30 days of HIIT

streamline HIGH INTENSITY INTERVAL TRAINING
30 Days of HIIT

Day 1 | Cardio HIIT

Level I  5 rounds
Level II 10 rounds
Level III 15 rounds

1 minute rest between rounds

20sec high knees

20sec squats

20sec basic burpees
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Day 2 | Elbow Plank

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

Duration:
- 10 seconds
- 20 seconds
- 10 seconds
- 20 seconds
- 20 seconds

Rest:
- 20 seconds rest
- 20 seconds rest
- 20 seconds rest
- 60 seconds rest

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Day 3 | One & One

1 minute each exercise
1 minute rest between rounds

1. high knees
2. jumping jacks
3. squats
4. side leg raises
5. toe tap hops
6. lunge step-ups
7. plank leg raises
8. climbers
9. plank jacks

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Day 4 | Burpees

Level I  3 rounds
Level II  4 rounds
Level III 5 rounds

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10 seconds  |  20 seconds rest
20 seconds  |  20 seconds rest
10 seconds  |  20 seconds rest
20 seconds  |  60 seconds rest
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Day 5 | Active Plank

Level I  5 rounds
Level II 10 rounds
Level III 15 rounds

1 minute rest between rounds

1. 15sec plank jacks
2. 15sec plank leg raises
3. 15sec plank arm raises
4. 15sec climbers
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Day 6 | High Knees

- Level I: 5 rounds
- Level II: 10 rounds
- Level III: 15 rounds

30 seconds | 30 seconds rest
30 seconds | 60 seconds rest
Day 7 | Ab Work

Level I  3 rounds
Level II 4 rounds
Level III 5 rounds

1 minute rest between rounds

1. **15sec** crunches
2. **15sec** reverse crunches
3. **15sec** flutter kicks
4. **15sec** scissors
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Day 8 | Cardio HIIT

- Level I 5 rounds
- Level II 10 rounds
- Level III 15 rounds

1 minute rest between rounds

1. **20sec** half jacks
2. **20sec** side-to-side jumps
3. **20sec** raised arm circles
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Day 9 | Elbow Plank

Level I  once
Level II twice
Level III 3 times

move from one plank to the next with no rest in between up to 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
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Day 10 | One & One

1 minute each exercise
1 minute rest between rounds

1. half jacks
2. jumping Ts
3. jumping jacks
4. plank jacks
5. climbers
6. plank arm raises
7. squats
8. side leg raises
9. toe tap hops
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Day 11 | Ab Work
Level I  3 rounds
Level II 4 rounds
Level III 5 rounds
1 minute rest between rounds

1. 20sec flutter kicks
2. 20sec sit-ups
3. 20sec sitting twists

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Day 12 | Active Plank

Level I  5 rounds
Level II 10 rounds
Level III 15 rounds

1 minute rest between rounds

1. **15 sec climbers**
2. **15 sec plank leg raises**
3. **15 sec plank arm raises**
4. **15 sec plank jacks**
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Day 13 | Half Jacks

Level I  5 rounds
Level II 10 rounds
Level III 15 rounds

30 seconds | 15 seconds rest
30 seconds | 60 seconds rest
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Day 14 | Moving Plank

Level I  3 rounds
Level II 4 rounds
Level III 5 rounds

20 seconds | 20 seconds rest
20 seconds | 20 seconds rest
20 seconds | 20 seconds rest
20 seconds | 60 seconds rest
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Day 15 | Cardio HIIT
Level I  5 rounds
Level II 10 rounds
Level III 15 rounds
1 minute rest between rounds

1. 15sec high knees
2. 15sec side leg raises
3. 15sec half jacks
4. 15sec lunge step-ups
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Day 16 | Ab Work
Level I  3 rounds
Level II 4 rounds
Level III 5 rounds
1 minute rest between rounds

1. **15 sec** flutter kicks
2. **15 sec** sitting twists
3. **15 sec** leg raises
4. **15 sec** raised leg circles
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Day 17 | Elbow Plank

Level I  once
Level II twice
Level III 3 times

move from one plank to the next with no rest in between up to 2 minutes rest between sets

30 second elbow plank

20 second plank

20 seconds raised leg plank (10 seconds each leg)

10 second plank

10 second elbow plank
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Day 18 | High Knees

- Level I: 5 rounds
- Level II: 10 rounds
- Level III: 15 rounds

30 seconds | 15 seconds rest
30 seconds | 60 seconds rest
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Day 19 | Combat HIIT
Level I  5 rounds
Level II 10 rounds
Level III 15 rounds
1 minute rest between rounds

30sec turning kicks

30sec punches
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Day 20  |  Cardio HIIT
Level I  |  5 rounds
Level II |  10 rounds
Level III |  15 rounds
1 minute rest between rounds

1. 20 sec high knees
2. 20 sec squats
3. 20 sec climbers
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Day 21 | Elbow Plank

Level I | 3 rounds
Level II | 4 rounds
Level III | 5 rounds

20 seconds | 10 seconds rest
10 seconds | 10 seconds rest
10 seconds | 10 seconds rest
20 seconds | 60 seconds rest
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Day 22 | Cardio HIIT

- Level I: 5 rounds
- Level II: 10 rounds
- Level III: 15 rounds

1 minute rest between rounds

1. 20 sec high knees
2. 20 sec scissor chops
3. 20 sec high knees

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Day 23 | Active Plank

Level I  5 rounds
Level II 10 rounds
Level III 15 rounds
1 minute rest between rounds

1. 15sec plank leg raises
2. 15sec plank jacks
3. 15sec plank arm raises
4. 15sec plank jump-ins
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Day 24 | Ab Work

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

1 minute rest between rounds

15 sec sit-ups
15 sec sitting twists
15 sec flutter kicks
15 sec scissors
Day 25 | High Knees

- Level I: 5 rounds
- Level II: 10 rounds
- Level III: 15 rounds

30 seconds | 10 seconds rest
30 seconds | 60 seconds rest
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Day 26 | Elbow Plank

- Level I: once
- Level II: twice
- Level III: 3 times

move from one plank to the next with no rest in between up to 2 minutes rest between sets

- 30 second plank
- 10 second push-up plank
- 20 seconds plank
- 20 second one-legged plank (10 seconds each leg)
- 10 second one-legged push-up plank (5 seconds each leg)
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Day 27 | Cardio HIIT
Level I  5 rounds
Level II 10 rounds
Level III 15 rounds
1 minute rest between rounds

20sec high knees
20sec side leg raises
20sec climbers
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Day 28 | Half Jack + Squat

- Level I: 5 rounds
- Level II: 10 rounds
- Level III: 15 rounds

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

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Day 29 | Ab Work

Level I  | 3 rounds
Level II | 4 rounds
Level III| 5 rounds

1 minute rest between rounds

1. 15sec crunches
2. 15sec flutter kicks
3. 15sec scissors
4. 15sec knee-to-elbow crunches
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Day 30 | Cardio HIIT
Level I  5 rounds
Level II 10 rounds
Level III 15 rounds
1 minute rest between rounds

1. 20sec high knees
2. 20sec jumping jacks
3. 20sec side-to-side jumps