

HIIT

Neila Rey

30 days
of high intensity interval training

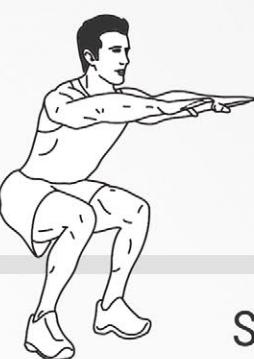
30 days of HIIT / day 1

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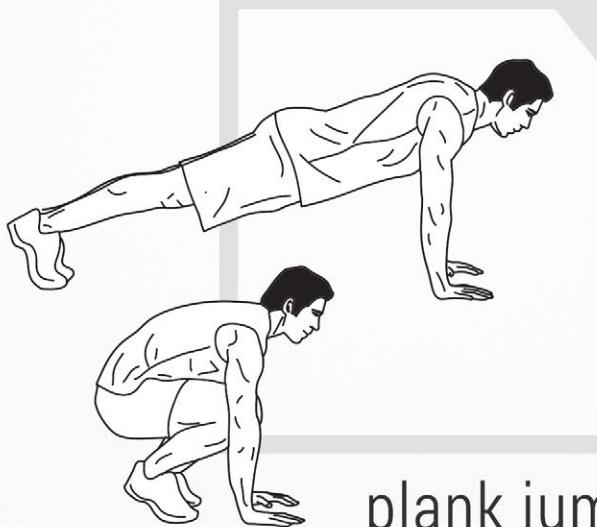
1.

high knees



2.

squats



3.

plank jump-ins

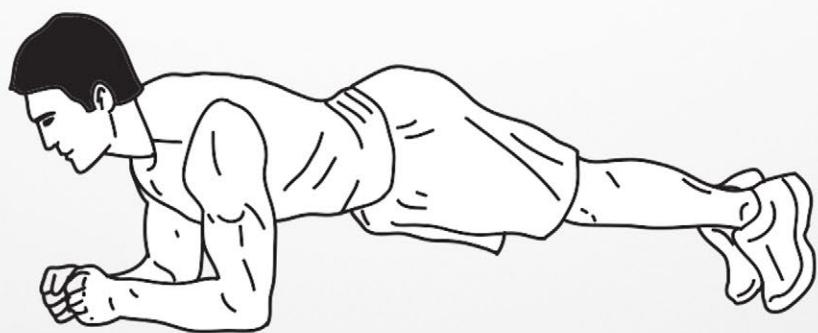
20 seconds each

no rest between exercises / 1 minute rest between rounds

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

Elbow Plank

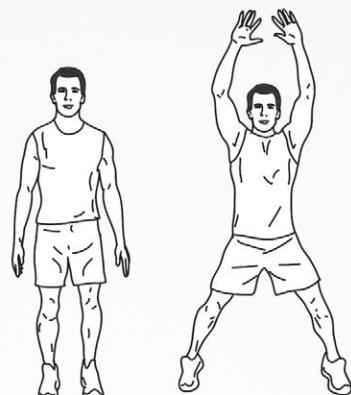
10 seconds	10 seconds rest
20 seconds	20 seconds rest
30 seconds	30 seconds rest
40 seconds	40 seconds rest
45 seconds	60 seconds rest
40 seconds	40 seconds rest
30 seconds	30 seconds rest
20 seconds	20 seconds rest
10 seconds	done



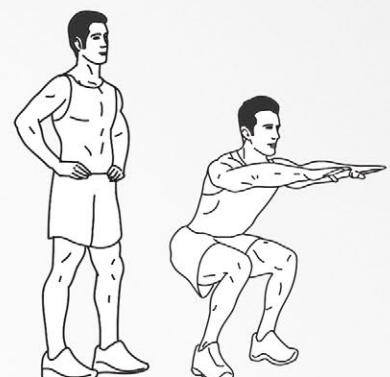
1 minute each exercise / 1 minute rest after each exercise



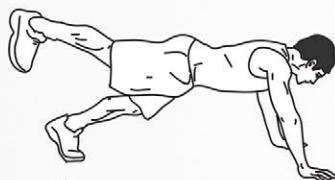
1. high knees



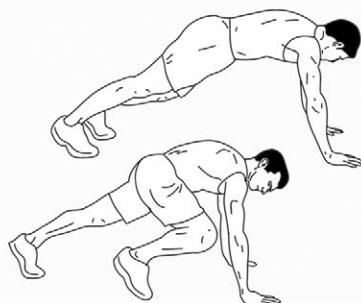
2. jumping jacks



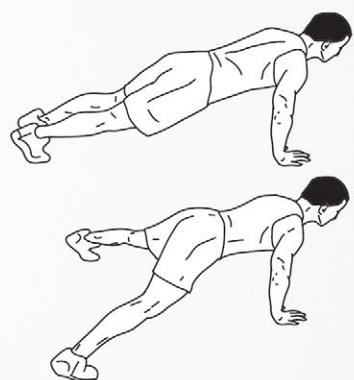
3. squats



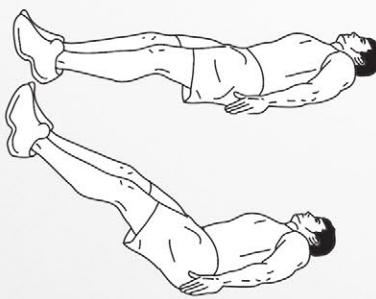
4. plank leg raises



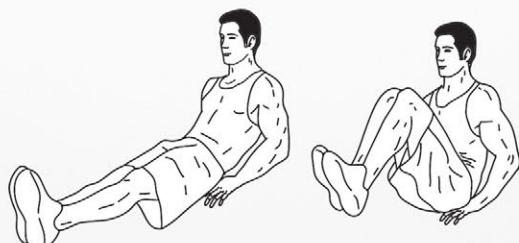
5. climbers



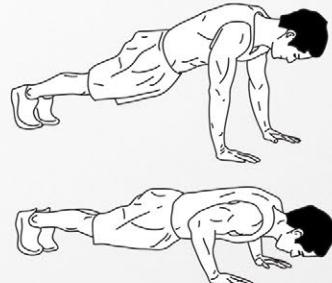
6. plank jacks



7. leg raises



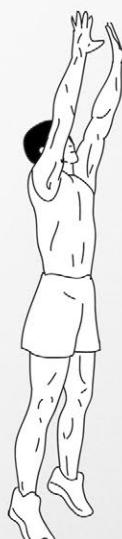
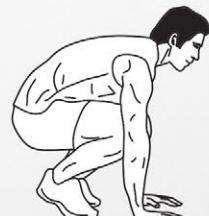
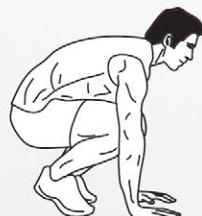
8. knee pull-ins

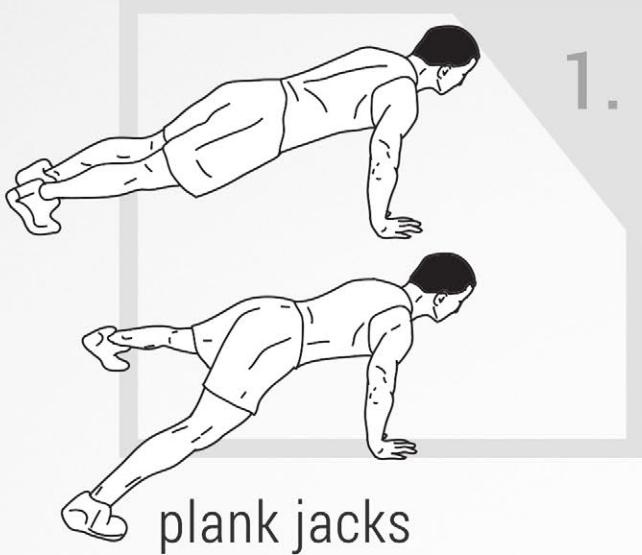


9. push-ups

Burpees

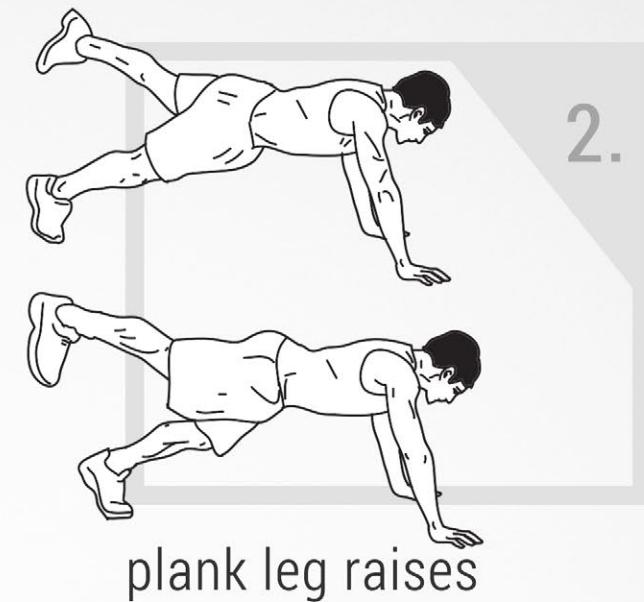
10 seconds	10 seconds rest
20 seconds	20 seconds rest
20 seconds	10 seconds rest
30 seconds	30 seconds rest
20 seconds	20 seconds rest
30 seconds	60 seconds rest
20 seconds	20 seconds rest
20 seconds	20 seconds rest
10 seconds	10 seconds rest
20 seconds	done





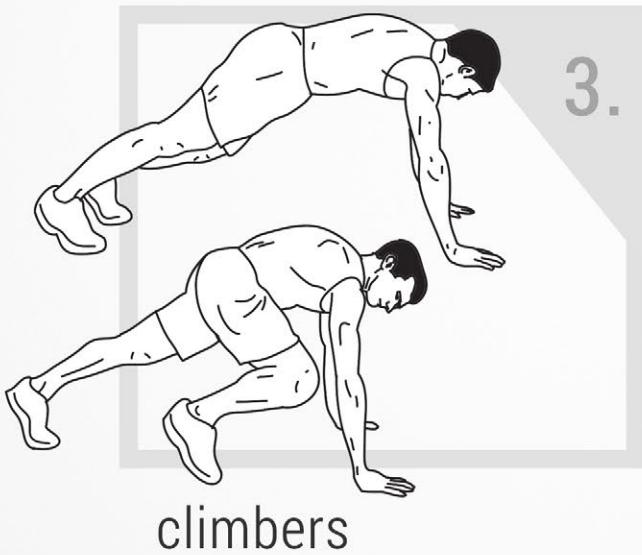
1.

plank jacks



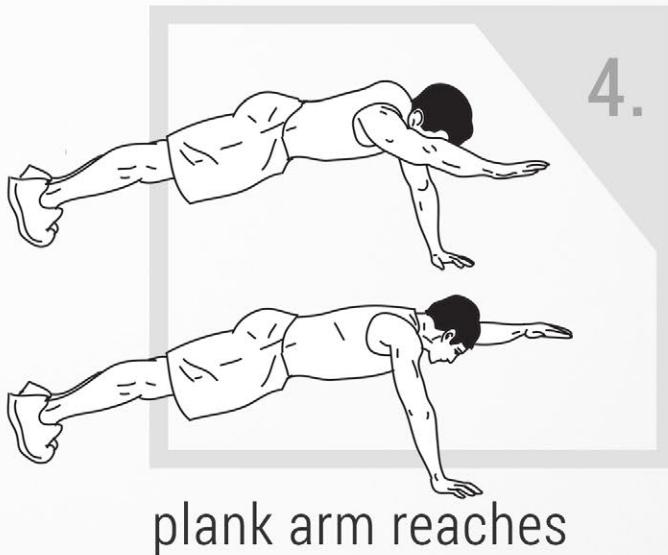
2.

plank leg raises



3.

climbers



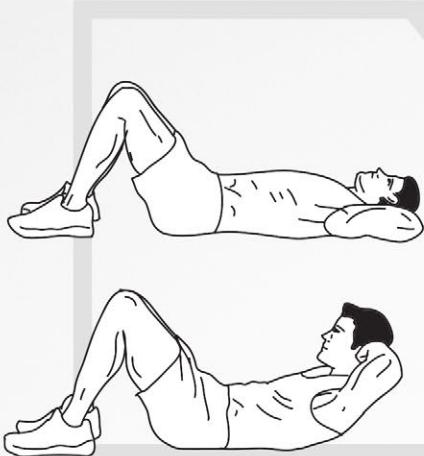
4.

plank arm reaches

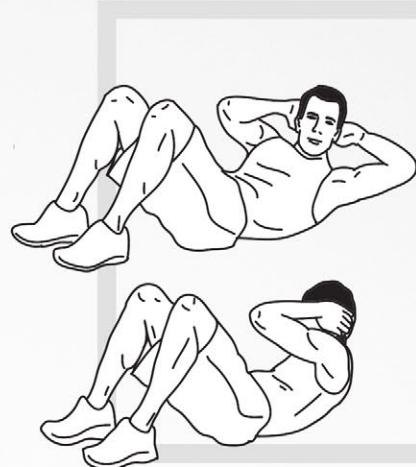
20 seconds each

10 sec rest between exercises / 1 minute rest between rounds

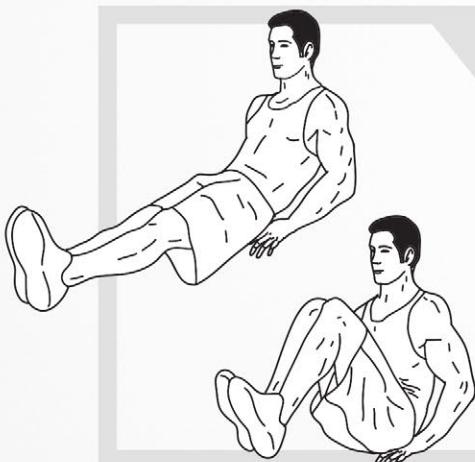
Level I 3 rounds Level II 6 rounds Level III 9 rounds



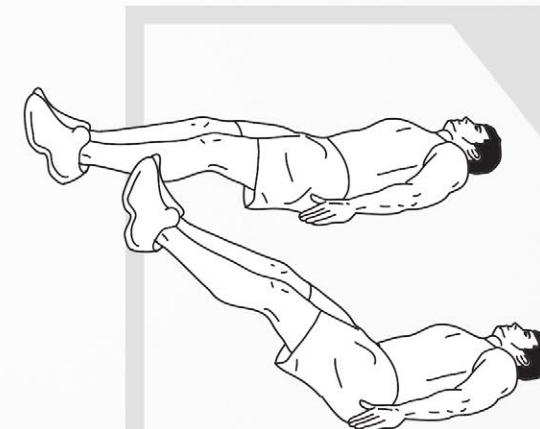
crunches



cross crunches



leg pull-ins



leg raises

20 seconds each

10 sec rest between exercises / 1 minute rest between rounds

Level I 3 rounds Level II 6 rounds Level III 9 rounds



High Knees

30 seconds

30 seconds

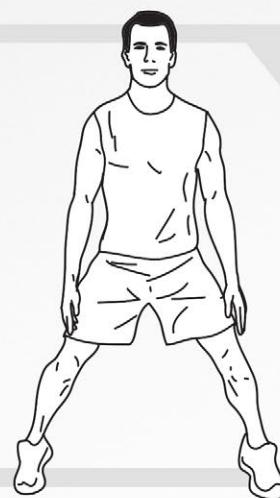
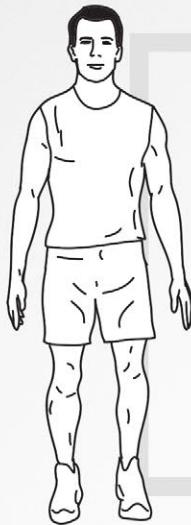
15 seconds rest

60 seconds rest

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

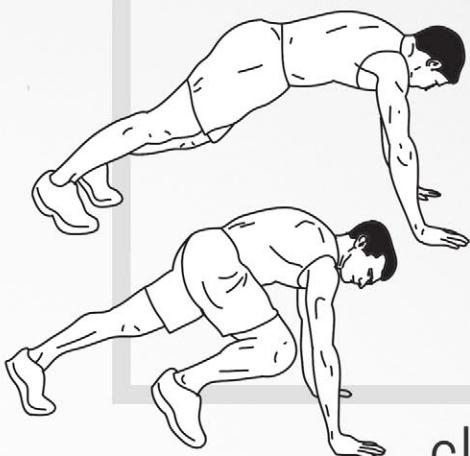
30 days of HIIT / day 8

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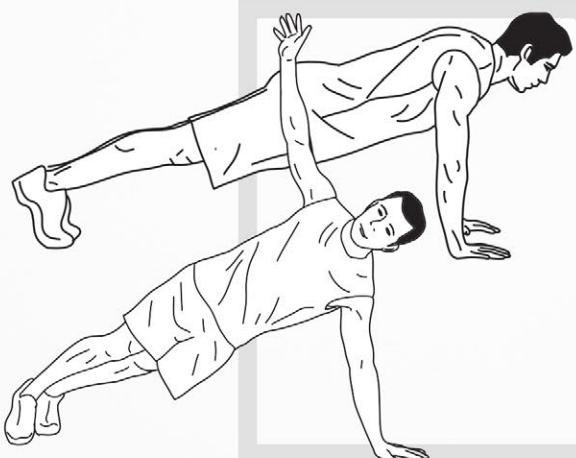
1.

half jacks



2.

climbers



3.

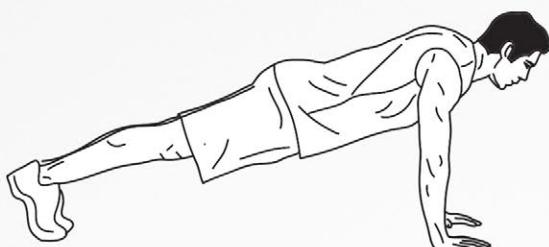
planks w/ rotations

20 seconds each

no rest between exercises / 1 minute rest between rounds

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

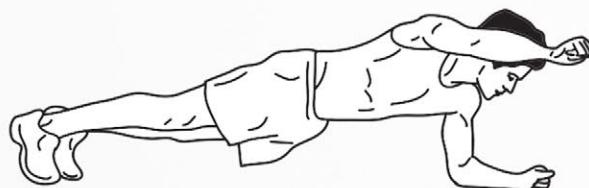
MICRO WORKOUT



20 second plank



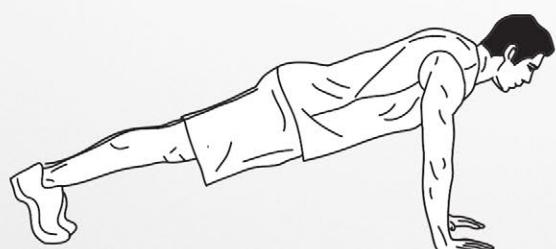
20 second elbow plank



40 second one arm plank
(20 seconds each arm)

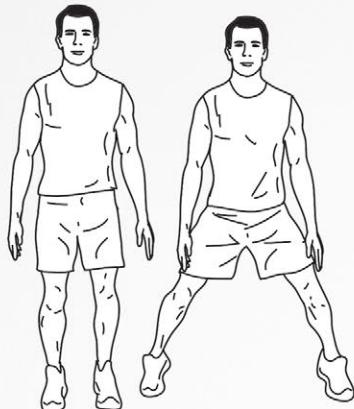


20 second elbow plank

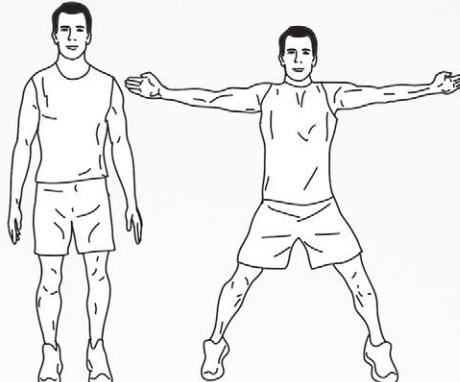


20 second plank

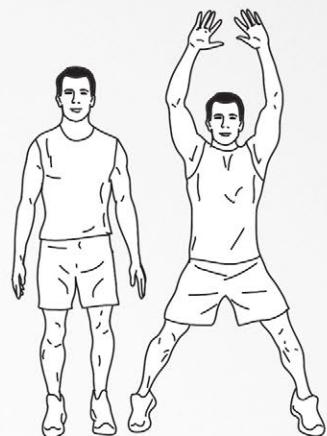
1 minute each exercise / 1 minute rest after each exercise



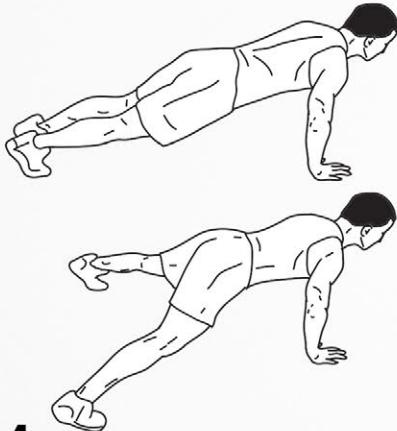
1. half jacks



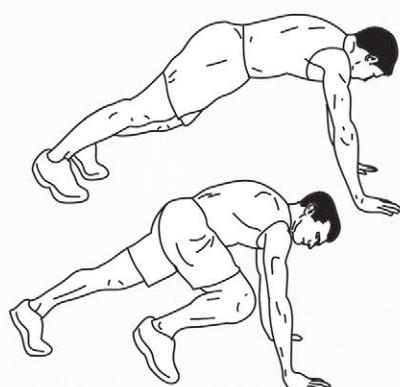
2. jumping Ts



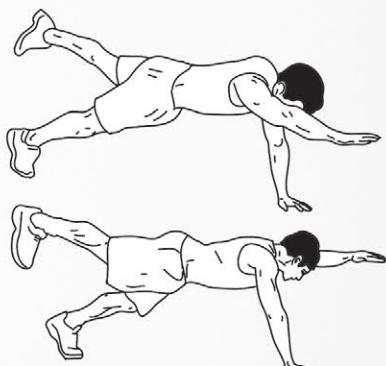
3. jumping jacks



4. plank jacks



5. climbers



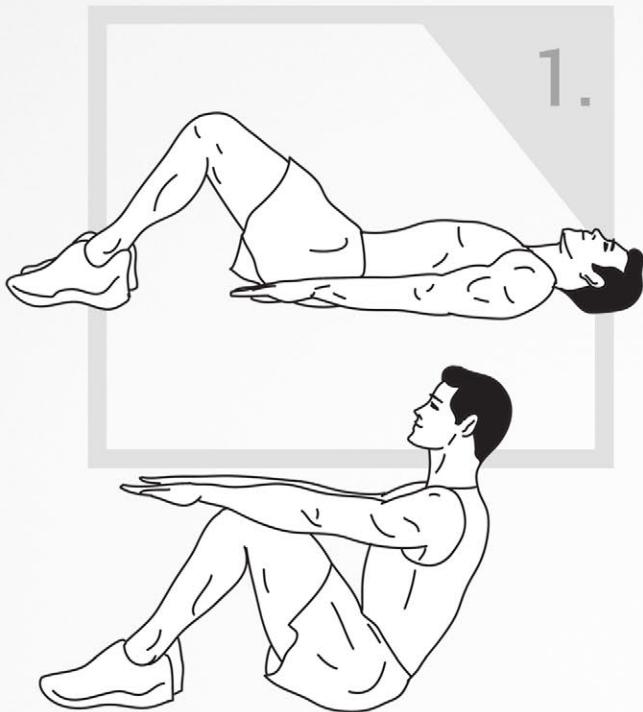
6. plank alt arm/leg raises



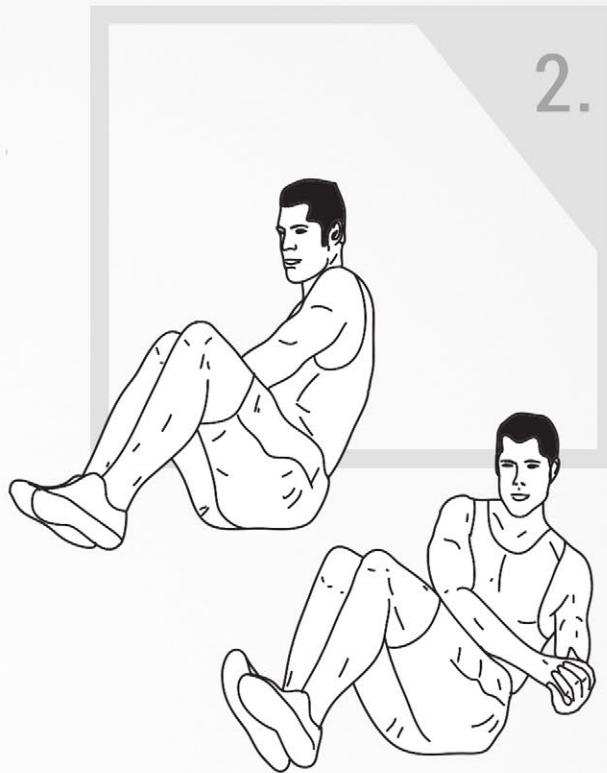
7. squats



8. planks w/rotations



sit-ups



twists

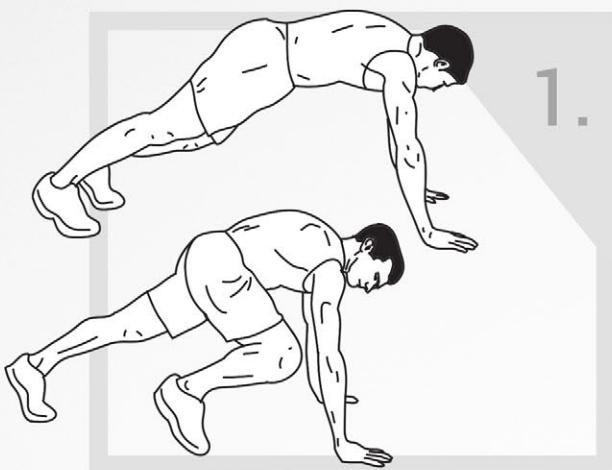
30 seconds each

no rest between exercises / **1 minute** rest between rounds

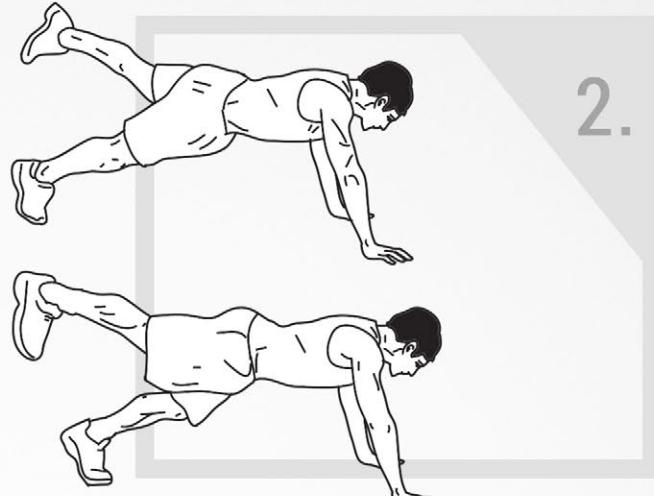
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds

30 days of HIIT / day 12

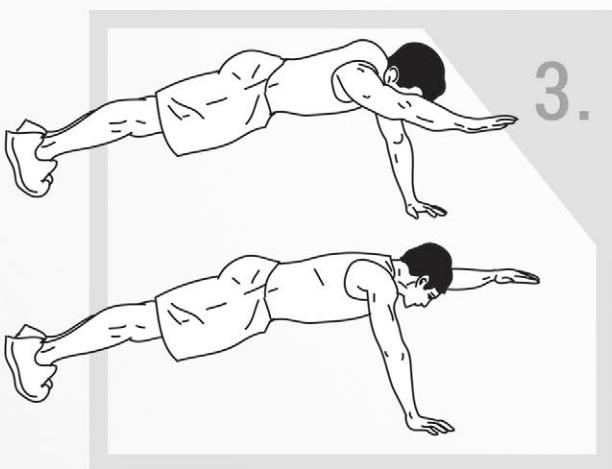
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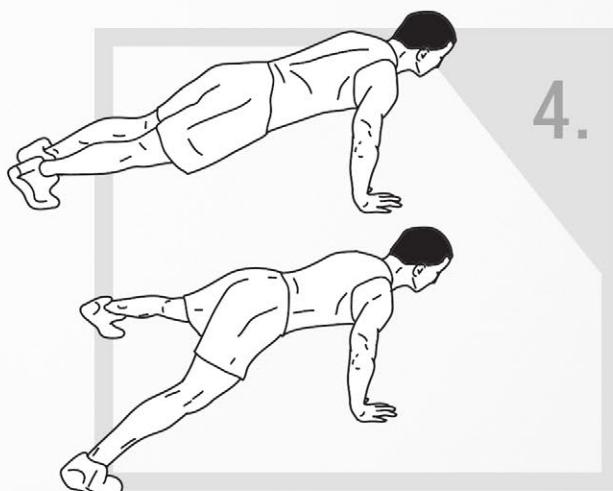
climbers



plank leg raises



plank arm reaches

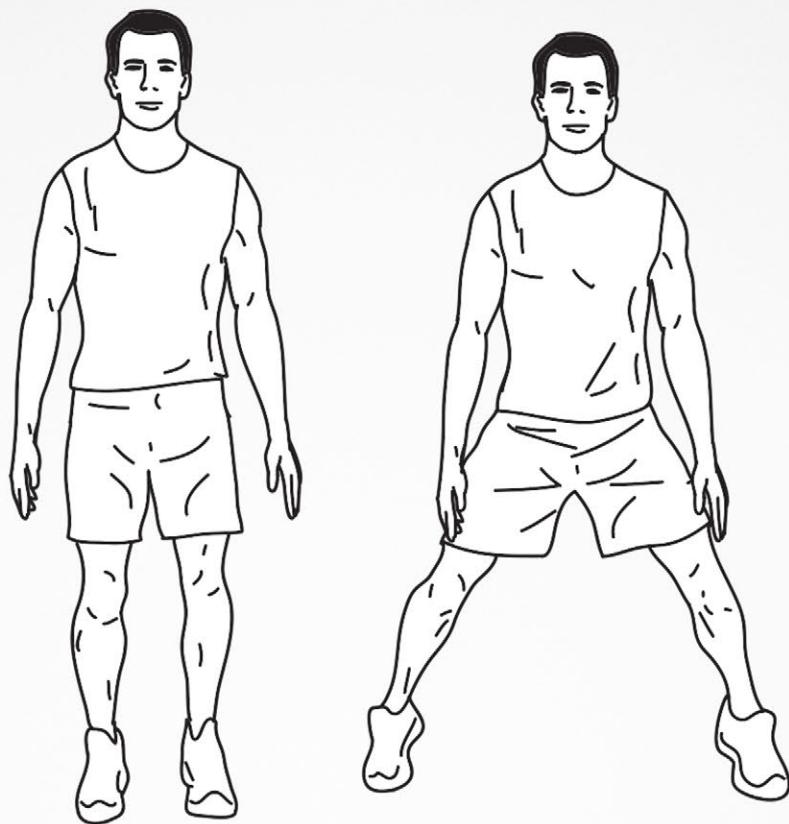


plank jacks

20 seconds each

10 sec rest between exercises / 1 minute rest between rounds

Level I 3 rounds Level II 6 rounds Level III 9 rounds



Half Jacks

30 seconds

30 seconds

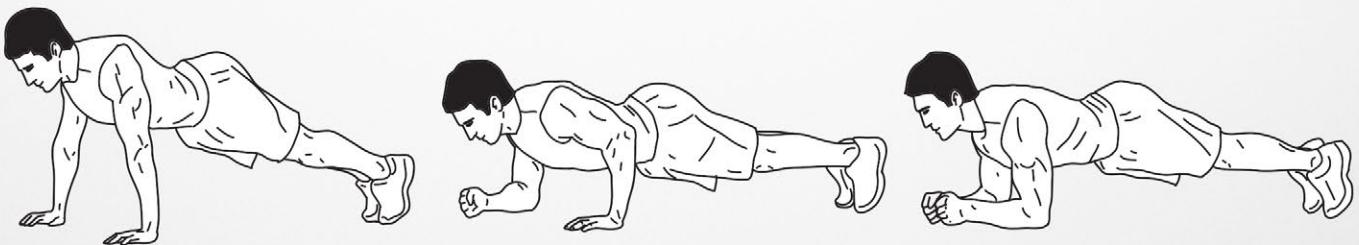
15 seconds rest

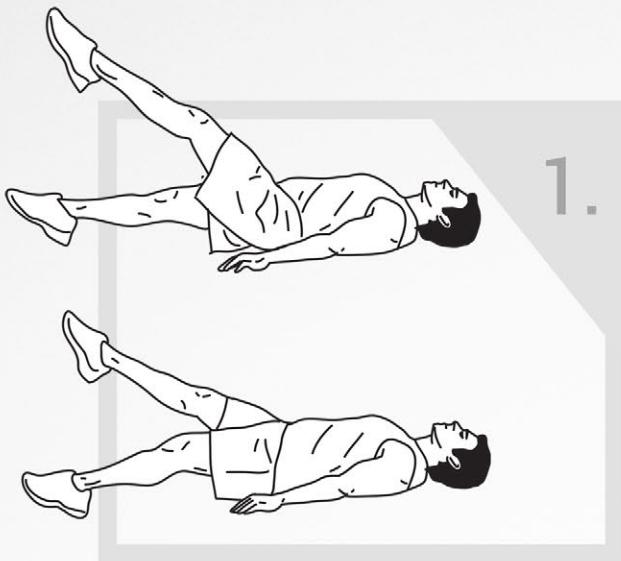
60 seconds rest

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

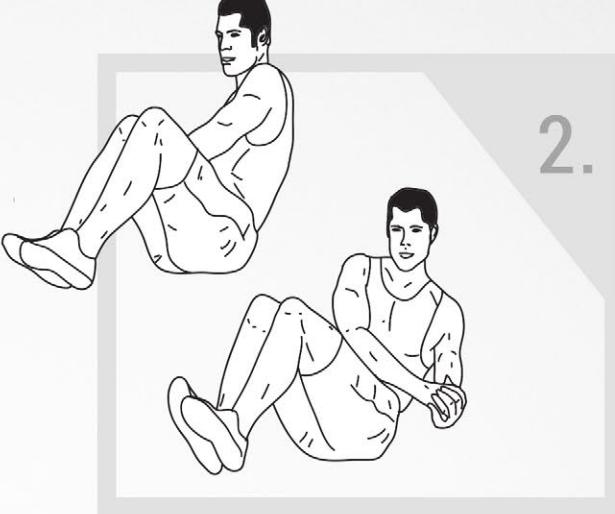
Up & Down Planks

10 seconds	10 seconds rest
20 seconds	20 seconds rest
20 seconds	10 seconds rest
30 seconds	30 seconds rest
20 seconds	20 seconds rest
30 seconds	60 seconds rest
20 seconds	20 seconds rest
20 seconds	20 seconds rest
10 seconds	10 seconds rest
20 seconds	done

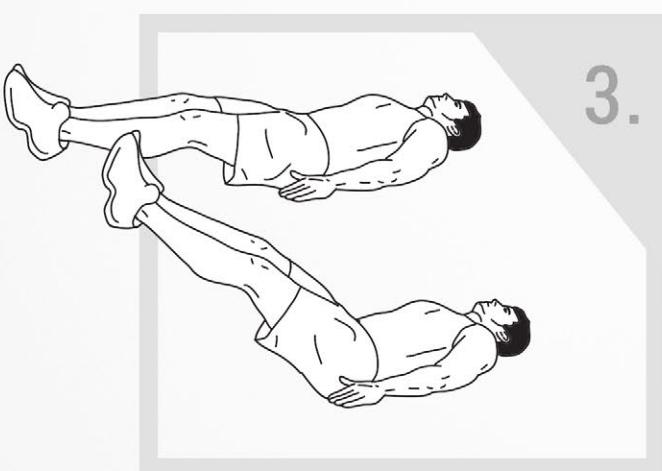




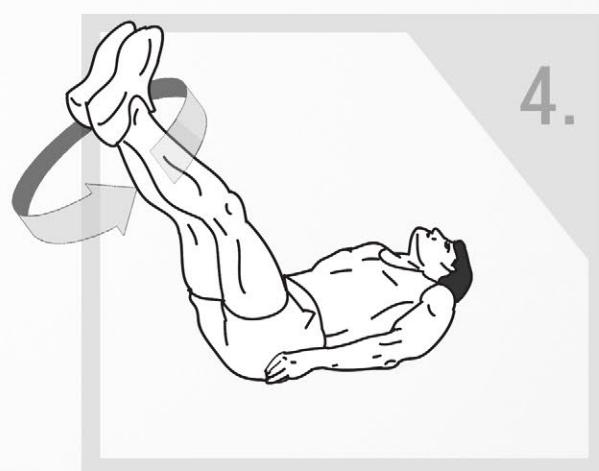
flutter kicks



sitting twists



leg raises



raised leg circles

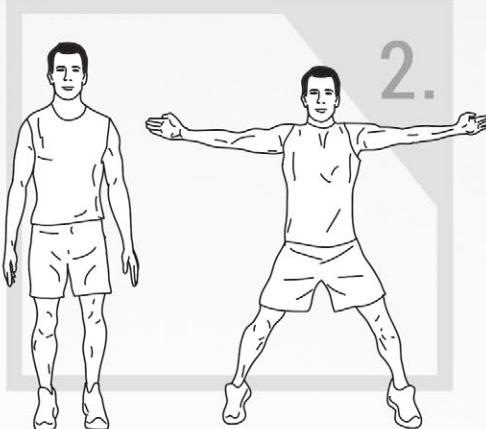
20 seconds each

10 sec rest between exercises / 1 minute rest between rounds

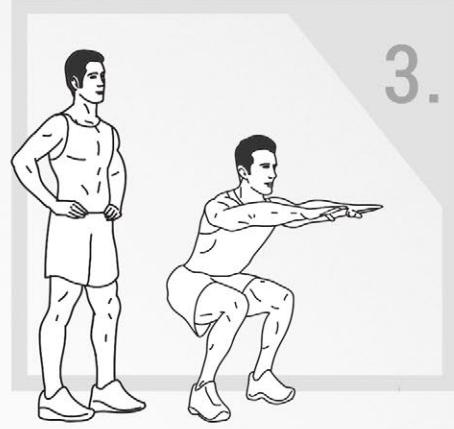
Level I 3 rounds Level II 6 rounds Level III 9 rounds



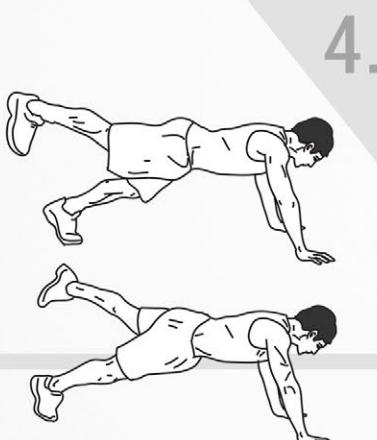
high knees



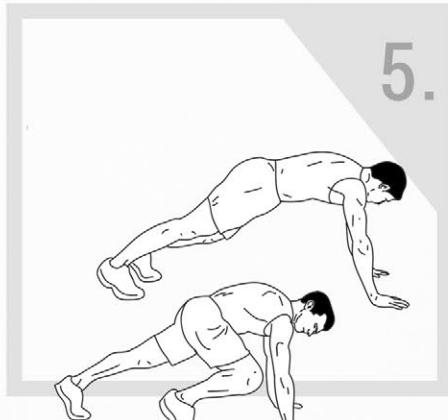
jumping Ts



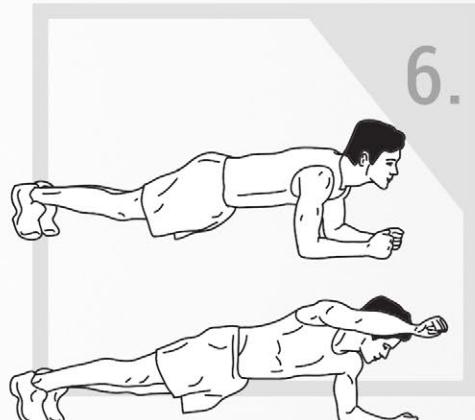
squats



plank leg raises



climbers

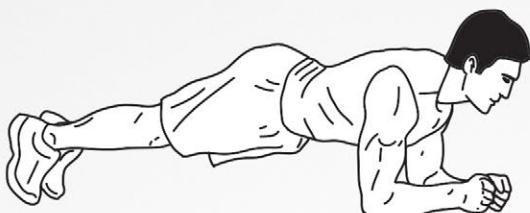


plank arm lifts

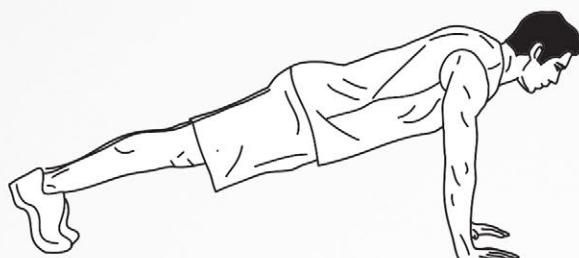
20 seconds each

no rest between exercises / up to 2 minutes rest between rounds

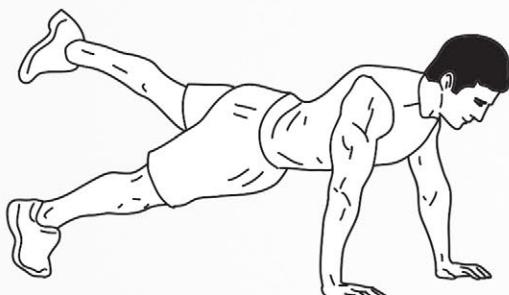
Level I 3 rounds Level II 6 rounds Level III 9 rounds



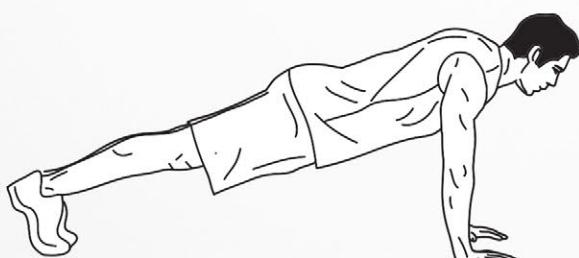
20 second elbow plank



20 second plank



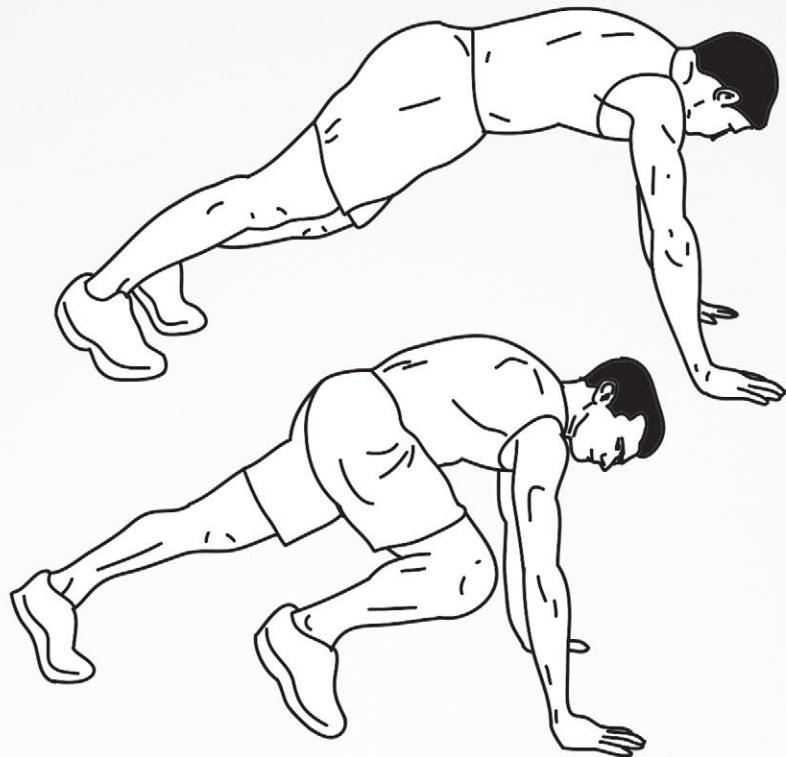
40 second raised leg plank
(20 seconds each leg)



20 second plank



20 second elbow plank



climbers

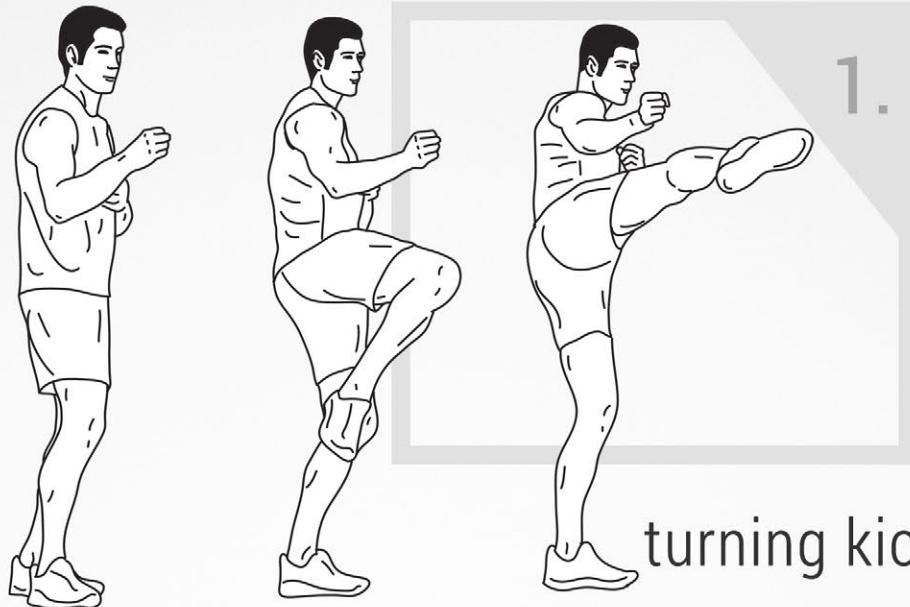
30 seconds

30 seconds

15 seconds rest

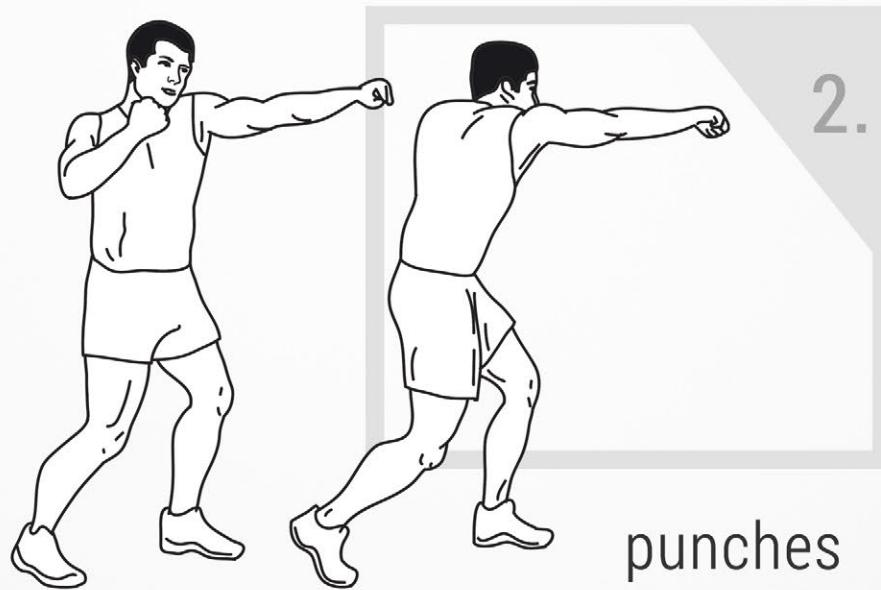
60 seconds rest

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



1.

turning kicks



2.

punches

30 seconds each

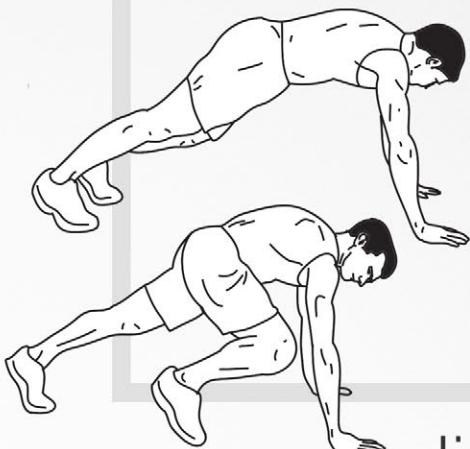
no rest between exercises / 1 minute rest between rounds

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



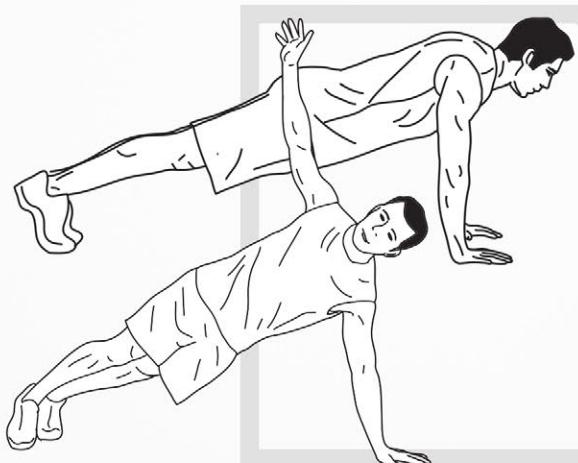
1.

high knees



2.

climbers



3.

planks w/ rotations

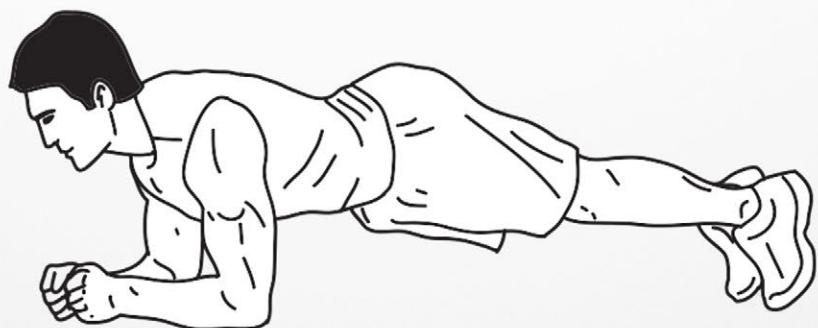
20 seconds each

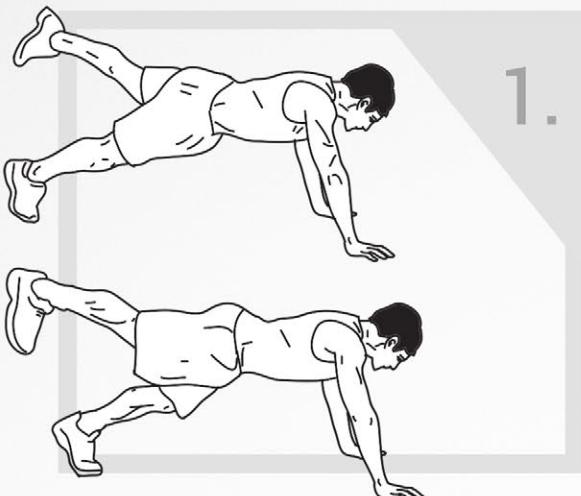
no rest between exercises / 1 minute rest between rounds

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

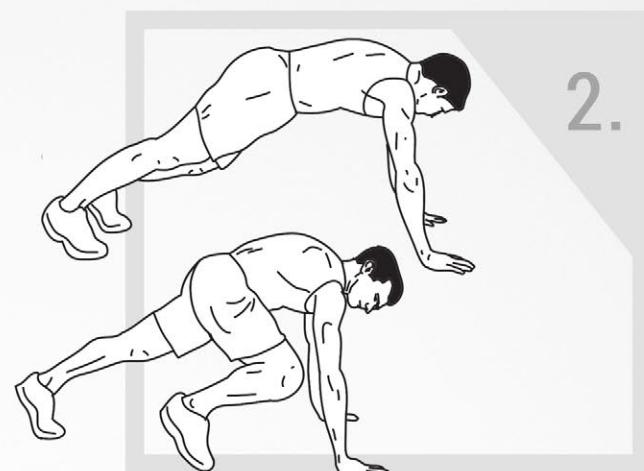
Elbow Plank

20 seconds	10 seconds rest
30 seconds	20 seconds rest
20 seconds	20 seconds rest
40 seconds	30 seconds rest
45 seconds	40 seconds rest
40 seconds	30 seconds rest
20 seconds	20 seconds rest
10 seconds	10 seconds rest
10 seconds	done

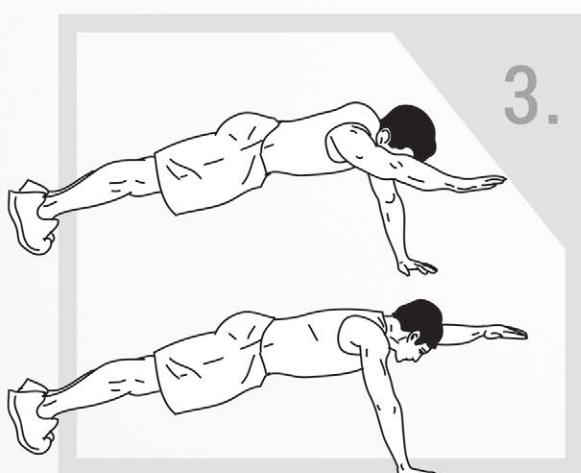




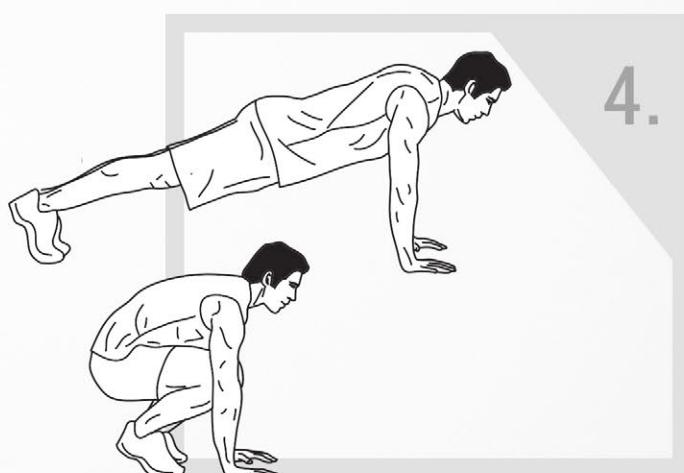
1.
plank leg raises



2.
climbers



3.
plank arm reaches



4.
plank jump-ins

20 seconds each

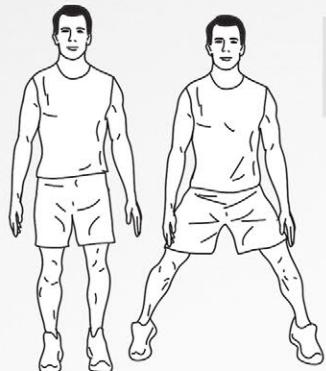
10 sec rest between exercises / 1 minute rest between rounds

Level I 3 rounds Level II 6 rounds Level III 9 rounds

30 days of HIIT / day 23

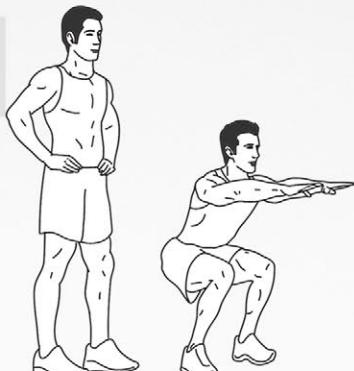
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1



30sec half jacks

2



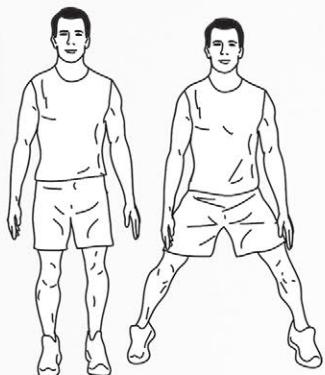
20sec squats

3



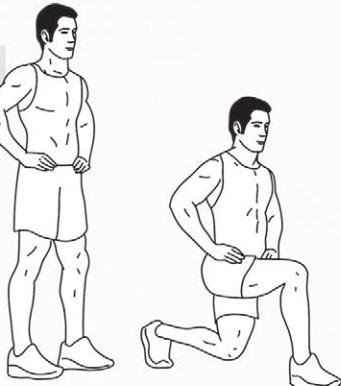
10sec planks w/rotations

4



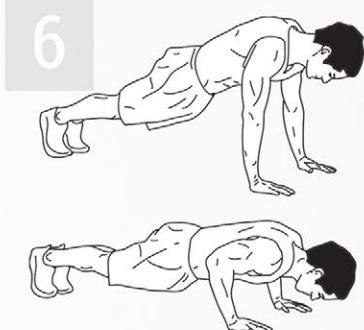
30sec half jacks

5



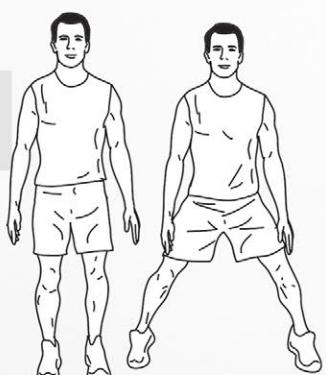
20sec lunges

6



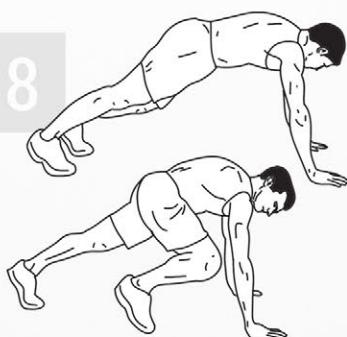
10sec push-ups

7



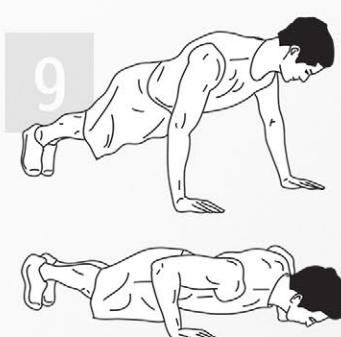
30sec half jacks

8



20sec climbers

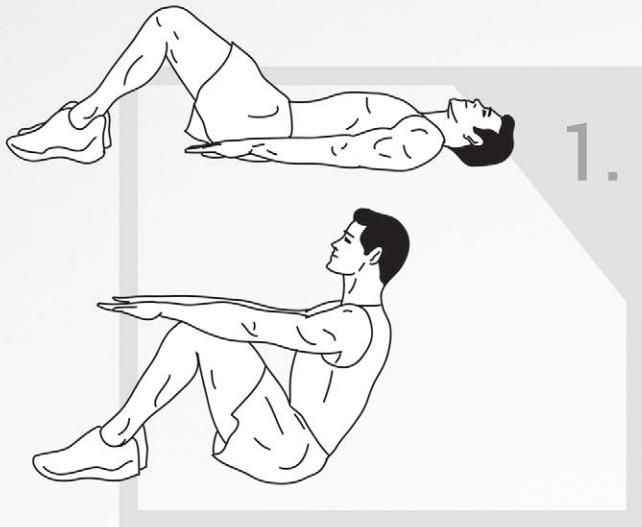
9



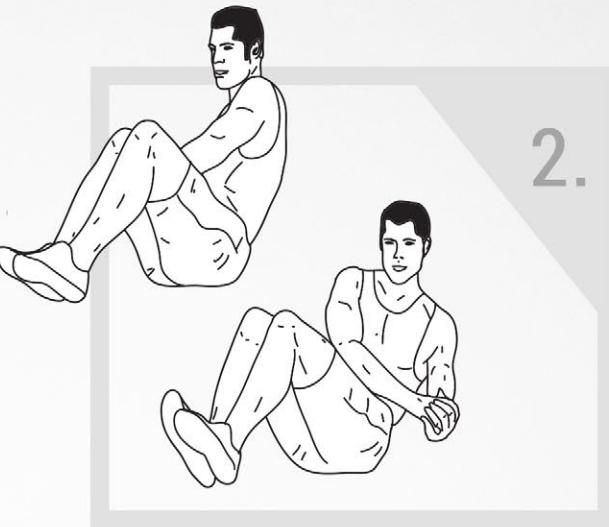
10sec wide grip push-ups

no rest between exercises / **2 minutes** rest between rounds

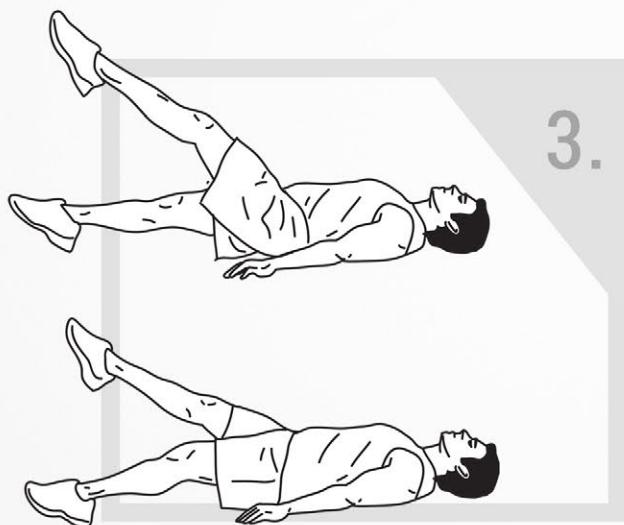
Level I 3 rounds **Level II** 6 rounds **Level III** 9 rounds



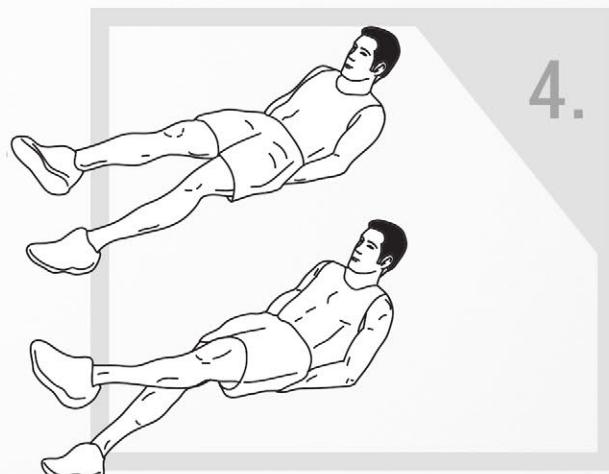
sit-ups



sitting twists



flutter kicks



scissors

20 seconds each

10 sec rest between exercises / 1 minute rest between rounds

Level I 3 rounds Level II 6 rounds Level III 9 rounds



High Knees

30 seconds

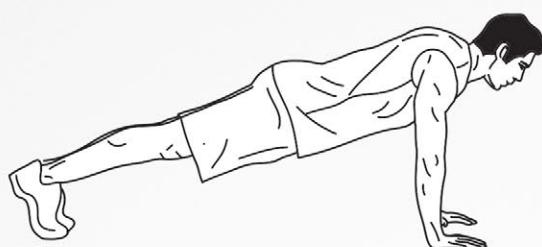
30 seconds

10 seconds rest

30 seconds rest

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

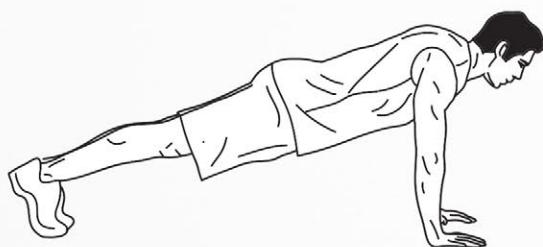
MICRO WORKOUT



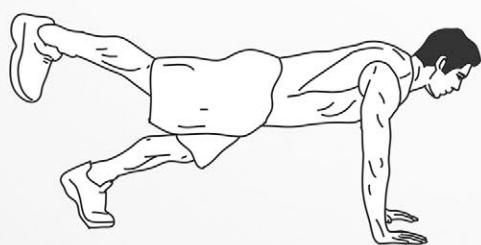
20 second plank



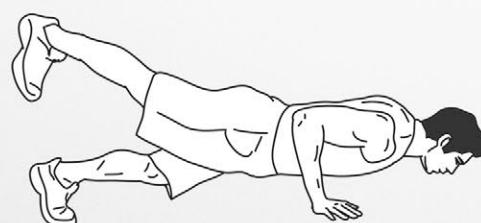
20 second push-up plank



20 second plank



30 second raised leg plank
(15 seconds each leg)

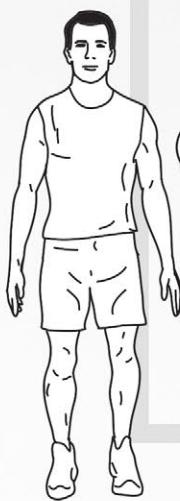


30 second raised leg push-up plank
(15 seconds each leg)



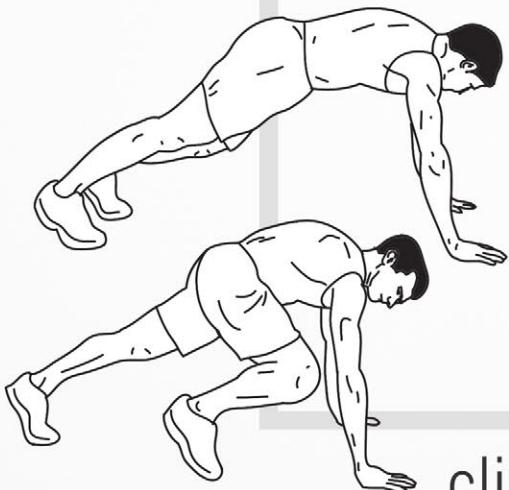
1.

high knees



2.

leg raises



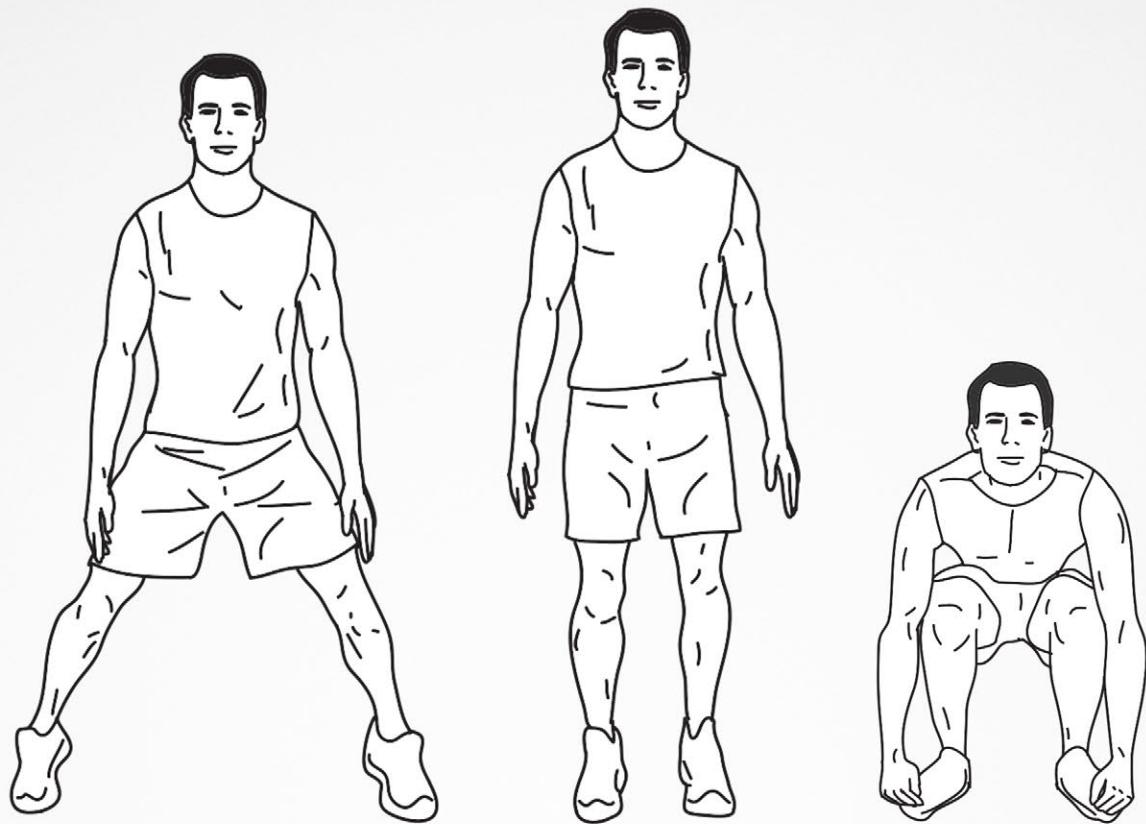
3.

climbers

20 seconds each

no rest between exercises / 1 minute rest between rounds

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



half jack squats

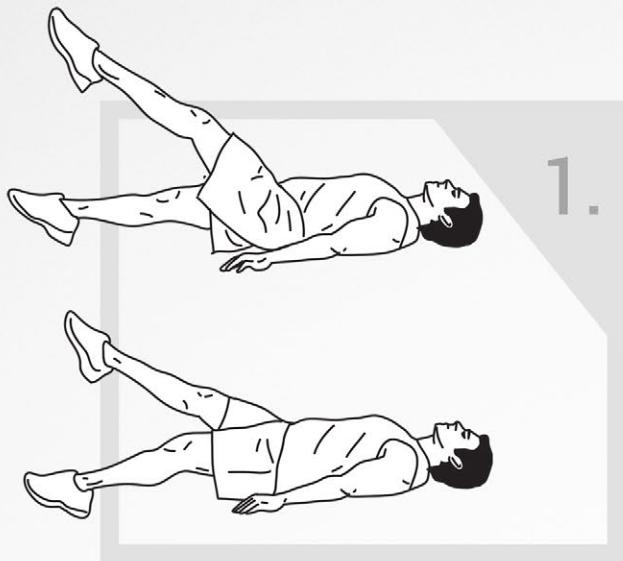
30 seconds

30 seconds

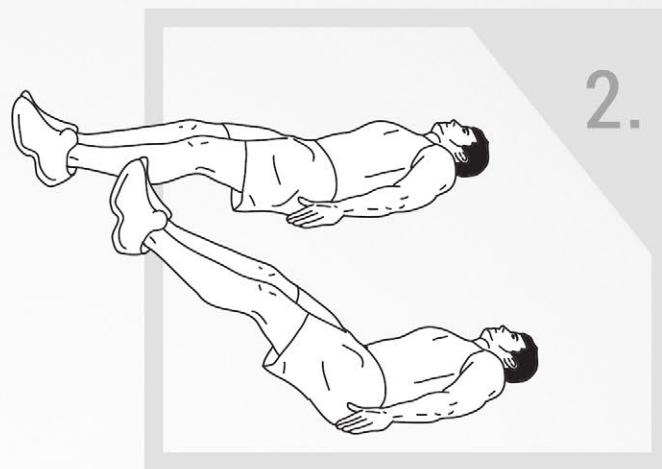
10 seconds rest

30 seconds rest

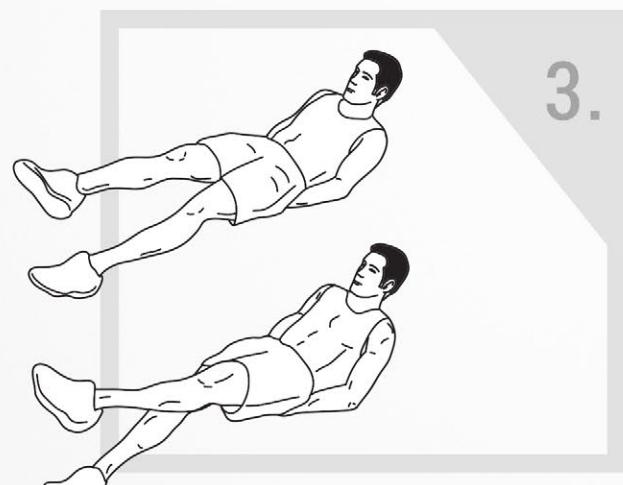
Level I 5 rounds **Level II** 10 rounds **Level III** 15 rounds



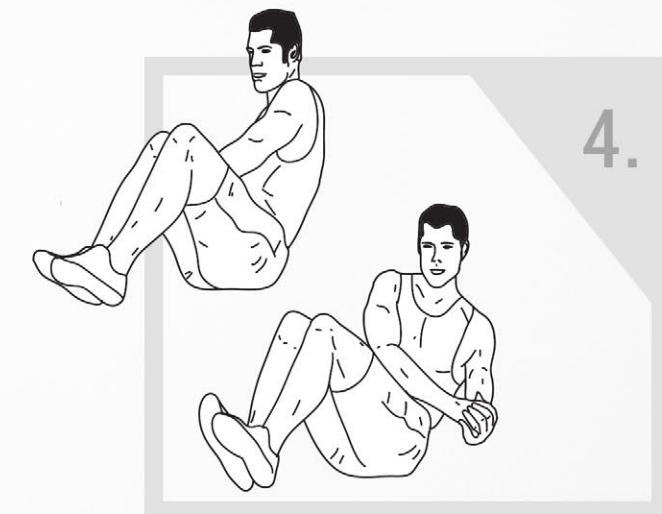
1. flutter kicks



2. leg raises



3. scissors



4. sitting twists

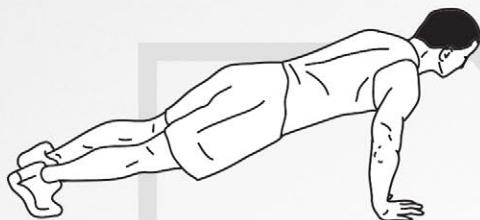
20 seconds each

10 sec rest between exercises / 1 minute rest between rounds

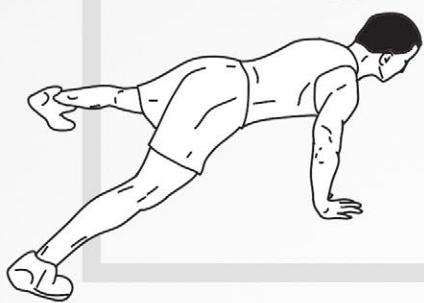
Level I 3 rounds Level II 6 rounds Level III 9 rounds

30 days of HIIT / day 30

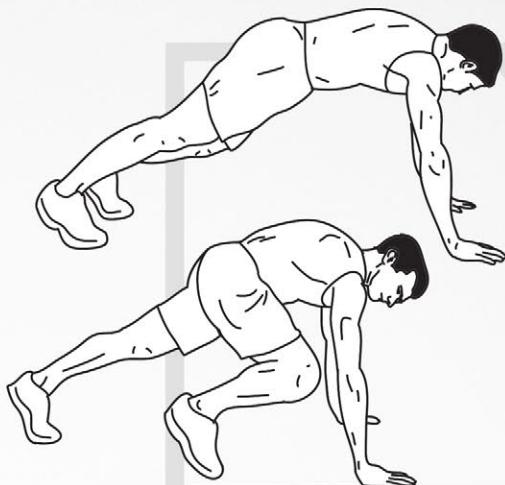
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1.

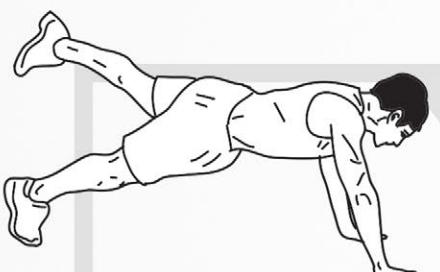


plank jacks

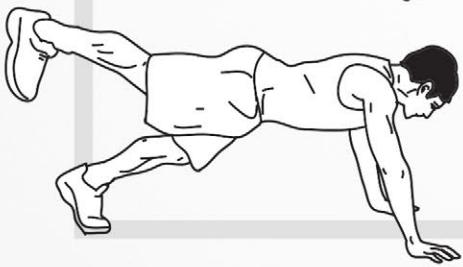


2.

climbers



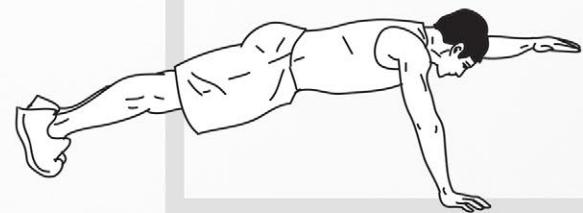
3.



plank leg raises



4.



plank arm reaches

20 seconds each

10 sec rest between exercises / 1 minute rest between rounds

Level I 3 rounds **Level II** 6 rounds **Level III** 9 rounds

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