

Assignments for January 6th - February 26th

*Use HIIT Fitness Log for Assignments.

30 days of

HIIT

streamline

HIGH INTENSITY INTERVAL TRAINING

30 Days of HIIT

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Day 1 | Cardio HIIT

Level I 3 sets

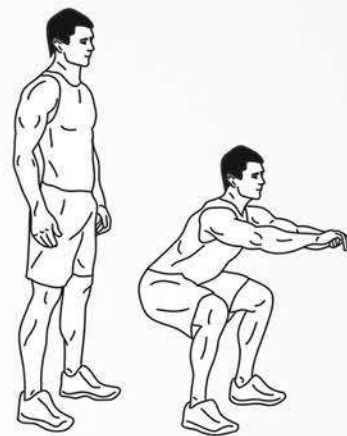
Level II 5 sets

Level III 7 sets

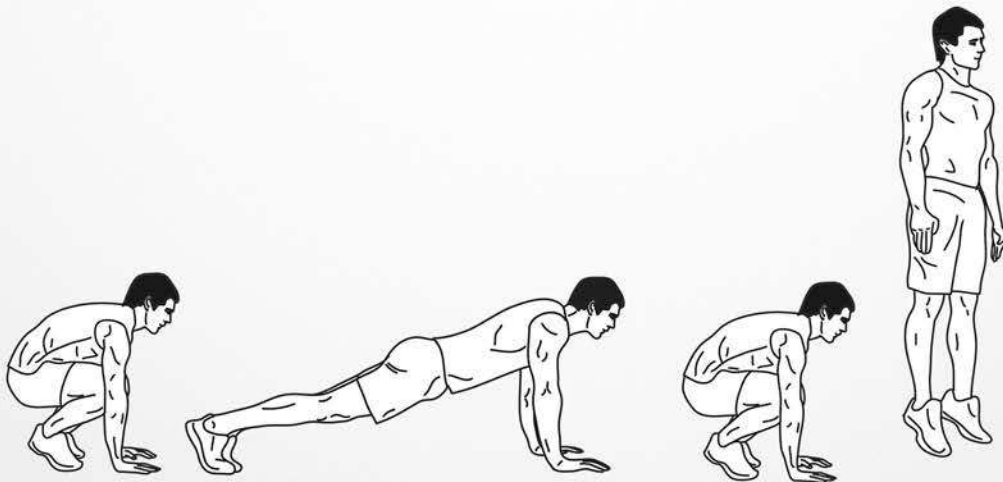
1 minute rest between sets



20sec high knees



20sec squats



20sec basic burpees

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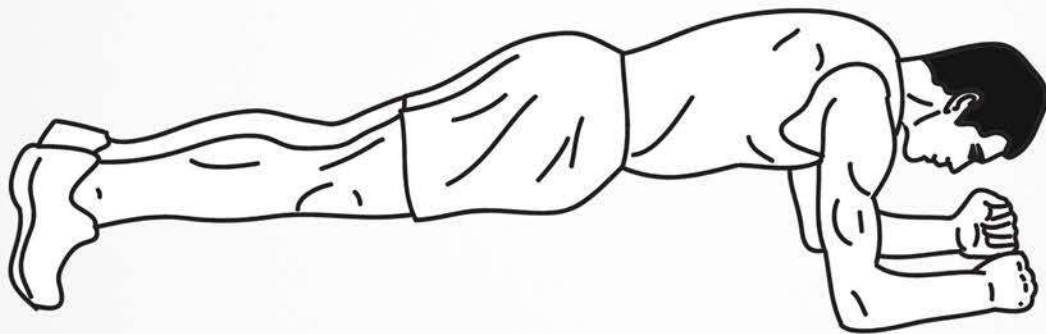
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Day 2 | Elbow Plank

Level I 3 sets

Level II 4 sets

Level III 5 sets



10 seconds

20 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest

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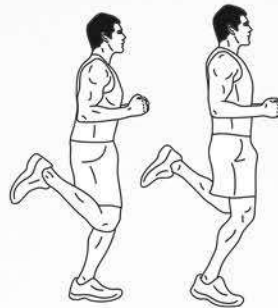
Day 3 | One & One

1 minute each exercise;
1 minute rest between exercises

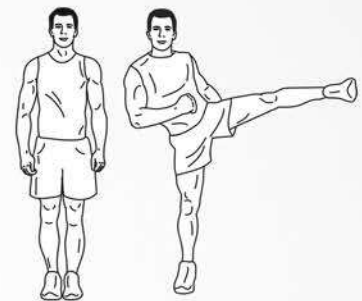
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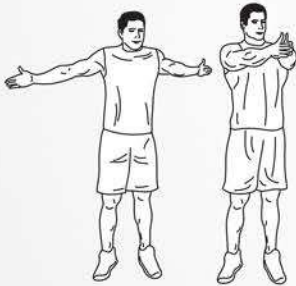
1. high knees



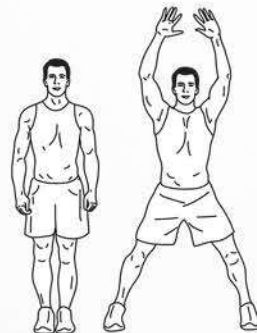
2. butt kicks



3. side leg raises



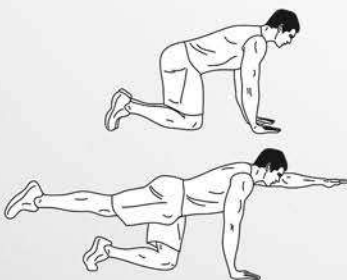
4. chest expansions



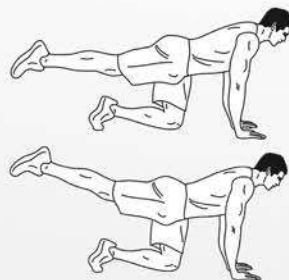
5. jumping jacks



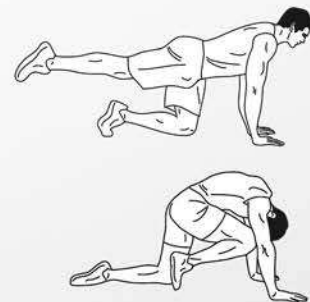
6. raised arm circles



7. alt arm / leg raises



8. raised leg swings



9. knee-in extensions

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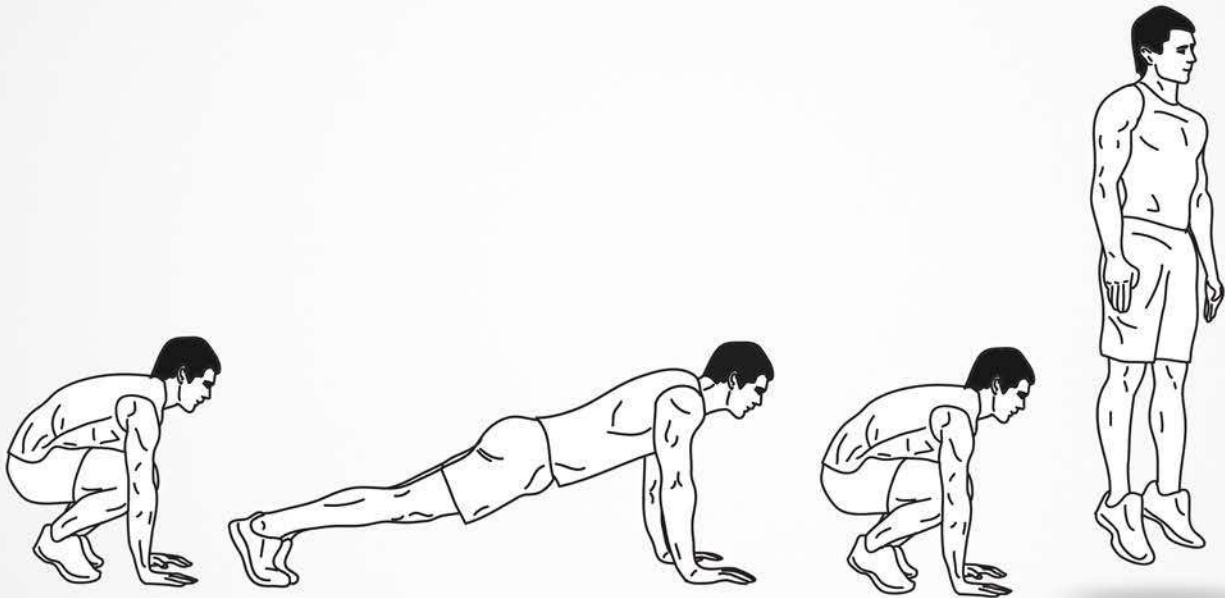
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Day 4 | Basic Burpees

Level I 3 sets

Level II 4 sets

Level III 5 sets



10 seconds

20 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest

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Day 7 | Ab Work

Level I 3 sets

Level II 4 sets

Level III 5 sets

1 minute rest between sets



15sec crunches



15sec reverse crunches



15sec flutter kicks



15sec scissors

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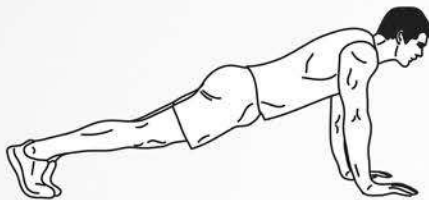
Day 9 | Active Plank

Level I 1 set

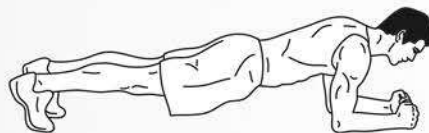
Level II 2 sets

Level III 3 sets

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



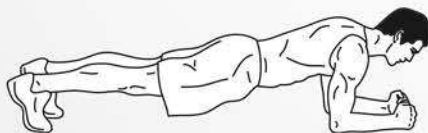
10 second plank



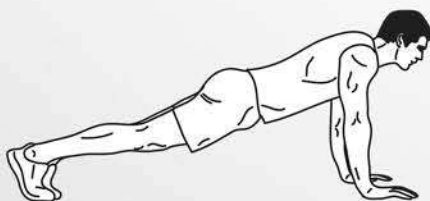
10 second elbow plank



20 seconds one arm plank
(10 seconds each arm)



10 second elbow plank



10 second plank

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Day 12 | Active Plank

Level I 3 sets

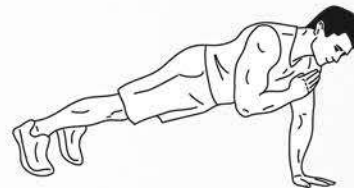
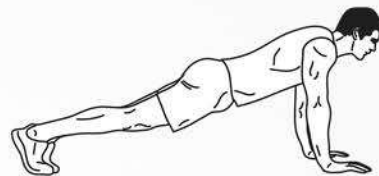
Level II 4 sets

Level III 5 sets

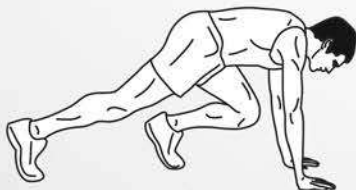
1 minute rest between sets



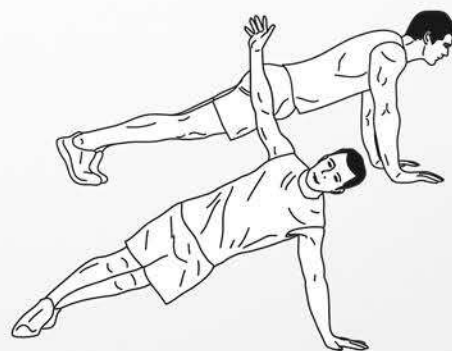
15sec climbers



15sec shoulder taps



15sec climbers



15sec plank rotations

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Day 18 | High Knees

Level I 3 sets

Level II 4 sets

Level III 5 sets



30 seconds

30 seconds

30 seconds rest

60 seconds rest

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Day 20 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

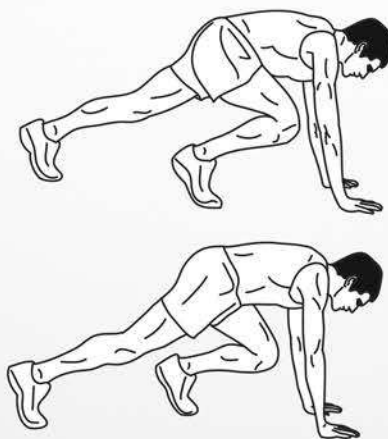
1 minute rest between sets



20sec high knees



20sec squats



20sec climbers

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Day 30 | Cardio HIIT

Level I 3 sets

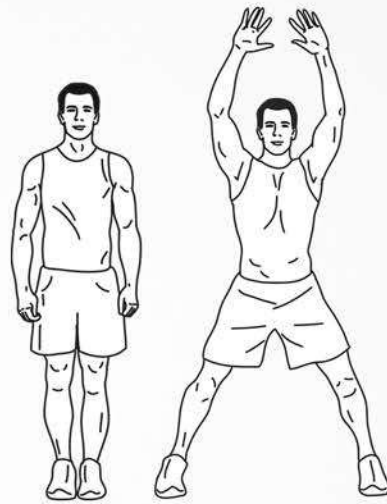
Level II 5 sets

Level III 7 sets

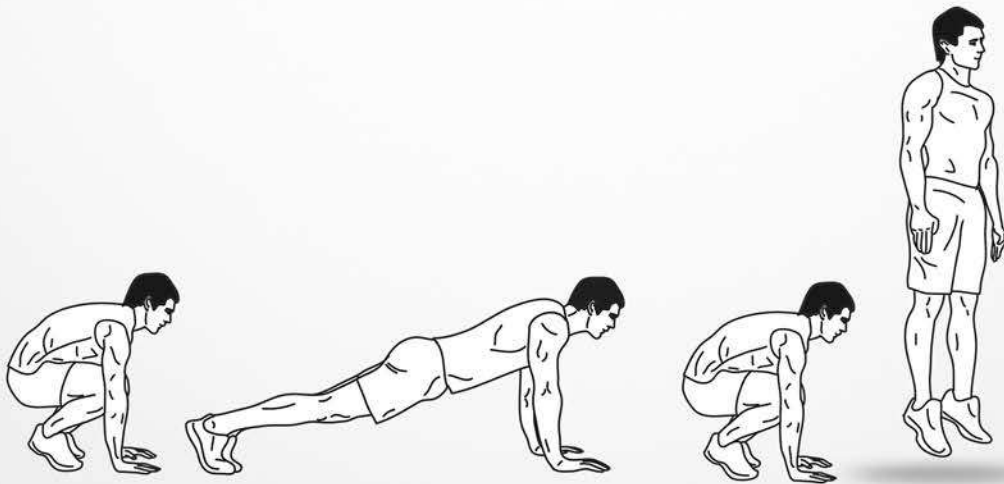
1 minute rest between sets



20sec high knees



20sec jumping jacks



20sec basic burpees