

**EXTREME**

**HIT**

# EXTREME HIIT

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Day 1

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** burpees



**20sec** squats



**20sec** burpees



**20sec** plank jump-ins



**20sec** plank hold



**20sec** plank jump-ins

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## Day 2

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** flutter kicks



**20sec** raised legs hold



**20sec** sitting punches



**20sec** flutter kicks



**20sec** leg circles



**20sec** sitting punches

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## Day 3

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** jumping lunges



**20sec** lunges



**20sec** jumping lunges



**20sec** calf raises



**20sec** jumping lunges



**20sec** calf raises

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## Day 4

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



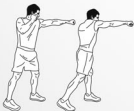
**20sec** push-up hold



**20sec** push-ups



**20sec** push-up hold



**20sec** punches



**20sec** push-ups



**20sec** punches

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## Day 5

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** jump squats



**20sec** squat hold



**20sec** jump squats



**20sec** burpees



**20sec** plank jacks



**20sec** burpees

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## Day 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** sitting twists



**20sec** hollow hold



**20sec** sitting twists



**20sec** reverse crunches



**20sec** butt-ups



**20sec** reverse crunches

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Day 7

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** climbers



**20sec** climber taps



**20sec** plank walk-outs



**20sec** climbers



**20sec** shoulder taps



**20sec** thigh taps



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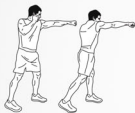
Day 8

Level I 3 sets

Level II 5 sets

Level III 7 sets

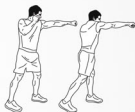
1 minute rest between sets



**20sec** punches



**20sec** push-ups



**20sec** punches



**20sec** push-ups



**20sec** overhead punches



**20sec** push-ups

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Day 9

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** jump squats



**20sec** squats



**20sec** jump squats



**20sec** burpees



**20sec** plank jump-ins



**20sec** burpees

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Day 10

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** flutter kicks



**20sec** raised legs hold



**20sec** flutter kicks



**20sec** sitting punches



**20sec** sit-up punches



**20sec** sitting punches

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Day 11

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** jumping lunges



**20sec** calf raises



**20sec** jumping lunges



**20sec** side-to-side lunges



**20sec** jumping lunges



**20sec** side-to-side lunges

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Day 12

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** push-ups



**20sec** push-up hold



**20sec** push-ups



**20sec** punches



**20sec** push-ups



**20sec** punches

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Day 13

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** burpees



**20sec** squat hold



**20sec** burpees



**20sec** plank hold



**20sec** burpees



**20sec** plank hold

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Day 14

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** high crunches



**20sec** hollow hold



**20sec** high crunches



**20sec** knee-in & twist



**20sec** reverse crunches



**20sec** knee-in & twist

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Day 15

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** plank rotations



**20sec** climbers



**20sec** climber taps



**20sec** plank rotations



**20sec** shoulder taps



**20sec** thigh taps



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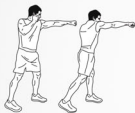
Day 16

Level I 3 sets

Level II 5 sets

Level III 7 sets

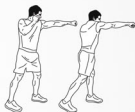
1 minute rest between sets



**20sec** punches



**20sec** push-ups



**20sec** punches



**20sec** combo

jab + cross + push-up



**20sec** overhead punches



**20sec** combo

jab + cross + push-up

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Day 17

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** squat hold



**20sec** jump knee tucks



**20sec** squat hold



**20sec** burpees



**20sec** squat hold



**20sec** burpees

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Day 18

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** leg raises



**20sec** raised legs hold



**20sec** leg raises



**20sec** sitting punches



**20sec** flutter kicks



**20sec** sitting punches

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Day 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** jumping lunges



**20sec** lunge step-ups



**20sec** jumping lunges



**20sec** lunge twists



**20sec** jumping lunges



**20sec** lunge twists

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Day 20

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** overhead  
punches



**20sec** combo  
jab + cross + push-up



**20sec** overhead  
punches



**20sec** push-ups



**20sec** punches



**20sec** push-ups

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Day 21

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** jump squats



**20sec** burpees



**20sec** jump squats



**20sec** burpees



**20sec** squats



**20sec** burpees

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Day 22

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** knee-to-elbow



**20sec** boat pose hold



**20sec** knee-to-elbow



**20sec** legs circles



**20sec** windshield wipers



**20sec** leg circles

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Day 23

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** climbers



**20sec** plank walk-outs



**20sec** climbers



**20sec** shoulder taps



**20sec** climbers



**20sec** thigh taps



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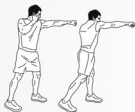
Day 24

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets

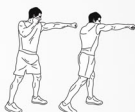


**20sec** punches



**20sec** combo

jab + cross + push-up



**20sec** punches



**20sec** combo

jab + cross + push-up



**20sec** overhead punches



**20sec** combo

jab + cross + push-up

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Day 25

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** squats



**20sec** jump knee tucks



**20sec** squats



**20sec** burpees



**20sec** squat hold



**20sec** burpees

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Day 26

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** flutter kicks



**20sec** hollow hold



**20sec** flutter kicks



**20sec** raised legs hold



**20sec** butt-ups



**20sec** raised legs hold

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Day 27

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** jumping lunges



**20sec** side-to-side lunges



**20sec** jumping lunges



**20sec** lunge step-ups



**20sec** jumping lunges



**20sec** lunge step-ups

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Day 28

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** push-ups



**20sec** push-up hold



**20sec** push-ups



**20sec** combo

jab + cross + push-up



**20sec** push-up hold



**20sec** combo

jab + cross + push-up

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Day 29

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** burpees



**20sec** jump knee tucks



**20sec** burpees



**20sec** jump squats



**20sec** burpees



**20sec** jump squats

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Day 30

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



**20sec** sitting punches



**20sec** sit-up punches



**20sec** sitting punches



**20sec** reverse crunches



**20sec** butt-ups



**20sec** reverse crunches