

hiit moves to get fit happily

JUNE CHALLENGE

Use this challenge to take your fitness up a notch with HIIT workouts! Rest for 10-15 seconds between moves and rest for 1 minute after each round. Complete each round 4 times. Make sure to do the active rests days in between, too!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
20s jog in place 20s modified burpees 20s mountain climbers	20 minute walk or cycle	20s squat to heel raise 20s plank step outs 20s skater jumps	20 minute stretch or yoga	20s forward lunges 20s butt kicks 20s Russian twists
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
20 minute walk or cycle	20s jumping jacks 20s woodchops 20s sumo squat to heel raise	20 minute stretch or yoga	20s Ali shuffle 20s jump rope 20s lateral shuffle	20 minute walk or cycle
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
20s quick feet 20s reverse lunges 20s bicycle cruches	20 minute stretch or yoga	20s high knees 20s burpees 20s bear crawl	20 minute walk or cycle	20s squat to jump 20s plank jacks 20s skater jumps
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
30 minute stretch or yoga	20s lunge jumps 20s butt kicks 20s Russian twists	30 minute walk or cycle	30s jog in place 30s modified burpees 20s mountain climbers	30 minute stretch or yoga
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
30s squat to heel raise 30s plank step outs 30s lateral shuffle	30 minute walk or cycle	30s quick feet 30s reverse lunges 30s bicycle crunches	30 minute stretch or yoga	30s high knees 30s burpees 30s bear crawl
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
30 minute walk or cycle	30s squat to jump 30s plank jacks 30s skater jumps	30 minute stretch or yoga	30s lunge jumps 30s butt kicks 30s Russian twists	30 minute walk or cycle