

micro

HIT



30-DAY CHALLENGE

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1 10sec high knees 10sec climbers 10sec high knees 60sec rest 3 sets	2 10sec burpees 10sec rest 10sec burpees 60sec rest 3 sets	3 10sec slow climbers 10sec fast climbers 60sec rest 3 sets	4 20sec burpees 20sec rest 3 sets	5 10sec high knees 10sec climbers 10sec high knees 60sec rest 4 sets
6 10sec burpees 10sec rest 10sec burpees 60sec rest 4 sets	7 10sec slow climbers 10sec fast climbers 60sec rest 4 sets	8 20sec burpees 20sec rest 3 sets	9 20sec high knees 20sec climbers 20sec high knees 60sec rest 3 sets	10 20sec burpees 20sec rest 20sec burpees 60sec rest 3 sets
11 20sec slow climbers 20sec fast climbers 60sec rest 3 sets	12 20sec burpees 20sec rest 4 sets	13 20sec high knees 20sec climbers 20sec high knees 60sec rest 4 sets	14 20sec burpees 20sec rest 20sec burpees 60sec rest 4 sets	15 20sec slow climbers 20sec fast climbers 60sec rest 4 sets
16 20sec burpees 20sec rest 4 sets	17 20sec high knees 20sec climbers 20sec high knees 60sec rest 5 sets	18 20sec burpees 20sec rest 20sec burpees 60sec rest 5 sets	19 20sec slow climbers 20sec fast climbers 60sec rest 5 sets	20 20sec burpees 20sec rest 5 sets
21 20sec high knees 20sec climbers 20sec high knees 40sec rest 5 sets	22 20sec burpees 20sec rest 20sec burpees 40sec rest 4 sets	23 20sec slow climbers 20sec fast climbers 40sec rest 5 sets	24 20sec burpees 20sec rest 5 sets	25 20sec high knees 20sec climbers 20sec high knees 40sec rest 6 sets
26 20sec burpees 20sec rest 20sec burpees 40sec rest 5 sets	27 20sec slow climbers 20sec fast climbers 20sec rest 5 sets	28 20sec burpees 20sec rest 6 sets	29 20sec high knees 20sec climbers 20sec high knees 20sec rest 6 sets	30 20sec burpees 20sec rest 20sec burpees 20sec rest 5 sets