

# HEALTHY HIIT CHALLENGE

## HIIT Challenge

Stay on your game by completing this 30 day HIIT challenge! Repeat each set 3 times with 10 second rest between sets. Check in with your group each day after your exercises for more accountability.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
20 jumping jacks 20 mountain climbers	20 squats 5 burpees	60 seconds butt kicks 5 inchworms	10 squat jumps 20 Russian twists	60 seconds high knees 20 bicycle crunches
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
60 seconds pulsing squats 5 up-down planks	10 switching lunge jumps 30 seconds bear crawl	60 seconds jumprope 20 mountain climbers	20 sumo squats 5 inchworms	60 seconds butt kicks 10 squat to front kicks
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
60 seconds side shuffle 20 Russian twists	20 alternating side lunges 5 burpees	Stretch It Out!	30 seconds fast feet 5 pushups	25 jumping jacks 10 down dog to toe taps
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
20 alternating reverse lunges 10 burpees	60 seconds jumprope 30 seconds swimmers	20 skaters 30 seconds soccer kicks	60 seconds high knees 30 bicycle crunches	30 seconds pulsing squats 10 up-down planks
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
30 jumping jacks 10 down dog to toe taps	30 squats 10 inchworms	60 seconds side shuffle 30 Russian twists	10 switching lunge jumps 30 seconds bear crawl	Stretch It Out!
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
60 seconds butt kicks 10 up-down planks	60 seconds fast feet 10 pushups	15 squat jumps 30 seconds bear crawl	30 skaters 60 seconds soccer kicks	10 squat to front kicks 60 seconds jumprope