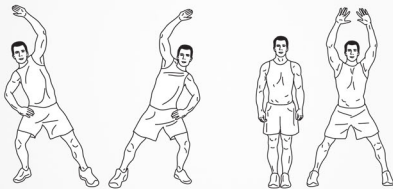
Day 9 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec side jacks

15sec jumping jacks

15sec side jacks

15sec jumping jacks

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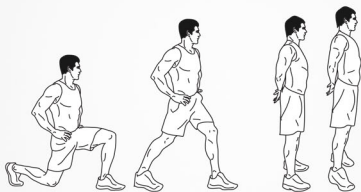
Day 10 | Lowerbody HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec split lunges / right side

15sec calf raises

15sec split lunges / left side

15sec calf raises

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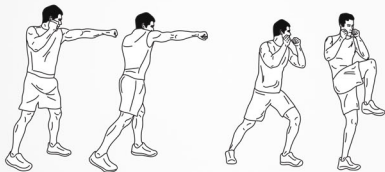
Day 11 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec punches (jab + cross)

15sec knee strikes / right side

15sec punches (jab + cross)

15sec knee strikes / left side

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Day 12 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec crunches



15sec knee-in & twist



15sec crunches



15sec sitting twists

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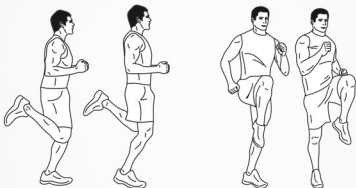
Day 13 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec butt kicks

15sec high knees

15sec butt kicks

15sec high knees

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Day 14 | Upperbody HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



30sec side shoulder taps



30sec raised arms hold



Make it harder: add dumbbells

Replace side shoulder taps with dumbbell lateral raises.

Replace arm hold with dumbbell arm hold.

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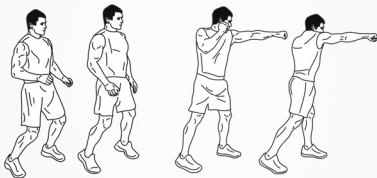
Day 15 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec bounce on the spot

15sec punches (jab + cross)

15sec bounce on the spot

15sec punches (jab + cross)

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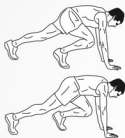
Day 16 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec climbers



15sec plank rotations



15sec climbers



15sec plank hold

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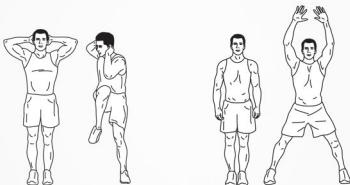
Day 17 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec knee-to-elbow

15sec jumping jacks

15sec knee-to-elbow

15sec jumping jacks

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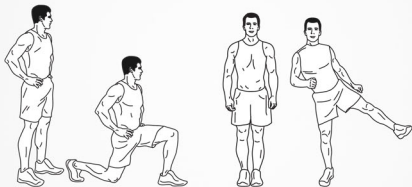
Day 18 | Lowerbody HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec lunges / right side

15sec side leg raises / right side

15sec lunges / left side

15sec side leg raises / left side

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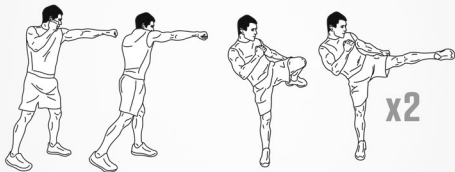
Day 19 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec punches (jab + cross)

15sec double turning kicks / right leg

15sec punches (jab + cross)

15sec double turning kicks / left leg

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Day 20 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec crunches



15sec leg raises



15sec crunches



15sec hollow hold

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Day 21 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec single leg hops / right leg

15sec high knees

15sec single leg hops / left leg

15sec high knees

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Day 22 | Upperbody HIIT

Level I 3 sets

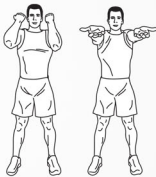
Level II 4 sets

Level III 5 sets

1 minute rest between sets



30sec arm circles



30sec bicep extensions



Make it harder: add dumbbells

Replace arm circles with dumbbell shoulder press.

Replace bicep extensions with dumbbell bicep curls.

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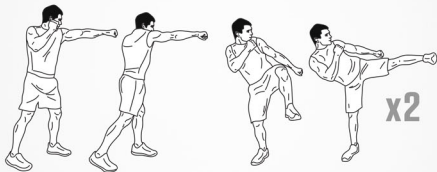
Day 23 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec punches (jab + cross)

15sec double side kicks / right leg

15sec punches (jab + cross)

15sec double side kicks / left leg

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Day 24 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec climbers



15sec plank hold



15sec climbers



15sec shoulder taps

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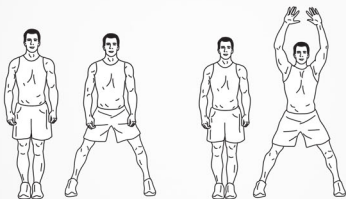
Day 25 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec half jacks

15sec jumping jacks

15sec half jacks

15sec jumping jacks

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Day 26 | Lowerbody HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec cossack squats / right side

15sec calf raises

15sec cossack squats / left side

15sec calf raises

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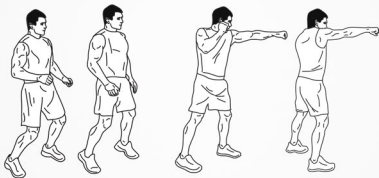
Day 27 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec bounce on the spot

15sec jabs / right arm only

15sec bounce on the spot

15sec jabs / left arm only

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Day 28 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec crunches



15sec leg circles
clockwise



15sec crunches



15sec leg circles
counterclockwise

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Day 29 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec split jacks

15sec high knees

15sec split jacks

15sec high knees

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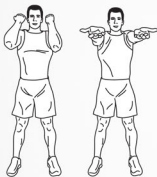
Day 30 | Upperbody HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



30sec bicep extensions



30sec raised arms hold



Make it harder: add dumbbells

Replace bicep extensions with dumbbell bicep curls.

Replace arm hold with dumbbell arm hold.

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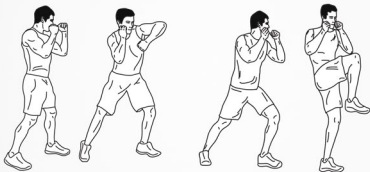
Day 31 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec knee strikes / right side

15sec elbow strike + knee strike / right side

15sec knee strikes / left side

15sec elbow strike + knee strike / left side

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Day 32 | Abs HIIT

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 thigh taps

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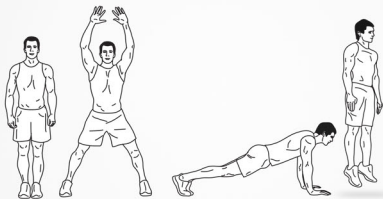
Day 33 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jumping jacks

15sec basic burpees

15sec jumping jacks

15sec basic burpees

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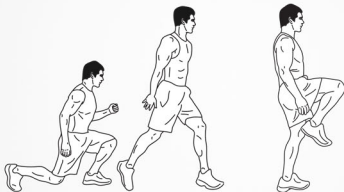
Day 34 | Lowerbody HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jumping lunges / right side

15sec balance hold / right leg

15sec jumping lunges / left side

15sec balance hold / left leg

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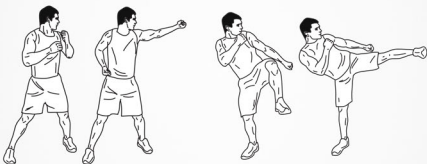
Day 35 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec backfist + side kick / right side

15sec side kicks / right side

15sec backfist + side kick / left side

15sec side kicks / left side

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Day 36 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec sit-ups



15sec reverse crunches



15sec sit-ups



15sec sitting twists

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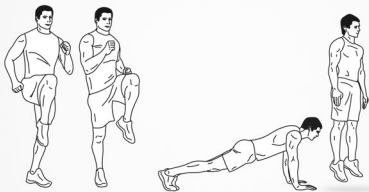
Day 37 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec high knees

15sec basic burpees

15sec high knees

15sec basic burpees

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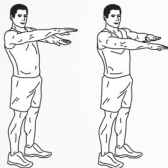
Day 38 | Upperbody HIIT

Level I 3 sets

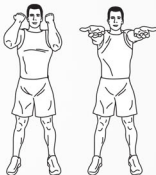
Level II 4 sets

Level III 5 sets

1 minute rest between sets



30sec arm scissors



30sec bicep extensions



Make it harder: add dumbbells

Replace arm scissors with dumbbell chest rows.

Replace bicep extensions with dumbbell bicep curls.

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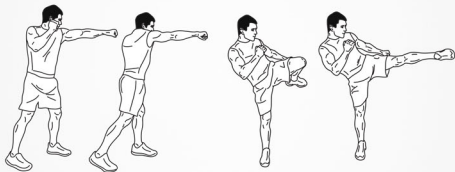
Day 39 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jab + cross + turning kick / right side

15sec turning kicks / right leg

15sec jab + cross + turning kick / left side

15sec turning kicks / left leg

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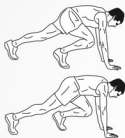
Day 40 | Abs HIIT

Level I 3 sets

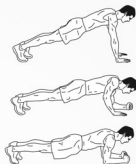
Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec climbers



15sec up & down planks



15sec climbers



15sec plank hold

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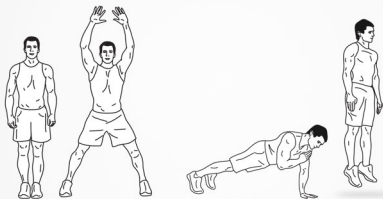
Day 41 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jumping jacks

15sec shoulder taps basic burpees

15sec jumping jacks

15sec shoulder taps basic burpees

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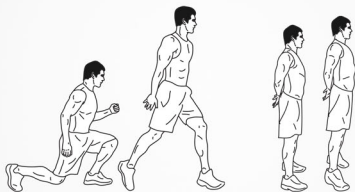
Day 42 | Lowerbody HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jumping lunges / right side

15sec calf raises

15sec jumping lunges / left side

15sec calf raises

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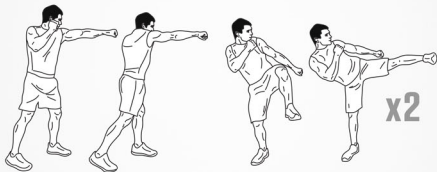
Day 43 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jab + cross + double side kicks / right leg

15sec double side kicks / right leg

15sec jab + cross + double side kicks / left leg

15sec double side kicks / left leg

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Day 44 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec sit-ups



15sec flutter kicks



15sec sit-ups



15sec leg raises

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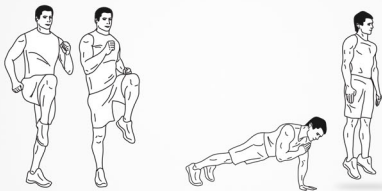
Day 45 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec high knees

15sec shoulder taps basic burpees

15sec high knees

15sec shoulder taps basic burpees

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Day 46 | Upperbody HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



30sec arm circles



30sec raised arms hold



Make it harder: add dumbbells

Replace arm circles with dumbbell shoulder press.

Replace arm hold with dumbbell arm hold.

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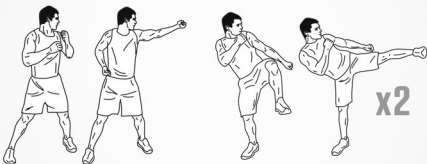
Day 47 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec backfist + double side kicks / right leg

15sec double side kicks / right side

15sec backfist + double side kicks / left leg

15sec double side kicks / left side

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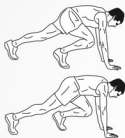
Day 48 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec climbers



15sec climber taps



15sec climbers



15sec shoulder taps

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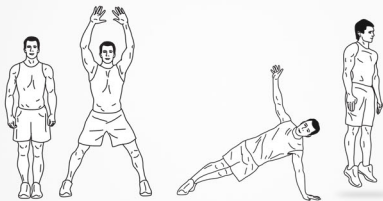
Day 49 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jumping jacks

15sec plank rotations basic burpees

15sec jumping jacks

15sec plank rotations basic burpees

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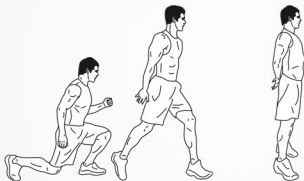
Day 50 | Lowerbody HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jumping lunges / right side

15sec calf raise hold

15sec jumping lunges / left side

15sec calf raise hold

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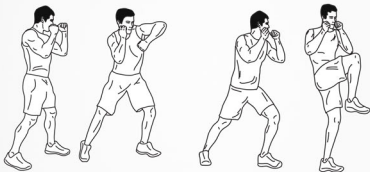
Day 51 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec elbow strike + knee strike / right side

15sec knee strikes / right side

15sec elbow strike + knee strike / left side

15sec knee strikes / left side

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Day 52 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec sit-ups



15sec knee-in & twist



15sec sit-ups



15sec hollow hold

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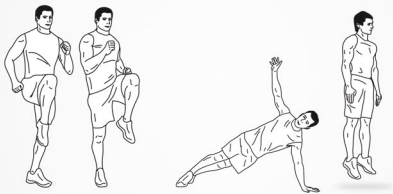
Day 53 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec high knees

15sec plank rotations basic burpees

15sec high knees

15sec plank rotations basic burpees

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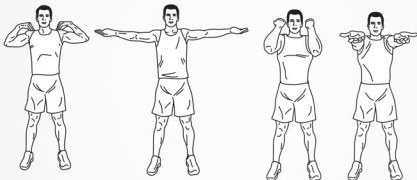
Day 54 | Upperbody HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



30sec side shoulder taps

30sec bicep extensions



Make it harder: add dumbbells

Replace side shoulder taps with dumbbell lateral raises.

Replace bicep extensions with dumbbell bicep curls.

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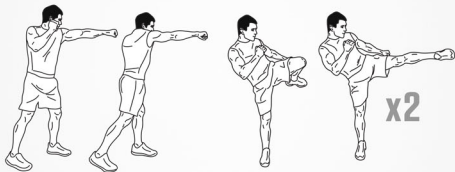
Day 55 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jab + cross + double turning kick / right side

15sec turning kicks / right leg

15sec jab + cross + double turning kick / left side

15sec turning kicks / left leg

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Day 56 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec climbers



15sec raised leg plank hold
right leg



15sec climbers



15sec raised leg plank hold
left leg

60 Days of HIIT

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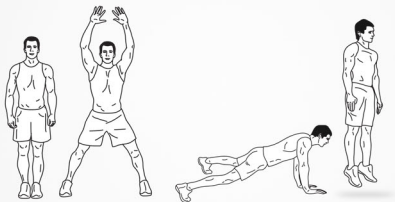
Day 57 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jumping jacks

15sec plank jack basic burpees

15sec jumping jacks

15sec plank jack basic burpees

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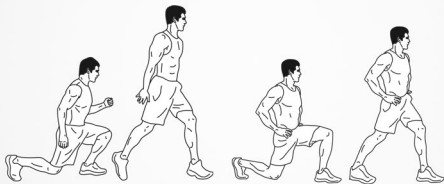
Day 58 | Lowerbody HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jumping lunges / right side

15sec split lunges / right side

15sec jumping lunges / left side

15sec split lunges / left side

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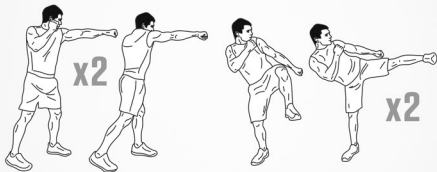
Day 59 | Combat HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec jab + jab + cross + double side kicks / right leg

15sec double side kicks / right leg

15sec jab + jab + cross + double side kicks / left leg

15sec double side kicks / left leg

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Day 60 | Abs HIIT

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec sit-ups



15sec flutter kicks



15sec sit-ups



15sec scissors