

1 minute

HIT

1-minute HIIT

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Day 1

Level I 3 sets

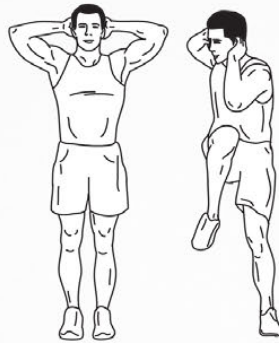
Level II 5 sets

Level III 7 sets

1 minute rest between sets



10sec high knees



10sec knee-to-elbows



10sec high knees



10sec single leg hops
left leg



10sec high knees



10sec single leg hops
right leg

1-minute HIIT

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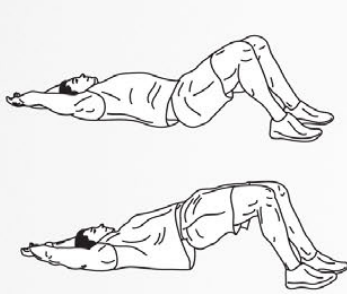
Day 2

Level I 3 sets

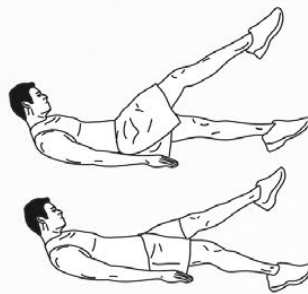
Level II 5 sets

Level III 7 sets

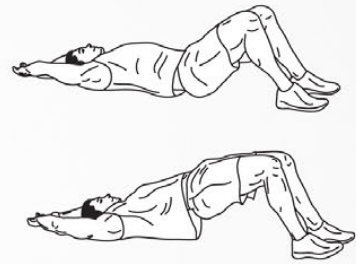
1 minute rest between sets



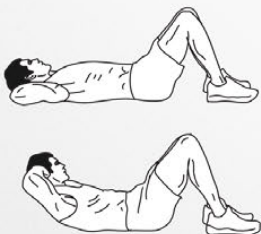
10sec bridges



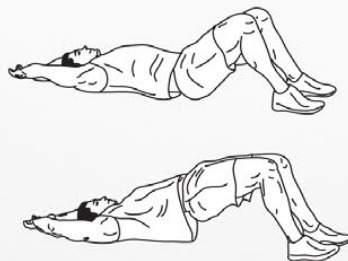
10sec flutter kicks



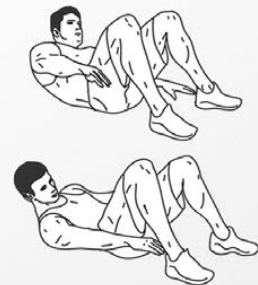
10sec bridges



10sec crunches



10sec bridges



10sec heel taps

1-minute HIIT

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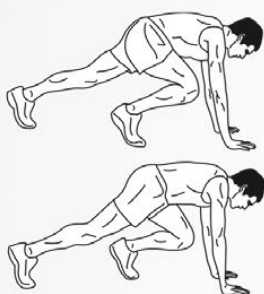
Day 3

Level I 3 sets

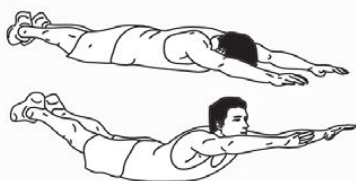
Level II 5 sets

Level III 7 sets

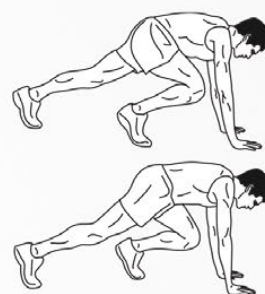
1 minute rest between sets



10sec climbers



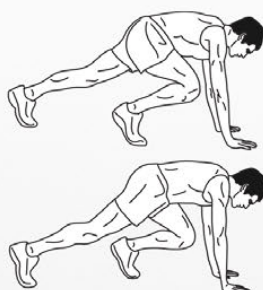
10sec stretches



10sec climbers



10sec plank hold
right side



10sec climbers



10sec plank hold
left side

1-minute HIIT

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Day 4

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



10sec squats

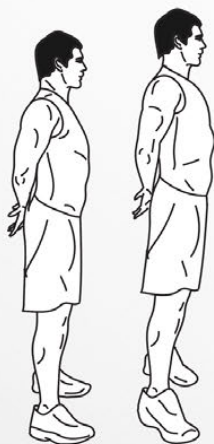
10sec calf raises

10sec squats

10sec calf raises

10sec squats

10sec calf raises



1-minute HIIT

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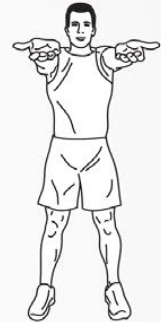
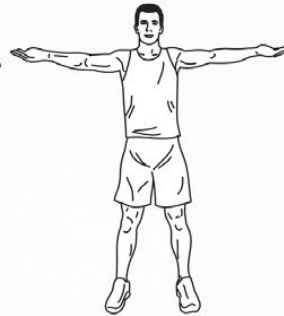
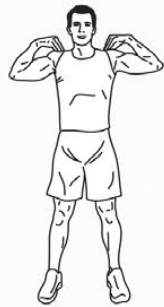
Day 5

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



10sec bicep extensions

10sec side shoulder taps

10sec bicep extensions



10sec shoulder taps

10sec bicep extensions

10sec arm circles

1-minute HIIT

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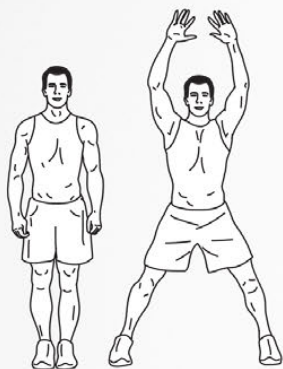
Day 6

Level I 3 sets

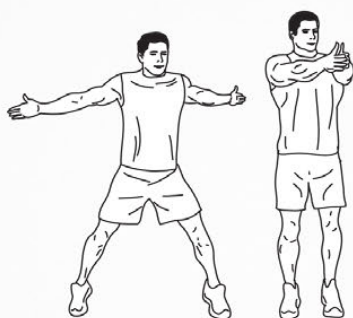
Level II 5 sets

Level III 7 sets

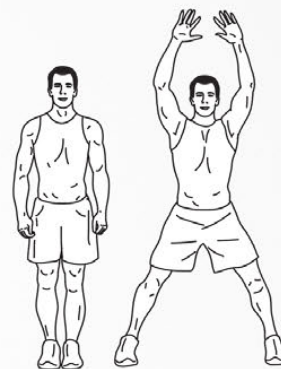
1 minute rest between sets



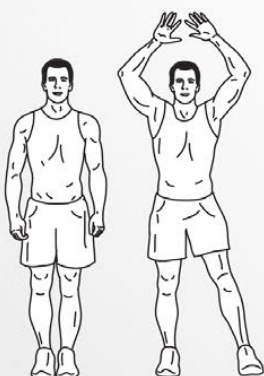
10sec jumping jacks



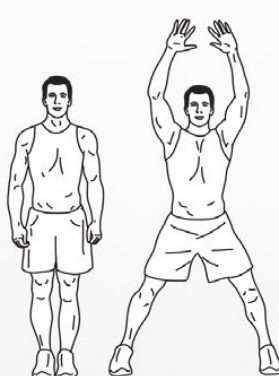
10sec seal jacks



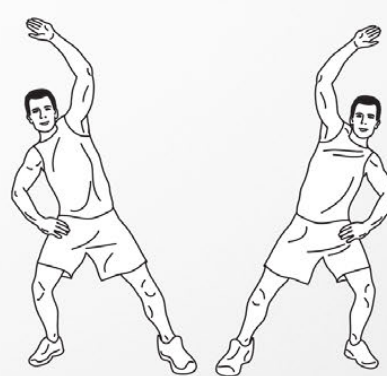
10sec jumping jacks



10sec step jacks



10sec jumping jacks



10sec side jacks

1-minute HIIT

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Day 7

Level I 3 sets

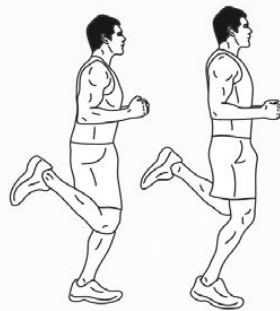
Level II 5 sets

Level III 7 sets

1 minute rest between sets



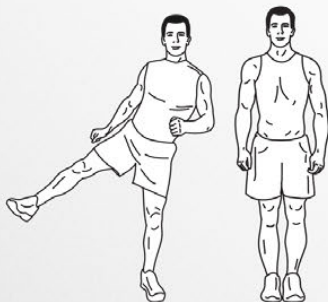
10sec lunges



10sec butt kicks



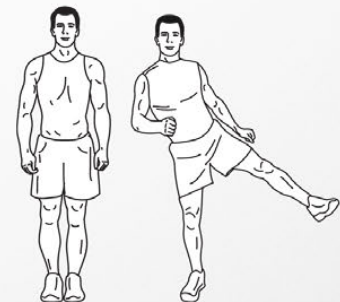
10sec lunges



10sec side leg raises
right leg



10sec lunges



10sec side leg raises
left leg

1-minute HIIT

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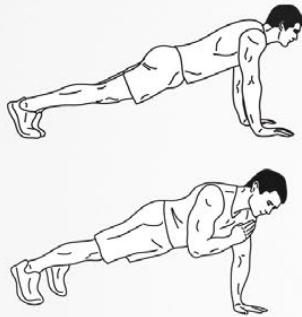
Day 8

Level I 3 sets

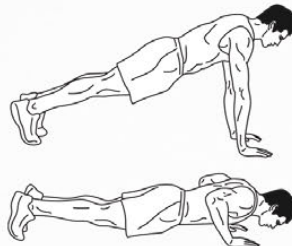
Level II 5 sets

Level III 7 sets

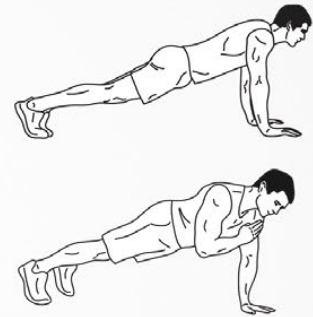
1 minute rest between sets



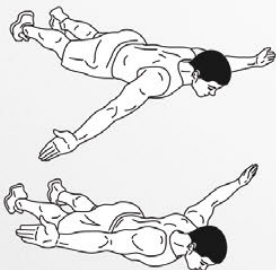
10sec shoulder taps



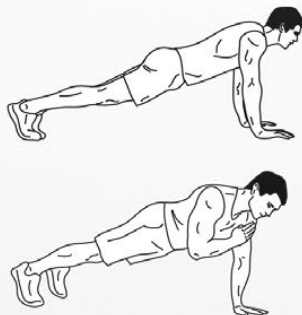
10sec push-ups



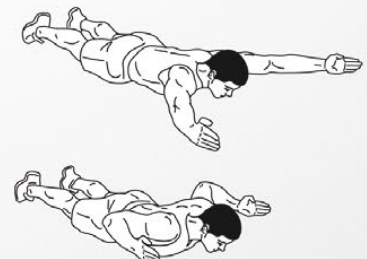
10sec shoulder taps



10sec prone reverse fly



10sec shoulder taps



10sec W-extensions

1-minute HIIT

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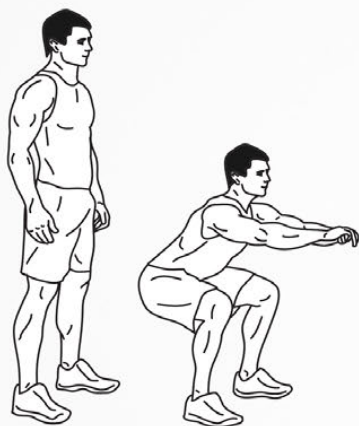
Day 9

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



10sec squats

10sec squat hold

10sec squats

10sec squat hold

10sec squats

10sec squat hold



1-minute HIIT

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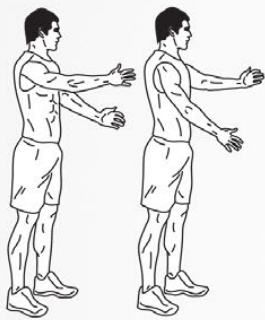
Day 10

Level I 3 sets

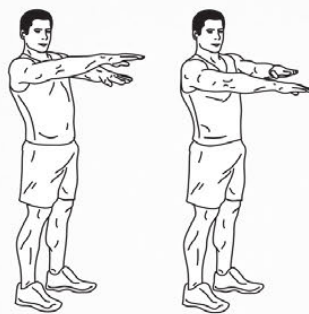
Level II 5 sets

Level III 7 sets

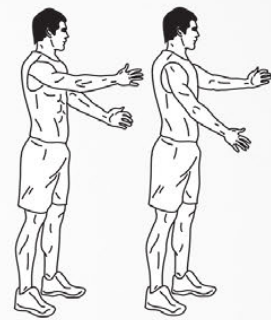
1 minute rest between sets



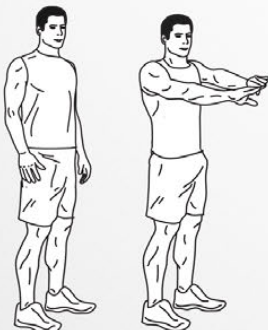
10sec scissor chops



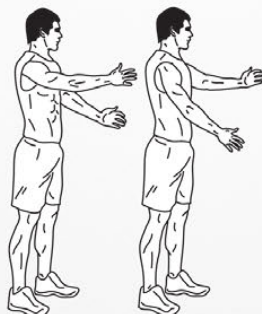
10sec arm scissors



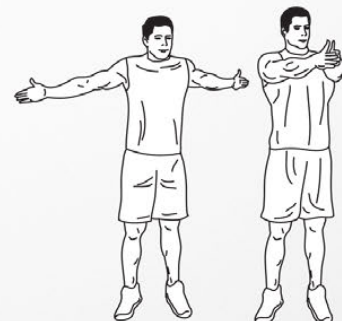
10sec scissor chops



10sec arm raises



10sec scissor chops



10sec chest expansions

1-minute HIIT

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Day 11

Level I 3 sets

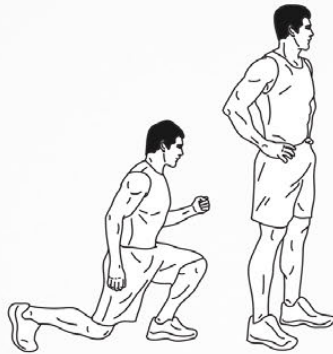
Level II 5 sets

Level III 7 sets

1 minute rest between sets



10sec high knees



10sec reverse lunges



10sec high knees



10sec butt kicks



10sec high knees



10sec split jacks

1-minute HIIT

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Day 12

Level I 3 sets

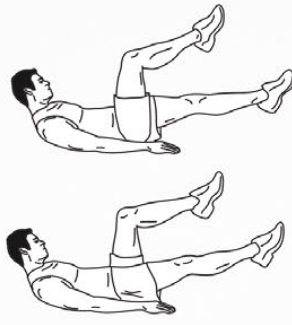
Level II 5 sets

Level III 7 sets

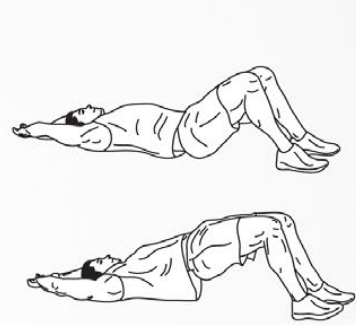
1 minute rest between sets



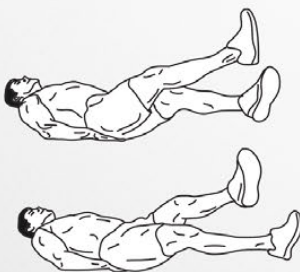
10sec bridges



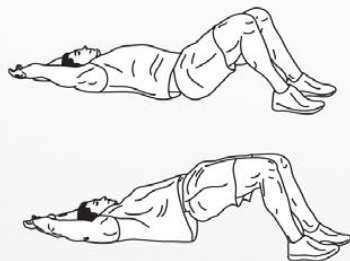
10sec air bike crunches



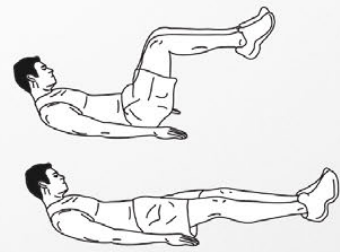
10sec bridges



10sec scissors



10sec bridges



10sec crunch kicks

1-minute HIIT

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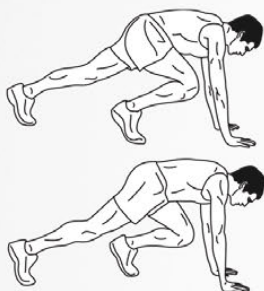
Day 13

Level I 3 sets

Level II 5 sets

Level III 7 sets

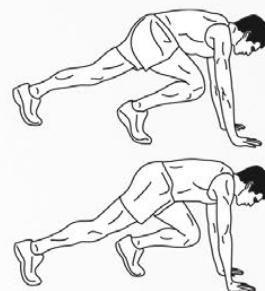
1 minute rest between sets



10sec climbers



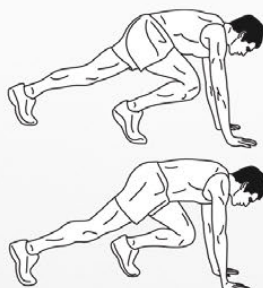
10sec plank rotations



10sec climbers



10sec plank hold
right side



10sec climbers



10sec plank hold
left side

1-minute HIIT

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Day 14

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets

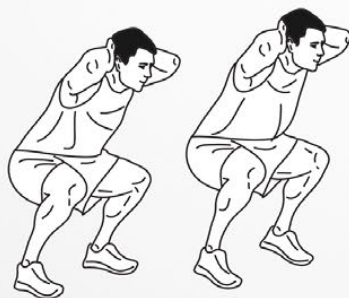


10sec squats

10sec squat hops

10sec squats

10sec squat hops



10sec squats

10sec squat hops

1-minute HIIT

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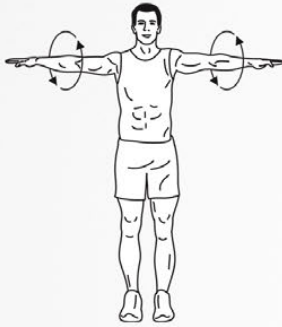
Day 15

Level I 3 sets

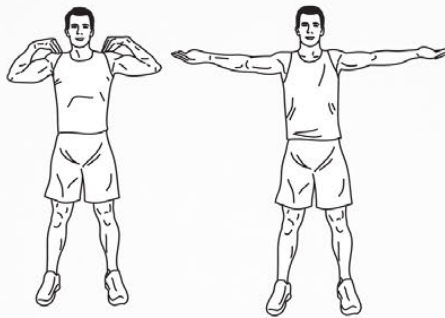
Level II 5 sets

Level III 7 sets

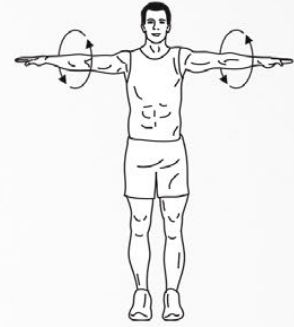
1 minute rest between sets



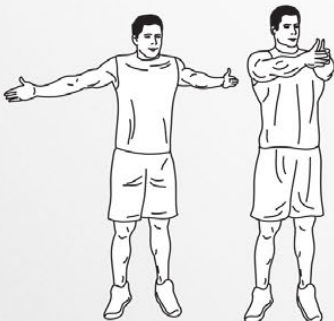
10sec arm circles



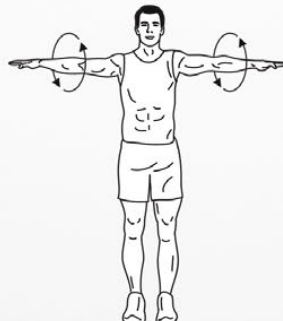
10sec side shoulder taps



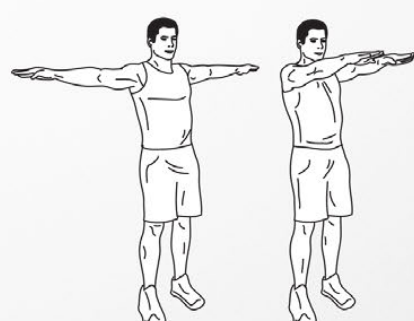
10sec arm circles



10sec chest expansions



10sec arm circles



10sec arm extensions

1-minute HIIT

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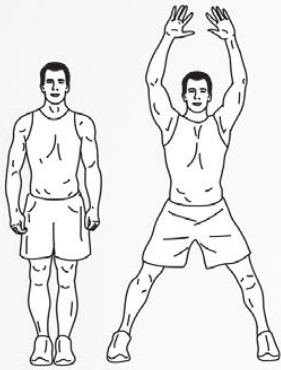
Day 16

Level I 3 sets

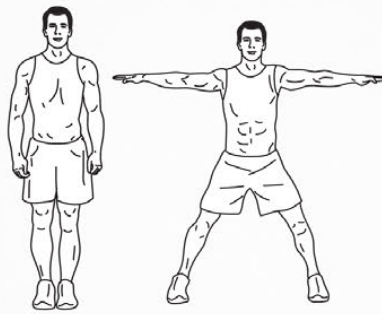
Level II 5 sets

Level III 7 sets

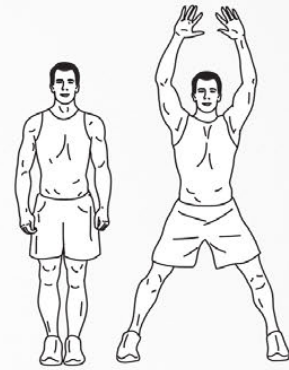
1 minute rest between sets



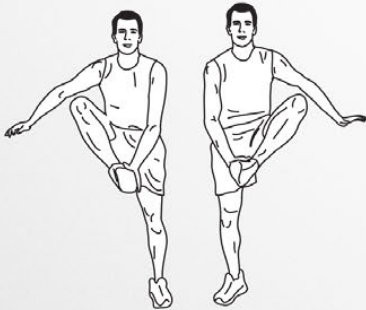
10sec jumping jacks



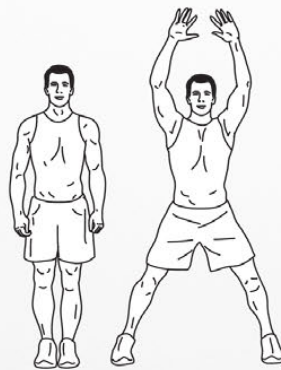
10sec jumping Ts



10sec jumping jacks



10sec toe tap hops



10sec jumping jacks



10sec twist jacks

1-minute HIIT

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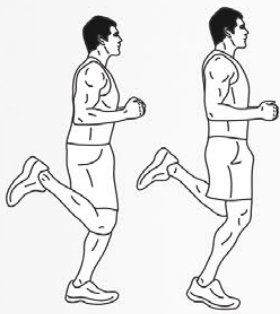
Day 17

Level I 3 sets

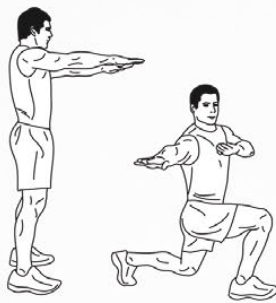
Level II 5 sets

Level III 7 sets

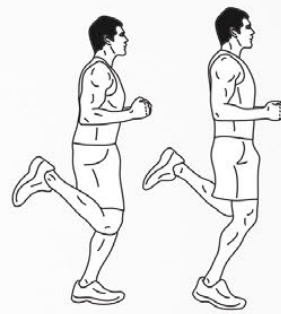
1 minute rest between sets



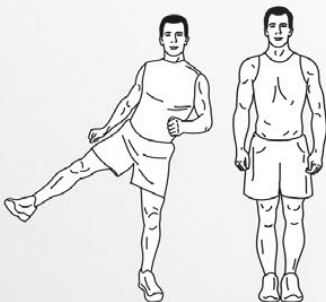
10sec butt kicks



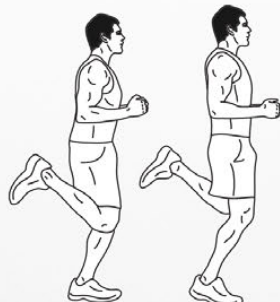
10sec lunges with twists



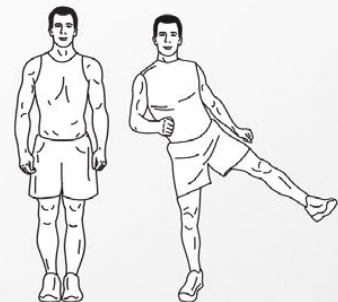
10sec butt kicks



10sec side leg raises
right leg



10sec butt kicks



10sec side leg raises
left leg

1-minute HIIT

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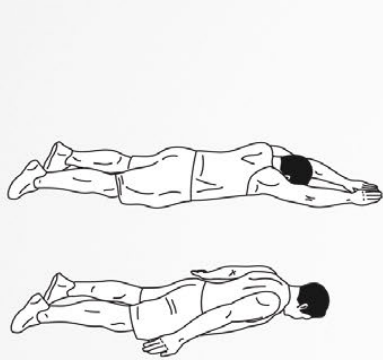
Day 18

Level I 3 sets

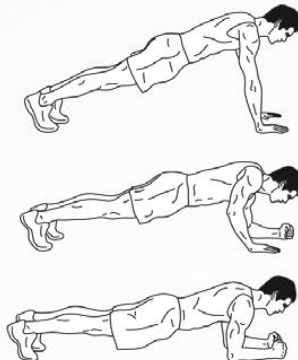
Level II 5 sets

Level III 7 sets

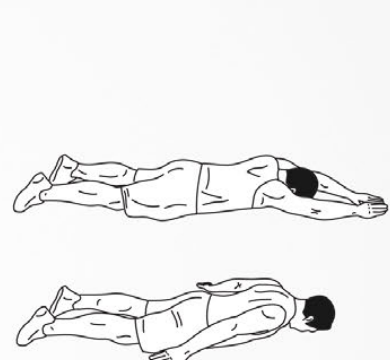
1 minute rest between sets



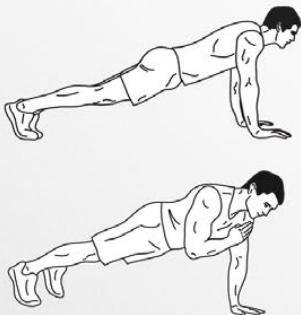
10sec reverse angels



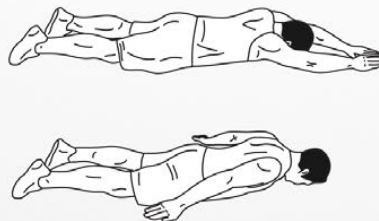
10sec up & down planks



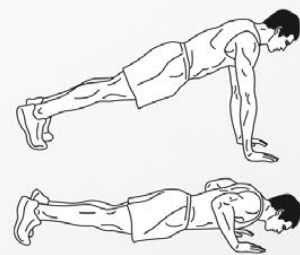
10sec reverse angels



10sec shoulder taps



10sec reverse angels



10sec push-ups

1-minute HIIT

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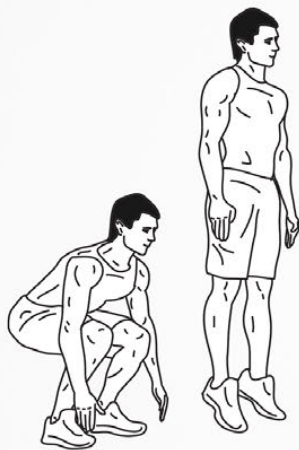
Day 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



10sec jump squats

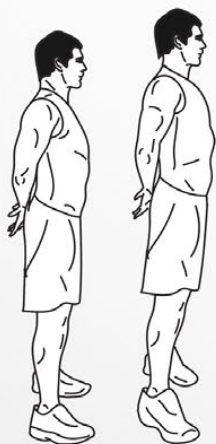
10sec calf raises

10sec jump squats

10sec calf raises

10sec jump squats

10sec calf raises



1-minute HIIT

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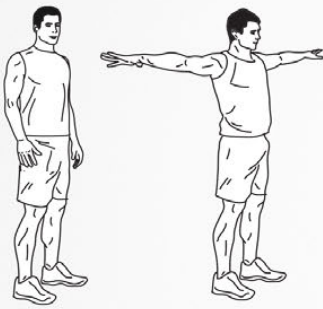
Day 20

Level I 3 sets

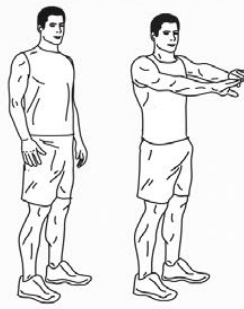
Level II 5 sets

Level III 7 sets

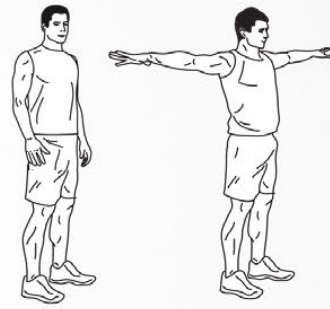
1 minute rest between sets



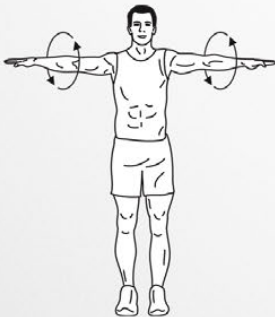
10sec side arm raises



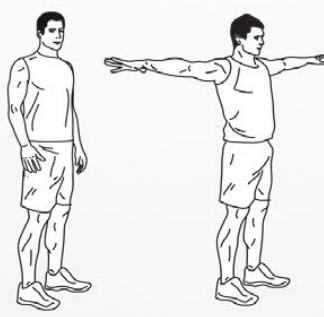
10sec arm raises



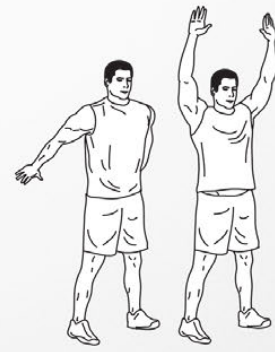
10sec side arm raises



10sec arm circles



10sec side arm raises



10sec wide arm circles

1-minute HIIT

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Day 21

Level I 3 sets

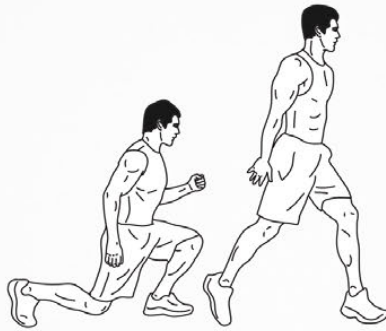
Level II 5 sets

Level III 7 sets

1 minute rest between sets



10sec high knees



10sec jumping lunges



10sec high knees



10sec single leg hops
left leg



10sec high knees



10sec single leg hops
right leg

1-minute HIIT

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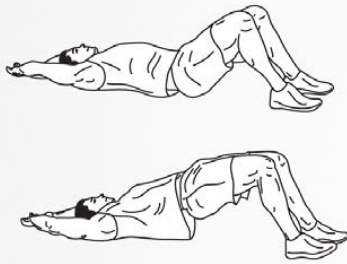
Day 22

Level I 3 sets

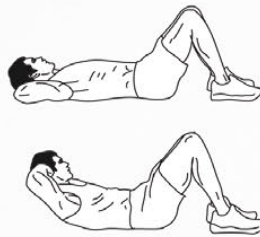
Level II 5 sets

Level III 7 sets

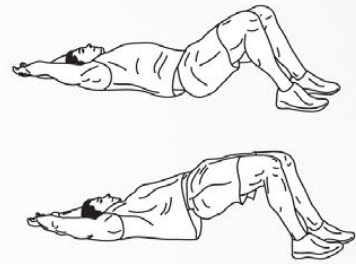
1 minute rest between sets



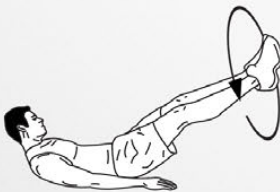
10sec bridges



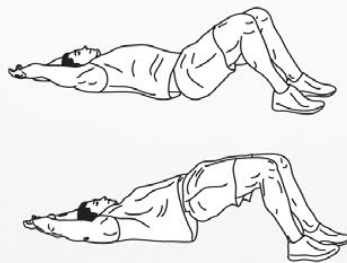
10sec crunches



10sec bridges



10sec raised leg circles
to the left



10sec bridges



10sec raised leg circles
to the right

1-minute HIIT

© darebee.com

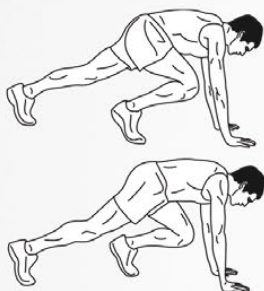
Day 23

Level I 3 sets

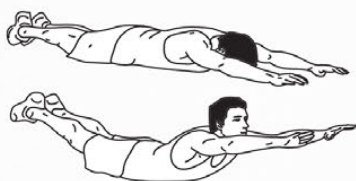
Level II 5 sets

Level III 7 sets

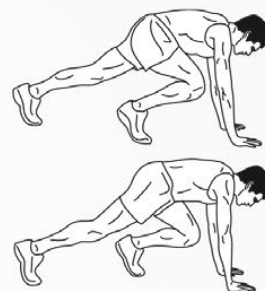
1 minute rest between sets



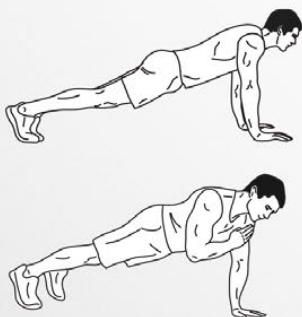
10sec climbers



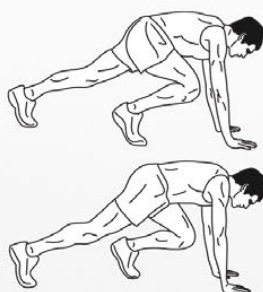
10sec stretches



10sec climbers



10sec shoulder taps



10sec climbers



10sec plank rotations

1-minute HIIT

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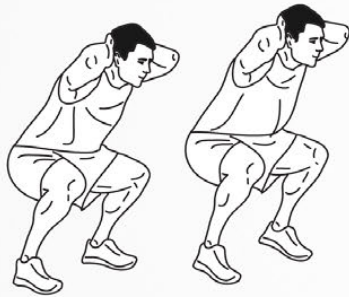
Day 24

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



10sec squat hops

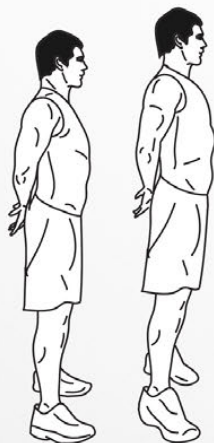
10sec calf raises

10sec squat hops

10sec calf raises

10sec squat hops

10sec calf raises



1-minute HIIT

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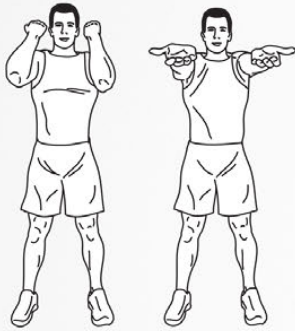
Day 25

Level I 3 sets

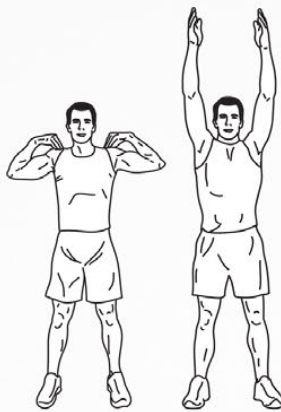
Level II 5 sets

Level III 7 sets

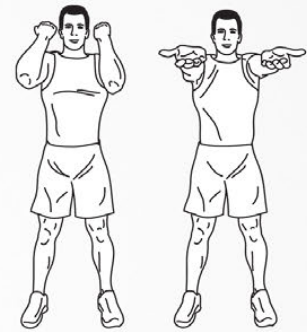
1 minute rest between sets



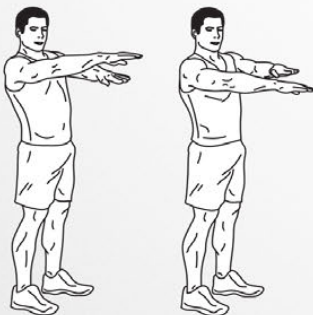
10sec bicep extensions



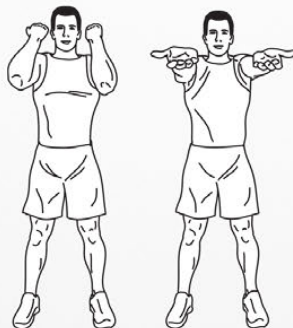
10sec shoulder taps



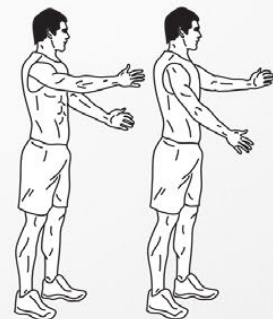
10sec bicep extensions



10sec arm scissors



10sec bicep extensions



10sec scissor chops

1-minute HIIT

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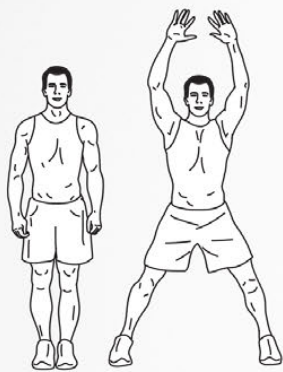
Day 26

Level I 3 sets

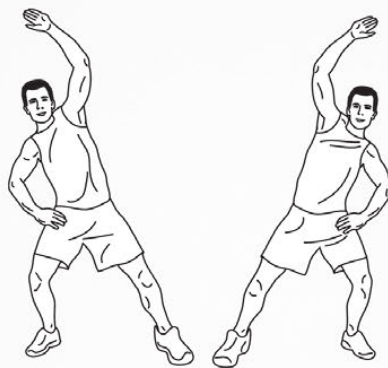
Level II 5 sets

Level III 7 sets

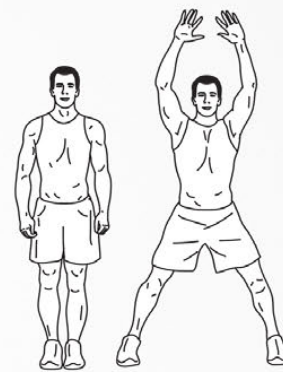
1 minute rest between sets



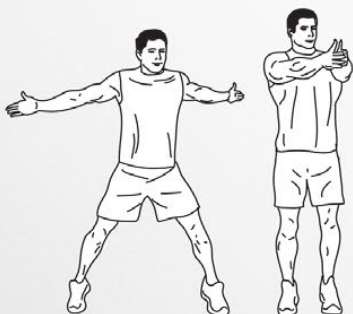
10sec jumping jacks



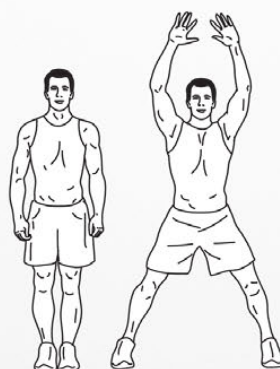
10sec side jacks



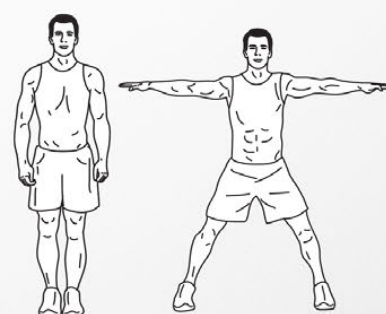
10sec jumping jacks



10sec seal jacks



10sec jumping jacks



10sec jumping Ts

1-minute HIIT

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Day 27

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



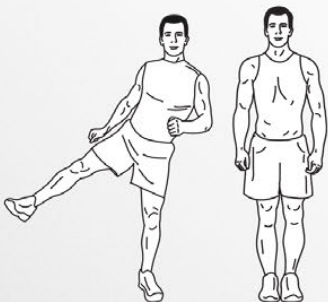
10sec lunge step-ups



10sec high knees



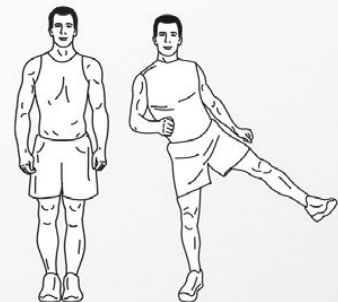
10sec lunge step-ups



10sec side leg raises
right leg



10sec lunge step-ups



10sec side leg raises
left leg

1-minute HIIT

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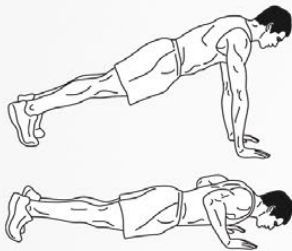
Day 28

Level I 3 sets

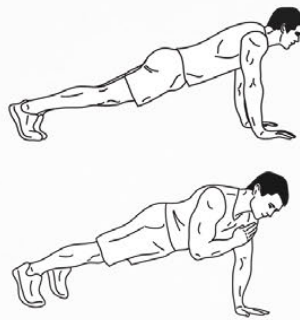
Level II 5 sets

Level III 7 sets

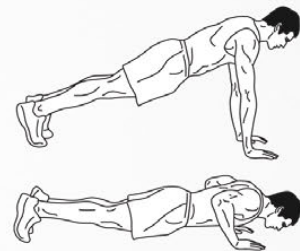
1 minute rest between sets



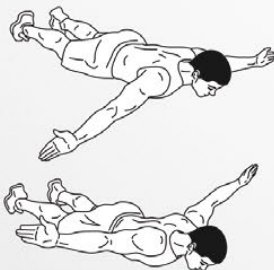
10sec push-ups



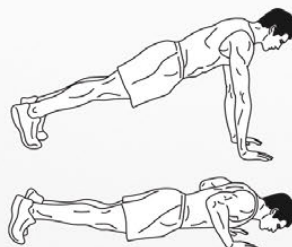
10sec shoulder taps



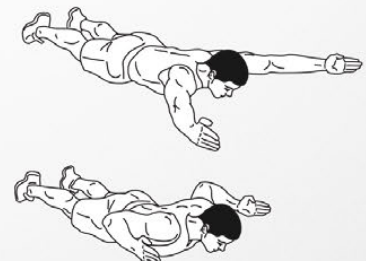
10sec push-ups



10sec prone reverse fly



10sec push-ups



10sec W-extensions

1-minute HIIT

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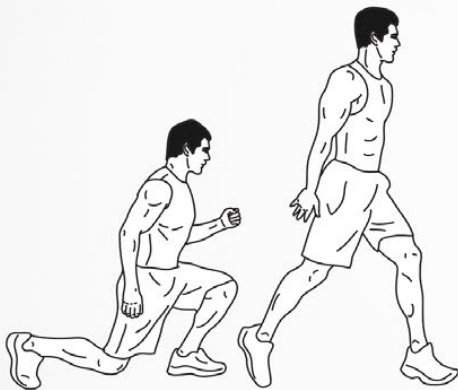
Day 29

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



10sec jumping lunges

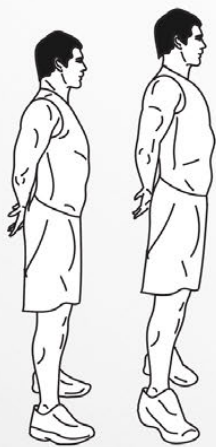
10sec calf raises

10sec jumping lunges

10sec calf raises

10sec jumping lunges

10sec calf raises



1-minute HIIT

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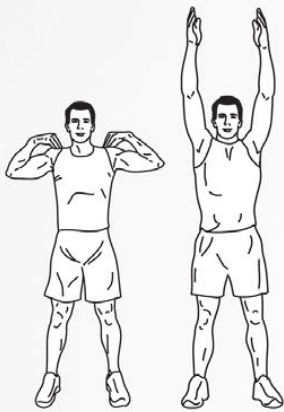
Day 30

Level I 3 sets

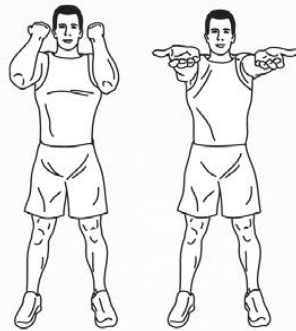
Level II 5 sets

Level III 7 sets

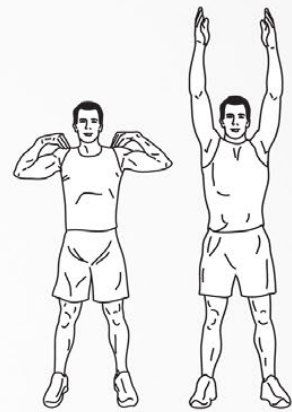
1 minute rest between sets



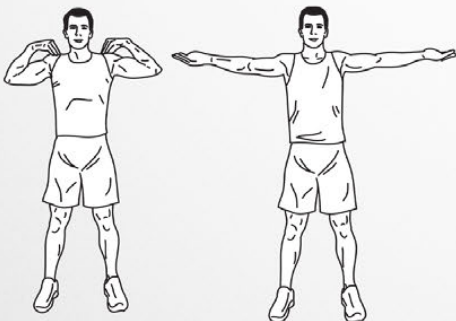
10sec shoulder taps



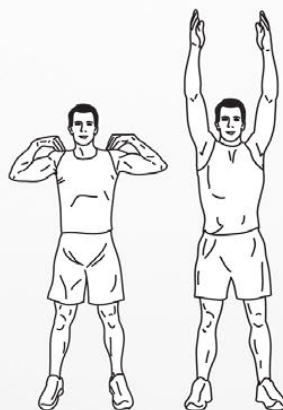
10sec bicep extensions



10sec shoulder taps



10sec side bicep extensions



10sec shoulder taps



10sec arm circles

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