30 days of HIIT

streamline
HIGH INTENSITY INTERVAL TRAINING
30 Days of HIIT

Day 1 | Cardio HIIT
Level I  3 sets
Level II  5 sets
Level III  7 sets
1 minute rest between sets

20sec high knees
20sec squats
20sec basic burpees
Day 2 | Elbow Plank

<table>
<thead>
<tr>
<th>Level</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>3</td>
</tr>
<tr>
<td>II</td>
<td>4</td>
</tr>
<tr>
<td>III</td>
<td>5</td>
</tr>
</tbody>
</table>

10 seconds | 10 seconds rest
20 seconds | 20 seconds rest
30 seconds | 60 seconds rest
30 Days of HIIT

Day 3 | One & One

1 minute each exercise;
1 minute rest between exercises

c darebee.com

1. high knees
2. butt kicks
3. side leg raises
4. chest expansions
5. jumping jacks
6. raised arm circles
7. alt arm / leg raises
8. raised leg swings
9. knee-in extensions
30 Days of HIIT

Day 4 | Basic Burpees

Level I  3 sets
Level II 4 sets
Level III 5 sets

10 seconds 10 seconds rest
20 seconds 20 seconds rest
30 seconds 60 seconds rest
30 Days of HIIT

Day 5 | Active Plank

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

1 minute rest between sets

15 sec elbow plank leg raises
15 sec elbow plank arm raises
15 sec body saw
15 sec side bridges
30 Days of HIIT

Day 6 | High Knees

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

10 seconds | 10 seconds rest
20 seconds | 20 seconds rest
30 seconds | 60 seconds rest
30 Days of HIIT

Day 7 | Ab Work

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

1 minute rest between sets

15 sec crunches
15 sec reverse crunches
15 sec flutter kicks
15 sec scissors
30 Days of HIIT

Day 8 | Cardio HIIT

Level I  3 sets
Level II  5 sets
Level III 7 sets

1 minute rest between sets

20sec half jacks

20sec side-to-side jumps

20sec raised arm circles
Day 9 | Active Plank

Level I  1 set
Level II  2 sets
Level III 3 sets

Move from one plank to the next with no rest in between; 2 minutes rest between sets

10 second plank

10 second elbow plank

20 seconds one arm plank (10 seconds each arm)

10 second elbow plank

10 second plank
Day 10 | One & One

1 minute each exercise;
1 minute rest between exercises

1. half jacks
2. jumping Ts
3. jumping jacks
4. scissors chops
5. arm scissors
6. standing shoulder taps
7. reverse lunges
8. high knees
9. butt kicks
30 Days of HIIT

Day 11 | Ab Work

Level I  3 sets
Level II 4 sets
Level III 5 sets
1 minute rest between sets

20 sec flutter kicks

20 sec sit-ups

20 sec sitting twists
30 Days of HIIT

Day 12 | Active Plank

- **Level I**: 3 sets
- **Level II**: 4 sets
- **Level III**: 5 sets

1 minute rest between sets

- **15 sec climbers**
- **15 sec shoulder taps**
- **15 sec climbers**
- **15 sec plank rotations**
30 Days of HIIT

© darebee.com

Day 13 | Half Jacks

Level I  3 sets
Level II 4 sets
Level III 5 sets

10 seconds  |  10 seconds rest
20 seconds  |  20 seconds rest
30 seconds  |  60 seconds rest
### 30 Days of HIIT

**Day 14 | Up & Down Plank**

<table>
<thead>
<tr>
<th>Level</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level I</td>
<td>3</td>
</tr>
<tr>
<td>Level II</td>
<td>4</td>
</tr>
<tr>
<td>Level III</td>
<td>5</td>
</tr>
</tbody>
</table>

- **10 seconds**
- **20 seconds**
- **30 seconds**

- **10 seconds rest**
- **20 seconds rest**
- **60 seconds rest**
30 Days of HIIT

Day 15  |  Cardio HIIT
Level I  |  3 sets
Level II |  5 sets
Level III |  7 sets
1 minute rest between sets

15sec half jacks
15sec side leg raises
15sec high knees
15sec reverse lunges
30 Days of HIIT

Day 16 | Ab Work

Level I  3 sets
Level II 4 sets
Level III 5 sets

1 minute rest between sets

15 sec flutter kicks
15 sec sitting twists
15 sec leg raises
15 sec raised leg circles

c darebee.com
Day 17 | Active Plank

- **Level I**: 1 set
- **Level II**: 2 sets
- **Level III**: 3 sets

Move from one plank to the next with no rest in between; 2 minutes rest between sets.

- **10 second** elbow plank
- **20 second** plank
- **30 seconds** raised leg plank
  (15 seconds each leg)
- **20 second** plank
- **10 second** elbow plank
30 Days of HIIT

Day 18 | High Knees

Level I  3 sets
Level II  4 sets
Level III 5 sets

30 seconds | 30 seconds rest
30 seconds | 60 seconds rest
30 Days of HIIT

Day 19 | One & One

1 minute each exercise;
1 minute rest between exercises

1. jumping jacks
2. side leg raises
3. reverse lunges
4. seal jacks
5. side jacks
6. calf raises
7. raised leg swings
8. bridges
9. side leg raises
30 Days of HIIT

Day 20 | Cardio HIIT

Level I  3 sets
Level II 5 sets
Level III 7 sets
1 minute rest between sets

20sec high knees
20sec squats
20sec climbers
30 Days of HIIT

Day 21 | Elbow Plank

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

30 seconds | 10 seconds rest
30 seconds | 20 seconds rest
30 seconds | 60 seconds rest

© darebee.com
Day 22 | Cardio HIIT

- Level I: 3 sets
- Level II: 5 sets
- Level III: 7 sets

1 minute rest between sets

**Exercises:**
- 20sec high knees
- 20sec scissor chops
- 20sec high knees
30 Days of HIIT

Day 23 | Active Plank

- Level I  3 sets
- Level II  4 sets
- Level III  5 sets

1 minute rest between sets

15sec body saw
15sec plank rolls
15sec plank crunches
15sec plank leg raises
30 Days of HIIT

Day 24 | Ab Work

Level I  3 sets
Level II  4 sets
Level III  5 sets

1 minute rest between sets

15 sec sit-ups

15 sec sitting twists

15 sec flutter kicks

15 sec scissors
# 30 Days of HIIT

## Day 25 | High Knees

<table>
<thead>
<tr>
<th>Level</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level I</td>
<td>3 sets</td>
</tr>
<tr>
<td>Level II</td>
<td>4 sets</td>
</tr>
<tr>
<td>Level III</td>
<td>5 sets</td>
</tr>
</tbody>
</table>

- **30 seconds**
- **60 seconds**
- **30 seconds rest**
- **60 seconds rest**
30 Days of HIIT

Day 26 | Active Plank

- **Level I**: 1 set
- **Level II**: 2 sets
- **Level III**: 3 sets

Move from one plank to the next with no rest in between; 2 minutes rest between sets

- 30 seconds plank
- 10 seconds push-up plank
- 20 seconds plank
- 20 seconds one-legged plank (10 seconds each leg)
- 10 seconds one-legged push-up plank (5 seconds each leg)
30 Days of HIIT

Day 27 | Cardio HIIT
Level I 3 sets
Level II 5 sets
Level III 7 sets
1 minute rest between sets

20sec high knees
20sec side leg raises
20sec climbers
Day 28 | Half Jacks

Level I: 3 sets
Level II: 4 sets
Level III: 5 sets

30 seconds | 10 seconds rest
30 seconds | 20 seconds rest
30 seconds | 60 seconds rest

© darebee.com
Day 29 | Ab Work

- Level I: 3 sets
- Level II: 4 sets
- Level III: 5 sets

1 minute rest between sets

- 15sec crunches
- 15sec flutter kicks
- 15sec scissors
- 15sec knee-to-elbow crunches
30 Days of HIIT

Day 30 | Cardio HIIT

Level I  3 sets
Level II 5 sets
Level III 7 sets

1 minute rest between sets

20 sec high knees
20 sec jumping jacks
20 sec basic burpees
This project is supported exclusively via donations and every dollar makes a difference.

Whatever you feel comfortable giving it will be greatly appreciated and it will make a difference in this project’s future.

donate $1
and help to keep this project up

PayPal

+ other options