

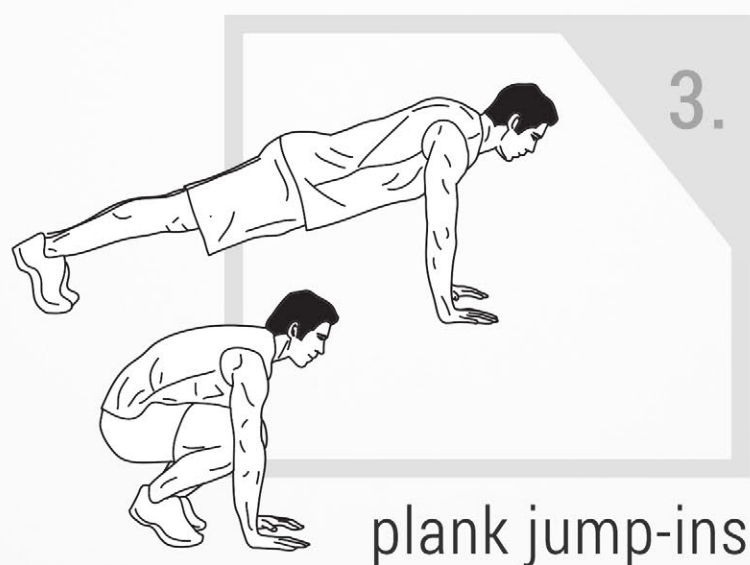
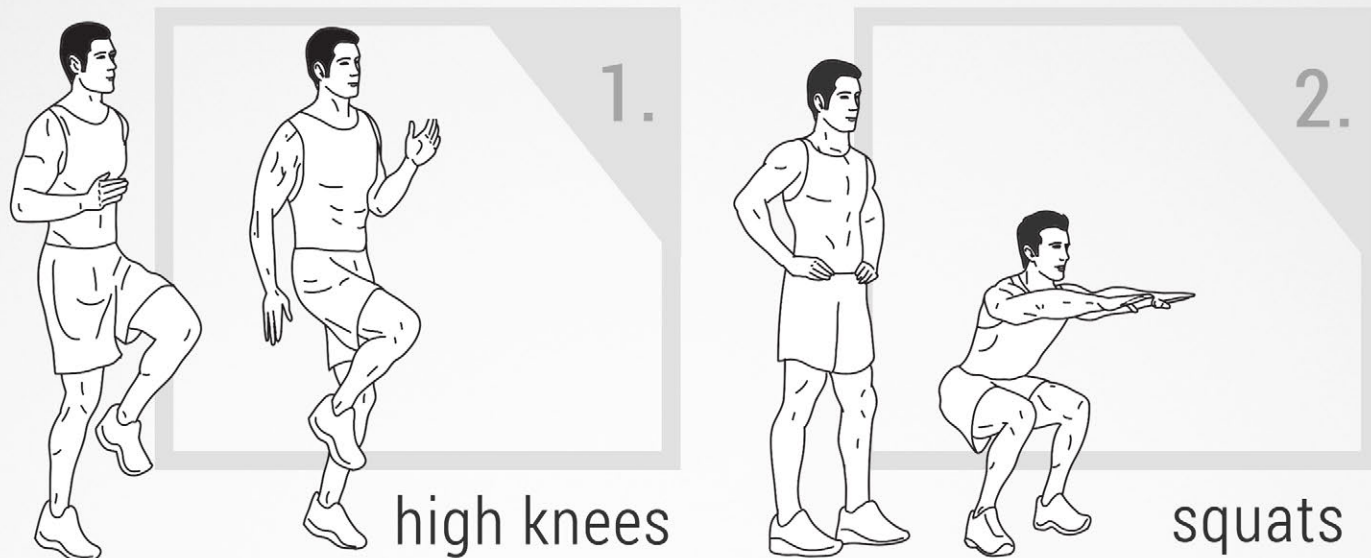


# HIT

Neila Rey

**30 days**

of **high intensity interval training**



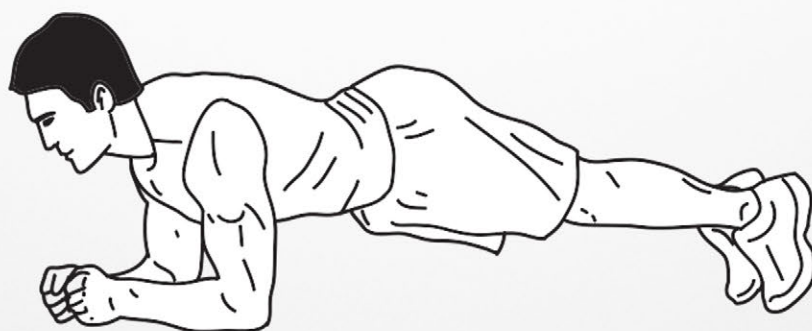
**20 seconds each**

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

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

# Elbow Plank

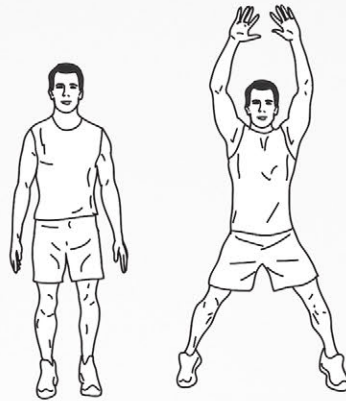
<b>10 seconds</b>	10 seconds rest
<b>20 seconds</b>	20 seconds rest
<b>30 seconds</b>	30 seconds rest
<b>40 seconds</b>	40 seconds rest
<b>45 seconds</b>	60 seconds rest
<b>40 seconds</b>	40 seconds rest
<b>30 seconds</b>	30 seconds rest
<b>20 seconds</b>	20 seconds rest
<b>10 seconds</b>	done



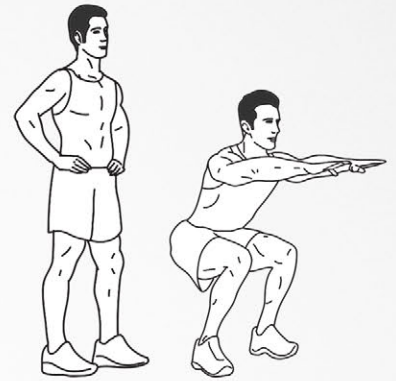
**1 minute** each exercise / **1 minute** rest after each exercise



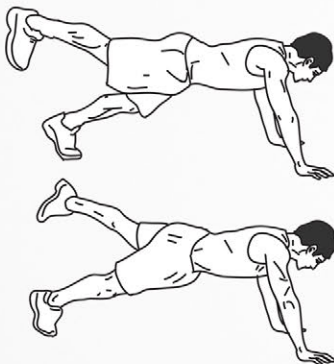
**1.** high knees



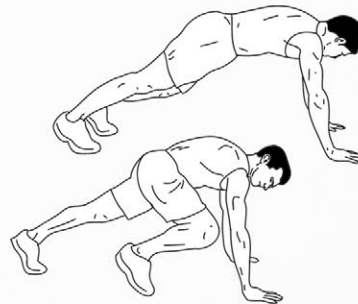
**2.** jumping jacks



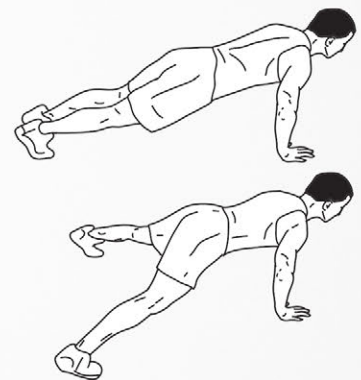
**3.** squats



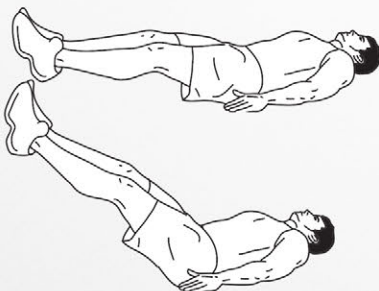
**4.** plank leg raises



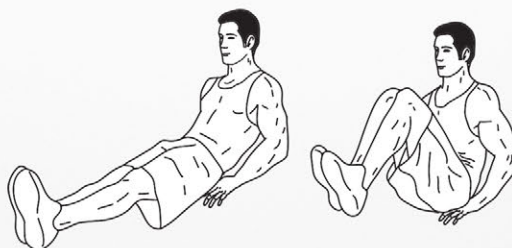
**5.** climbers



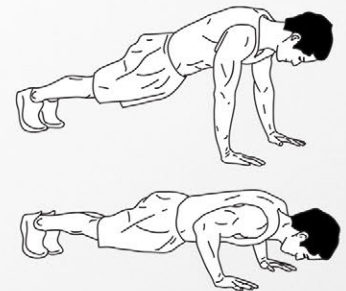
**6.** plank jacks



**7.** leg raises



**8.** knee pull-ins



**9.** push-ups

# Burpees

**10 seconds**

**20 seconds**

**20 seconds**

**30 seconds**

**20 seconds**

**30 seconds**

**20 seconds**

**20 seconds**

**10 seconds**

**20 seconds**

10 seconds rest

20 seconds rest

10 seconds rest

30 seconds rest

20 seconds rest

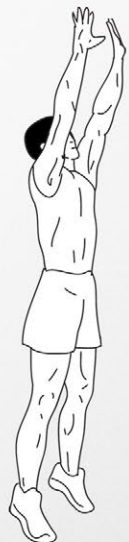
60 seconds rest

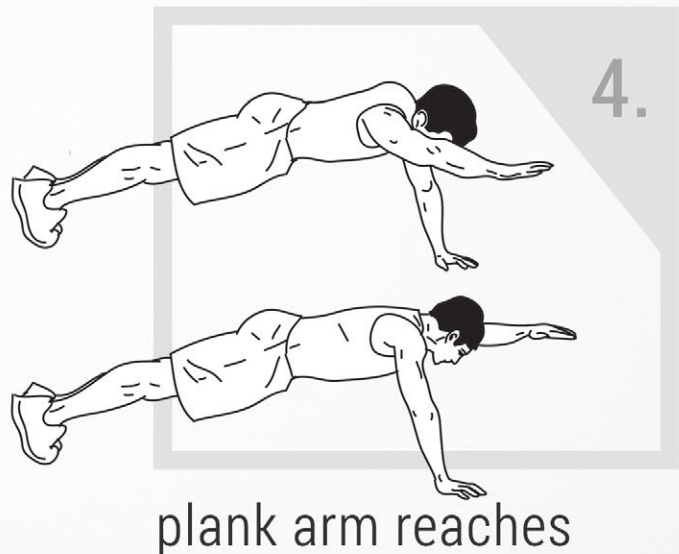
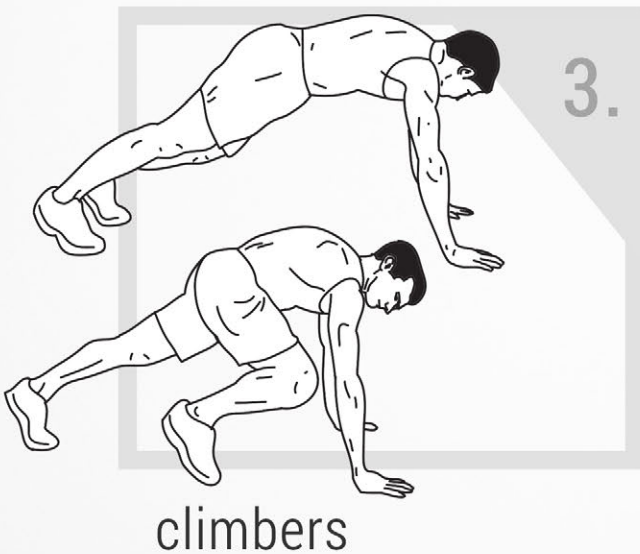
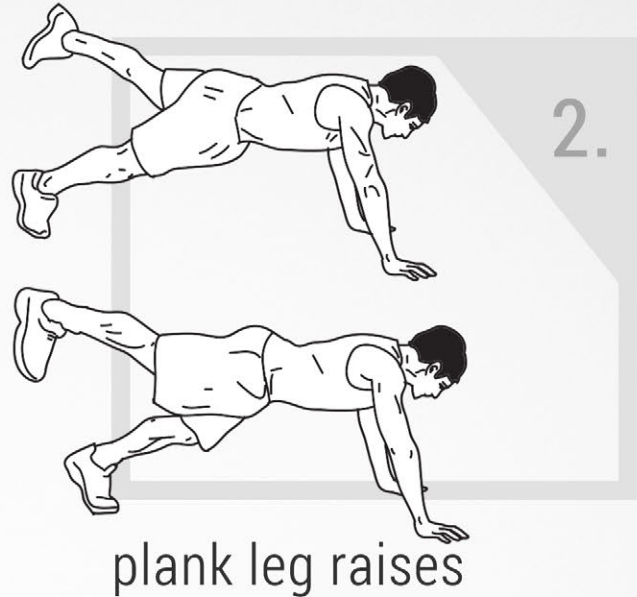
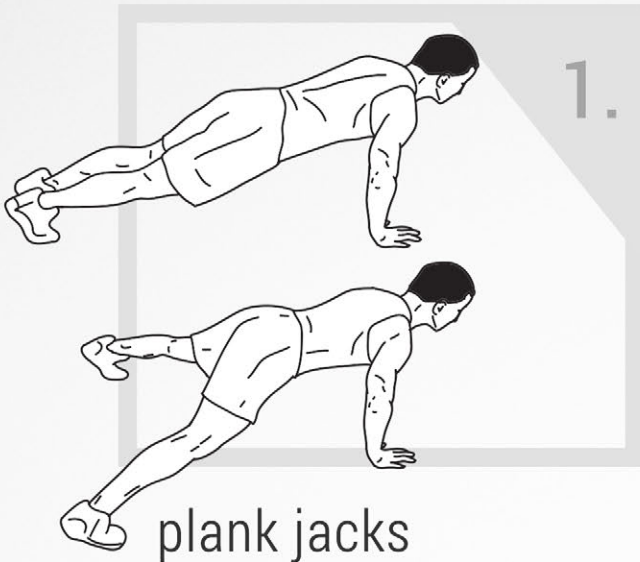
20 seconds rest

20 seconds rest

10 seconds rest

done

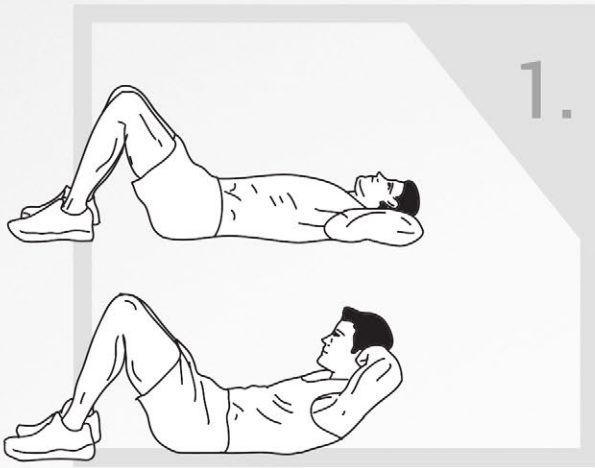




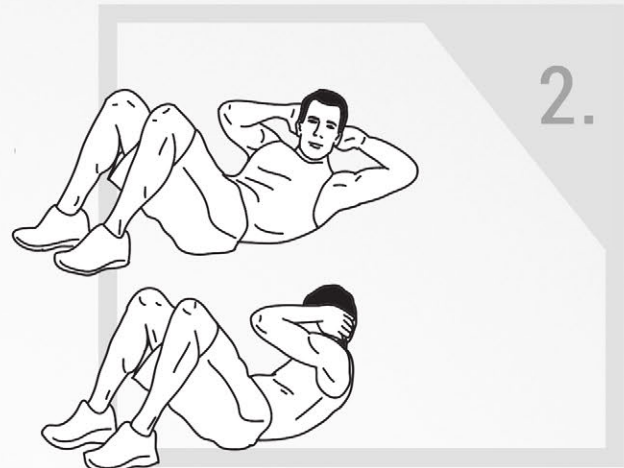
**20 seconds each**

**10 sec** rest between exercises / **1 minute** rest between rounds

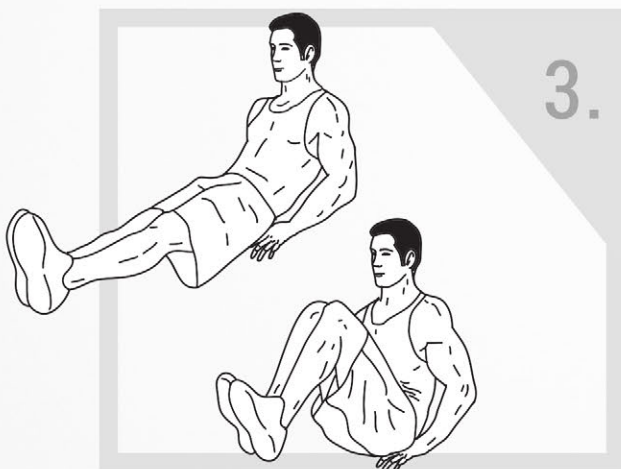
**Level I** 3 rounds **Level II** 6 rounds **Level III** 9 rounds



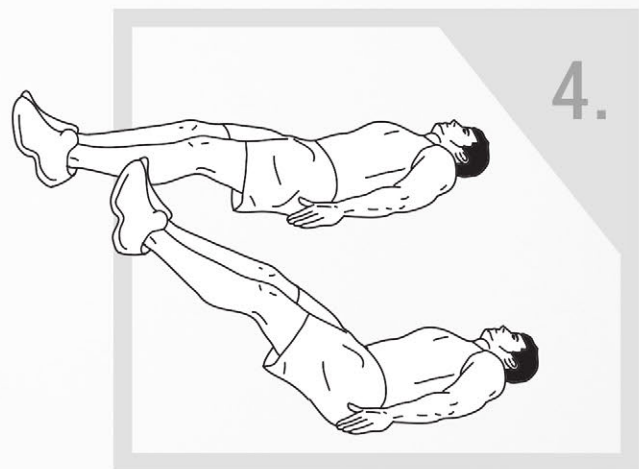
crunches



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**

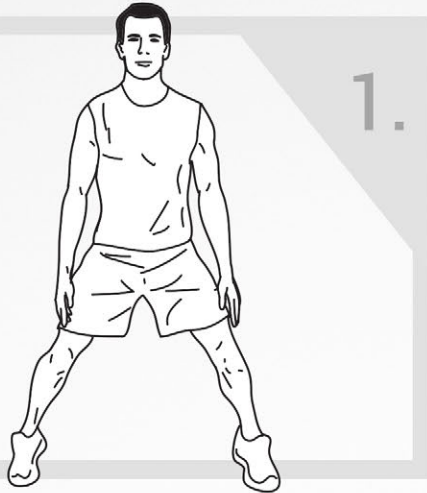
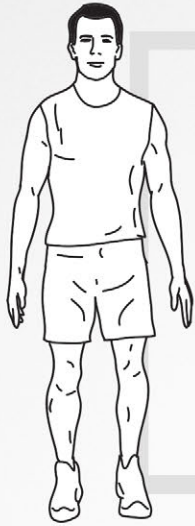
**30 seconds**

15 seconds rest

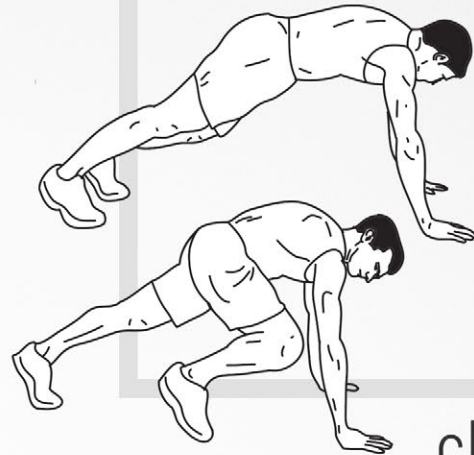
60 seconds rest

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

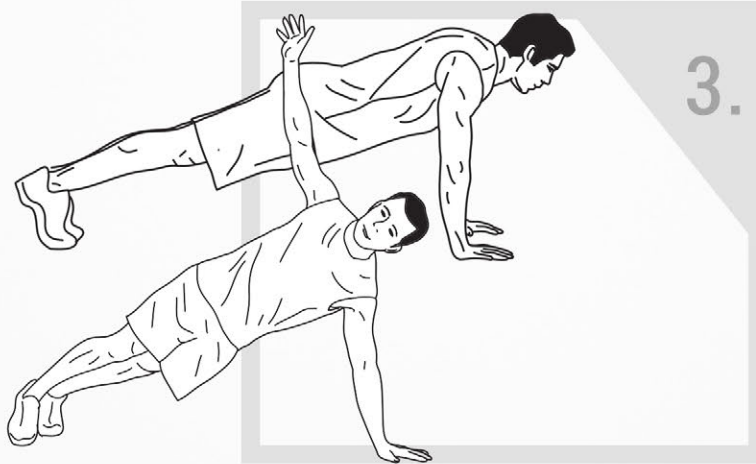




half jacks



climbers



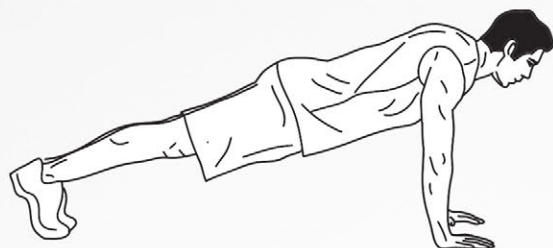
planks w/ rotations

**20 seconds each**

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

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

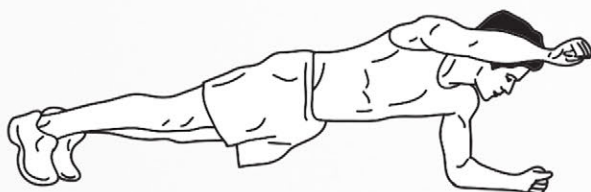
# MICROWORKOUT



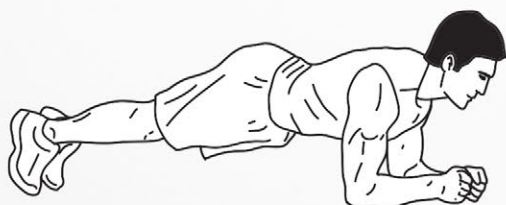
**20 second** plank



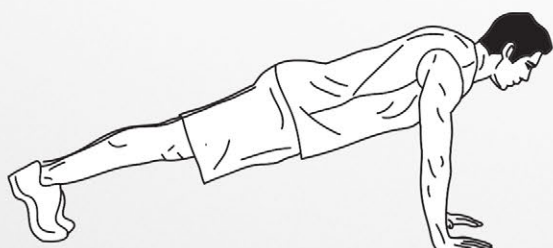
**20 second** elbow plank



**40 second** one arm plank  
(20 seconds each arm)

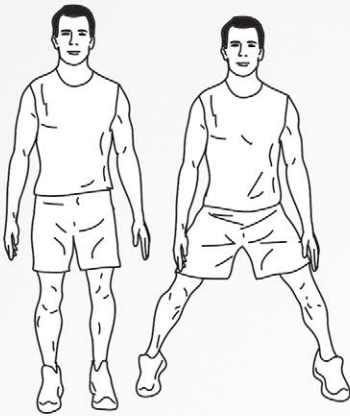


**20 second** elbow plank

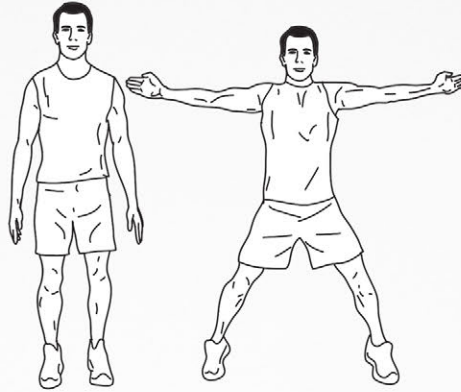


**20 second** plank

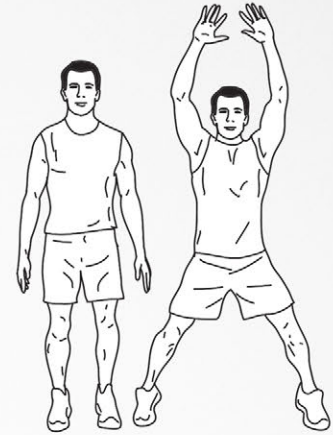
**1 minute** each exercise / **1 minute** rest after each exercise



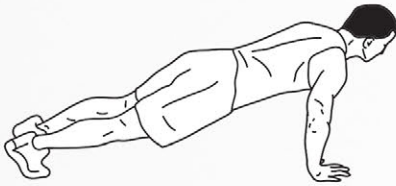
1. half jacks



2. jumping Ts



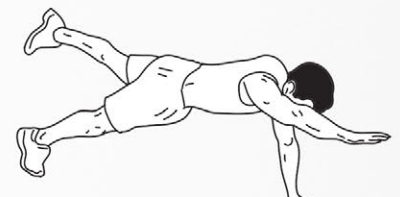
3. jumping jacks



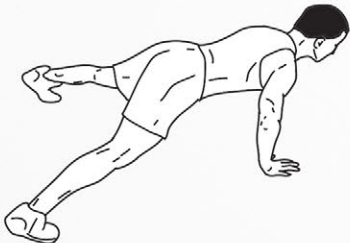
4. plank jacks



5. climbers



6. plank alt arm/leg raises

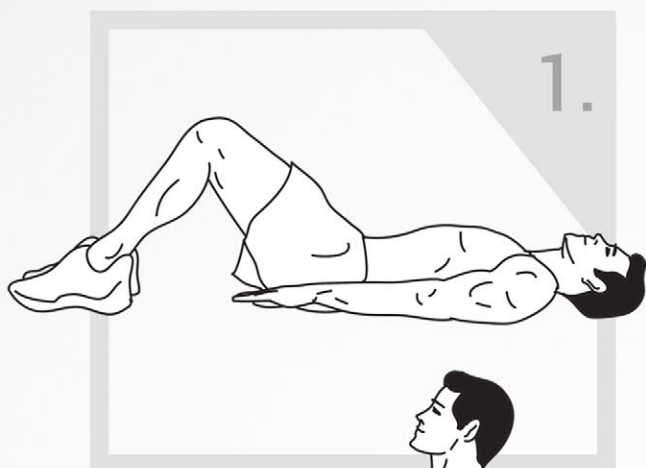


7. squats

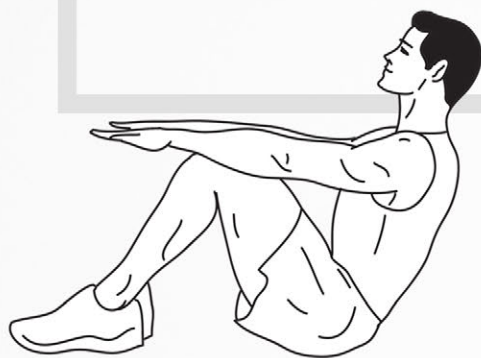


8. planks w/rotations

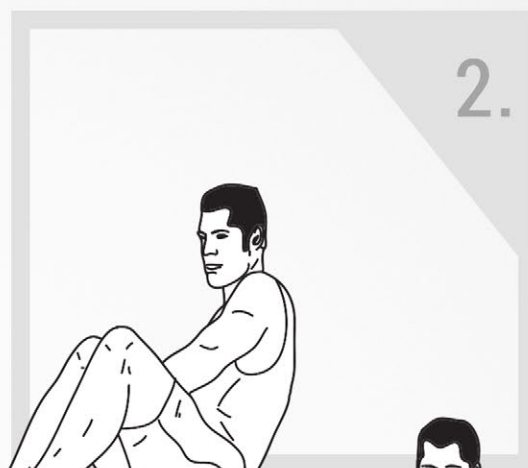




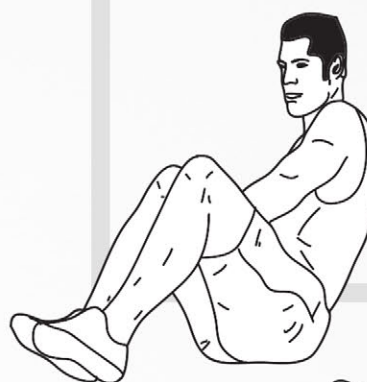
1.



sit-ups



2.



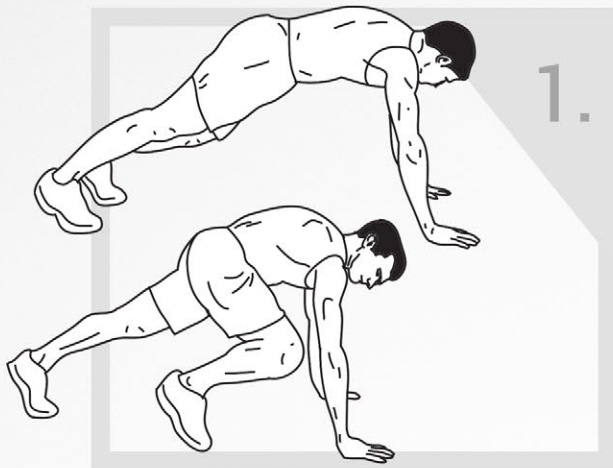
twists

**30 seconds each**

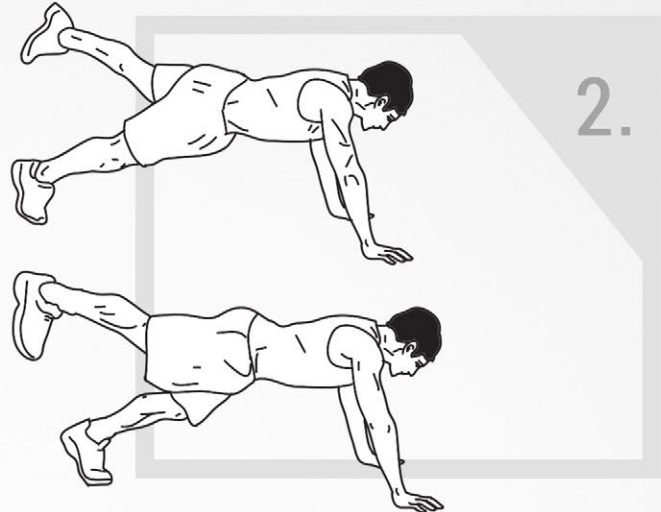
**no rest** between exercises / **1 minute** rest between rounds

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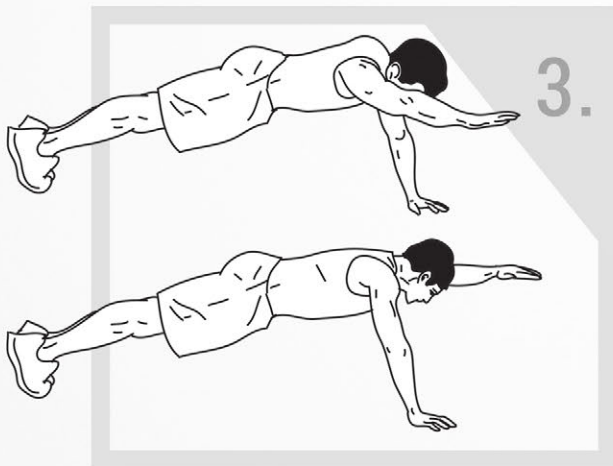
**Level I** 5 rounds **Level II** 10 rounds **Level III** 15 rounds



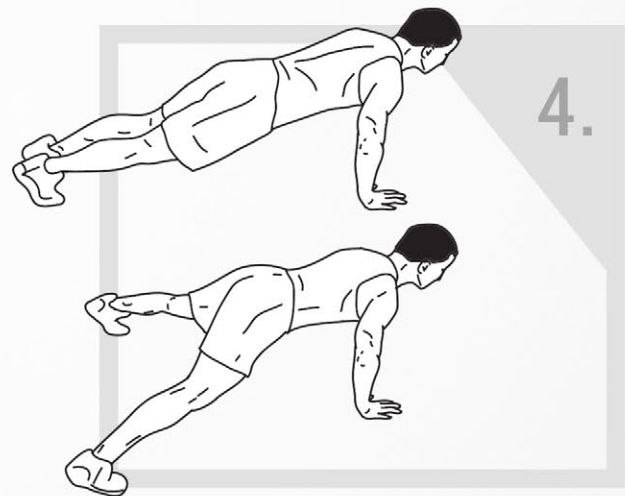
climbers



plank leg raises



plank arm reaches

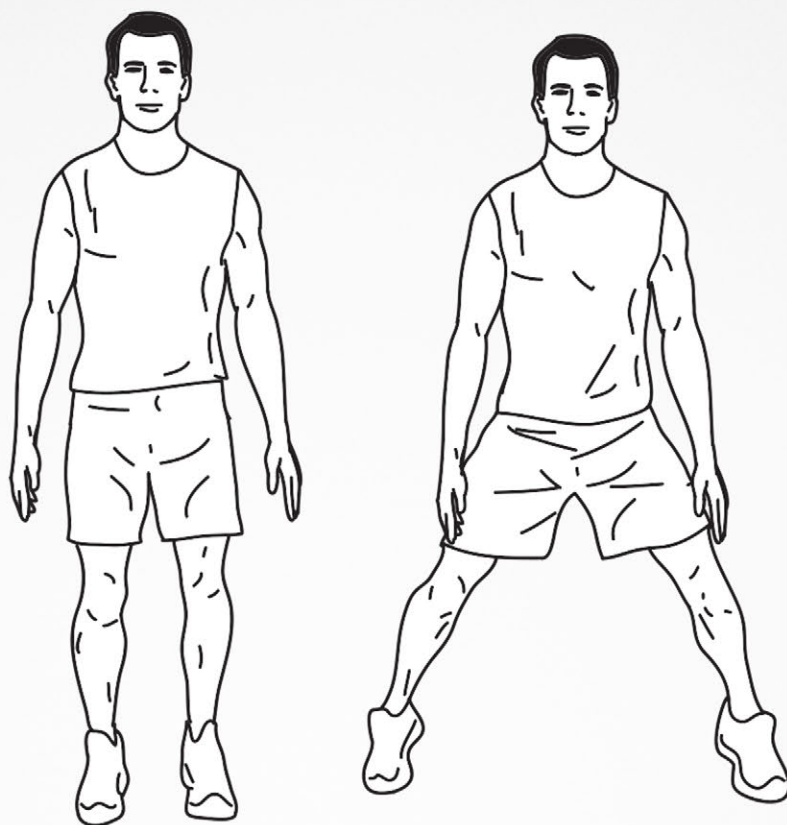


plank jacks

**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**

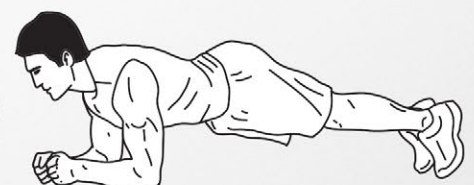
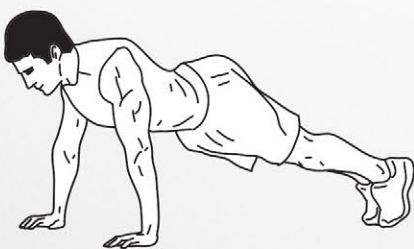
15 seconds rest

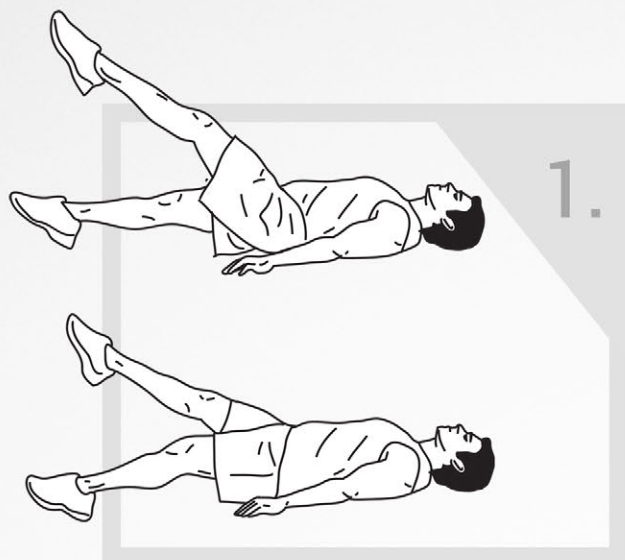
60 seconds rest

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

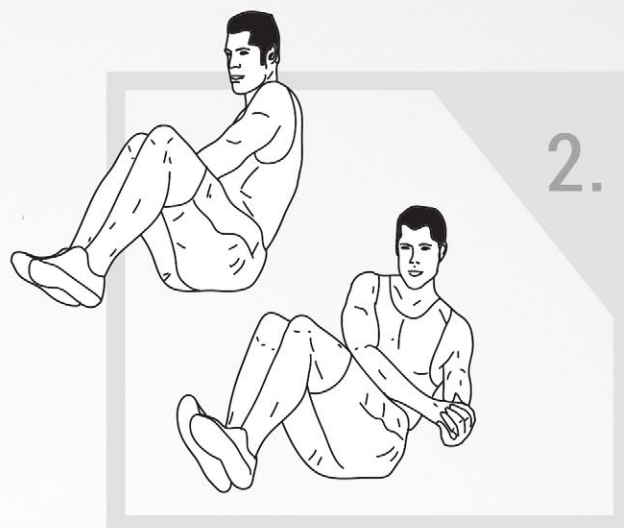
# Up & Down Planks

<b>10 seconds</b>	10 seconds rest
<b>20 seconds</b>	20 seconds rest
<b>20 seconds</b>	10 seconds rest
<b>30 seconds</b>	30 seconds rest
<b>20 seconds</b>	20 seconds rest
<b>30 seconds</b>	60 seconds rest
<b>20 seconds</b>	20 seconds rest
<b>20 seconds</b>	20 seconds rest
<b>10 seconds</b>	10 seconds rest
<b>20 seconds</b>	done

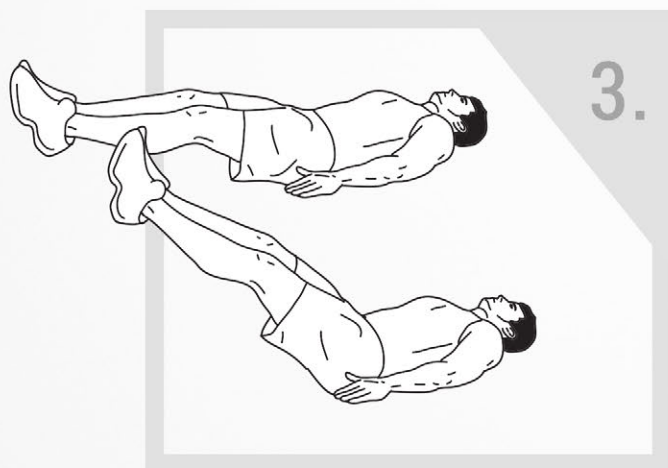




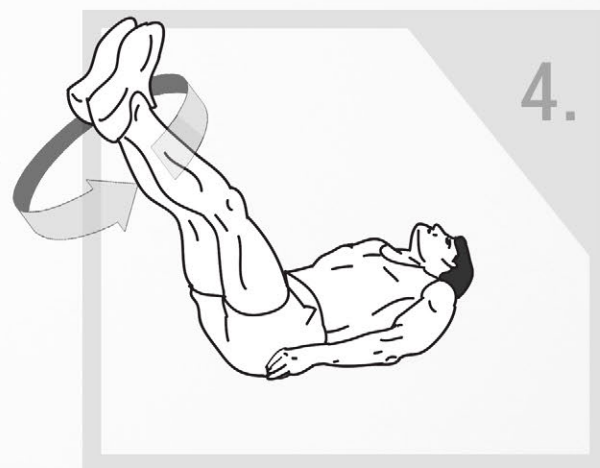
flutter kicks



sitting twists



leg raises



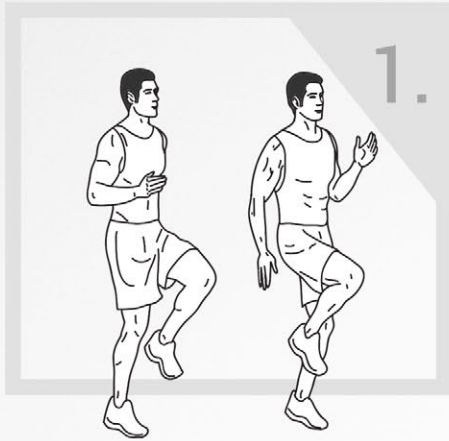
raised leg circles

**20 seconds each**

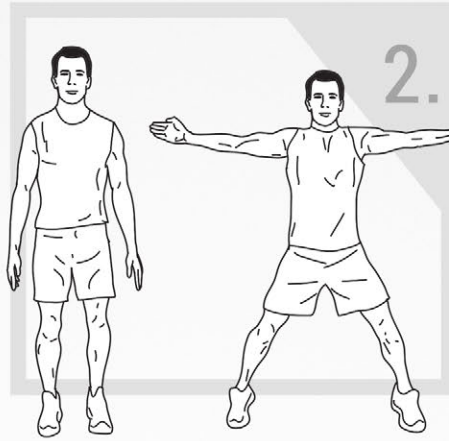
**10 sec** rest between exercises / **1 minute** rest between rounds

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

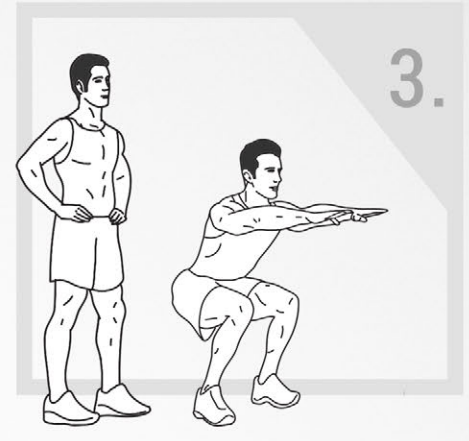




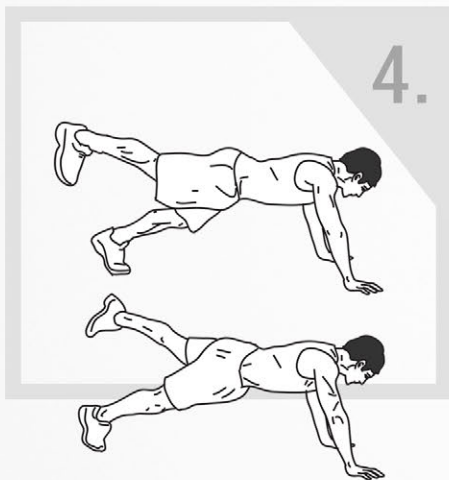
high knees



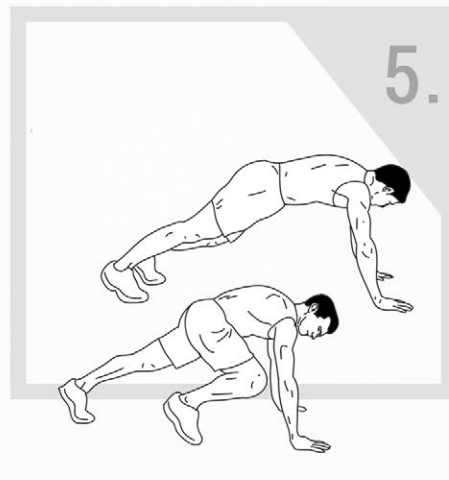
jumping Ts



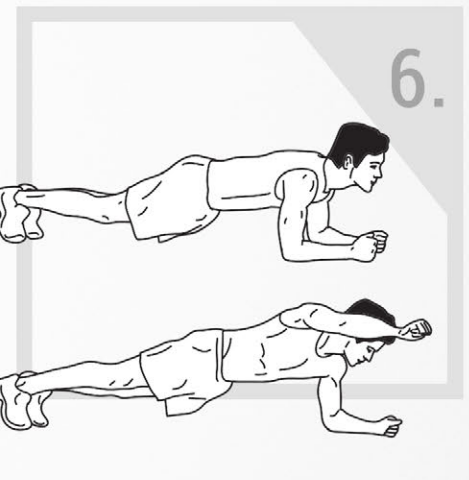
squats



plank leg raises



climbers

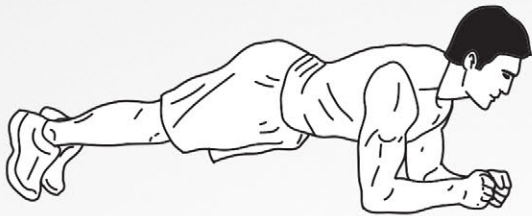


plank arm lifts

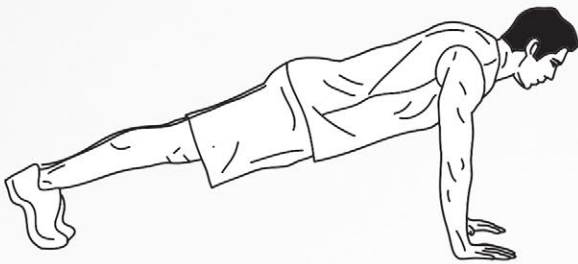
**20 seconds each**

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

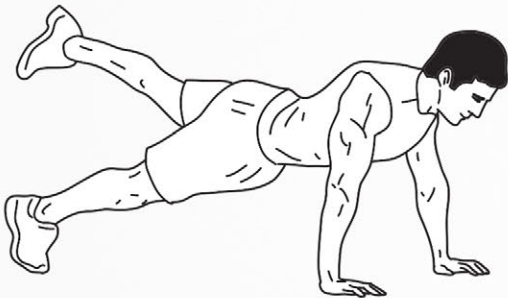
**Level I** 3 rounds **Level II** 6 rounds **Level III** 9 rounds



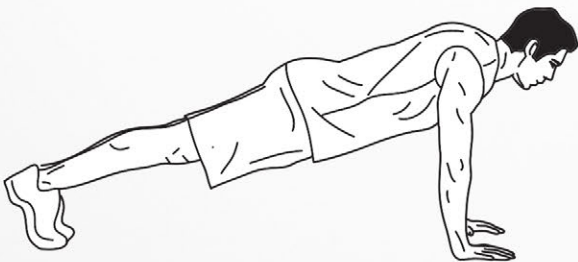
**20 second** elbow plank



**20 second** plank



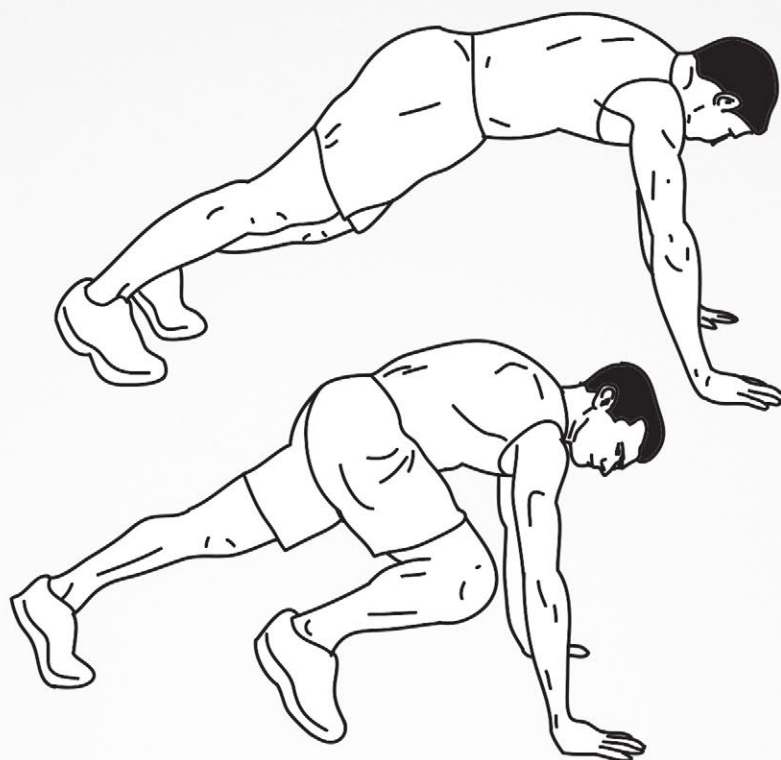
**40 second** raised leg plank  
(20 seconds each leg)



**20 second** plank



**20 second** elbow plank



## climbers

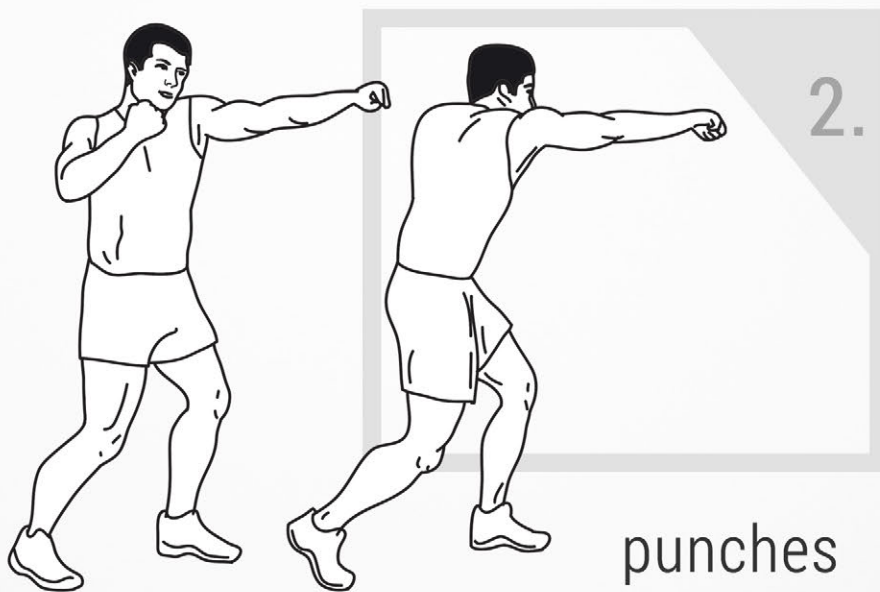
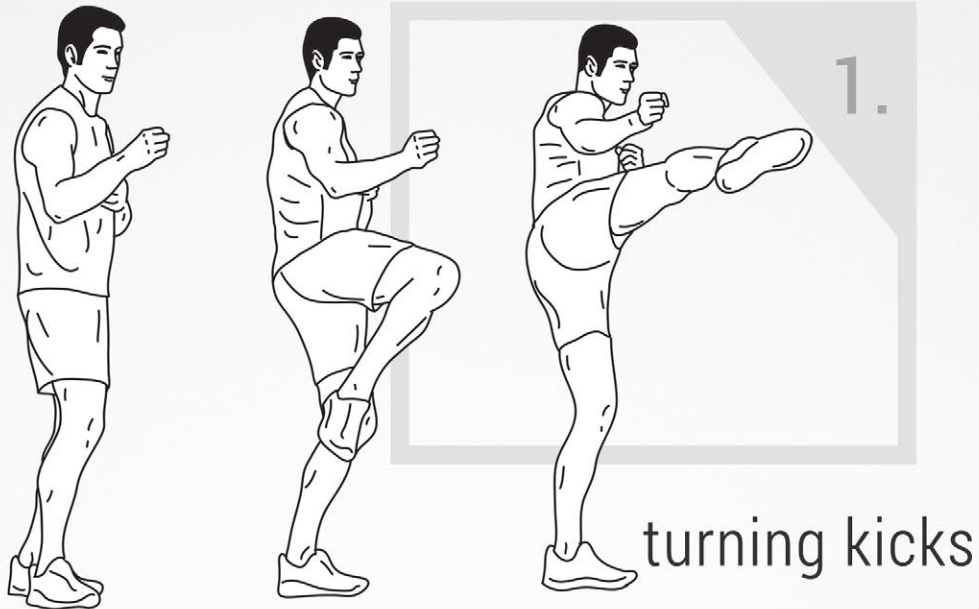
**30 seconds**

15 seconds rest

**30 seconds**

60 seconds rest

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

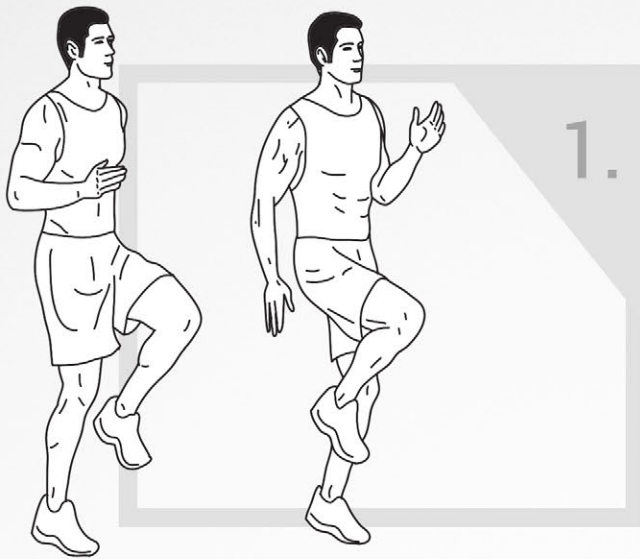


**30 seconds each**

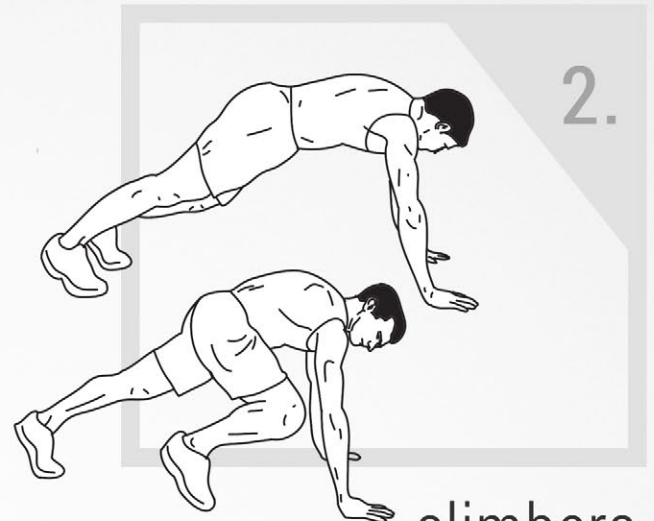
**no rest** between exercises / **1 minute** rest between rounds

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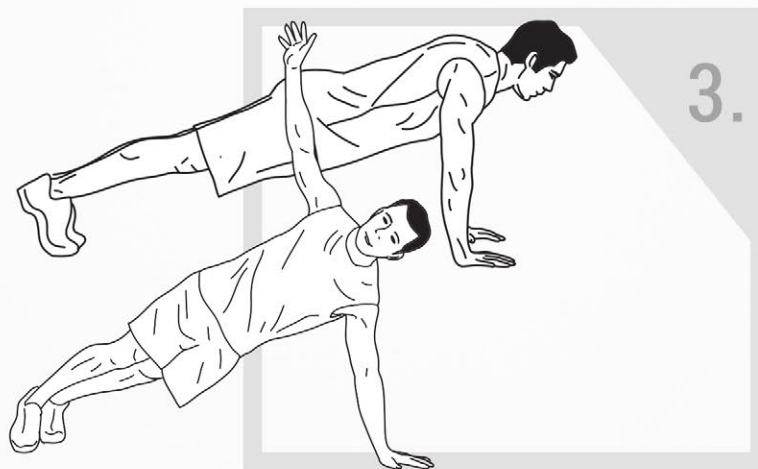
**Level I** 5 rounds **Level II** 10 rounds **Level III** 15 rounds



high knees



climbers



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**

**30 seconds**

**20 seconds**

**40 seconds**

**45 seconds**

**40 seconds**

**20 seconds**

**10 seconds**

**10 seconds**

10 seconds rest

20 seconds rest

20 seconds rest

30 seconds rest

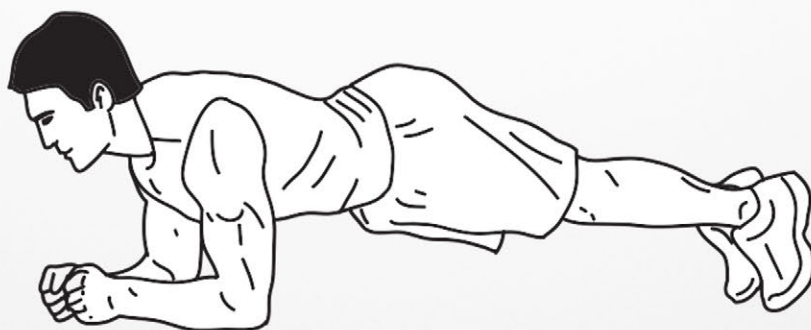
40 seconds rest

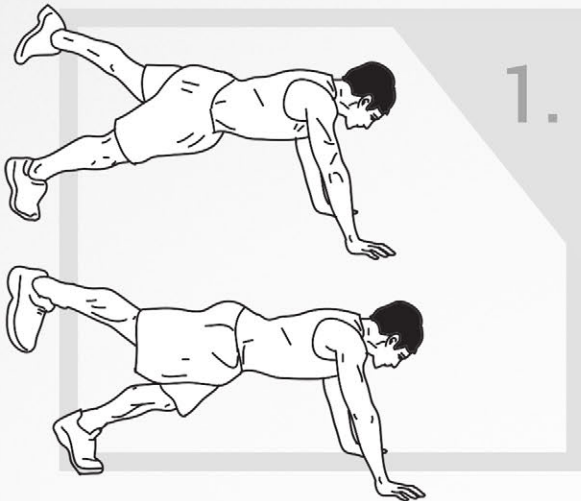
30 seconds rest

20 seconds rest

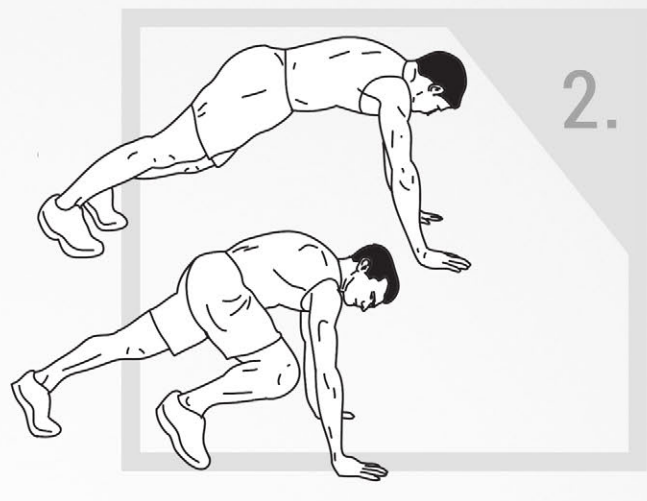
10 seconds rest

done

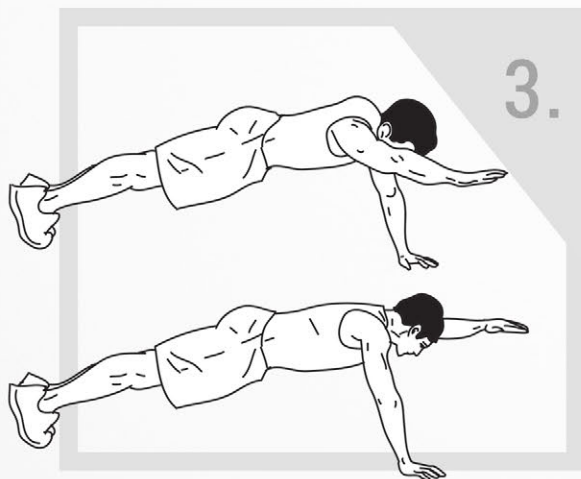




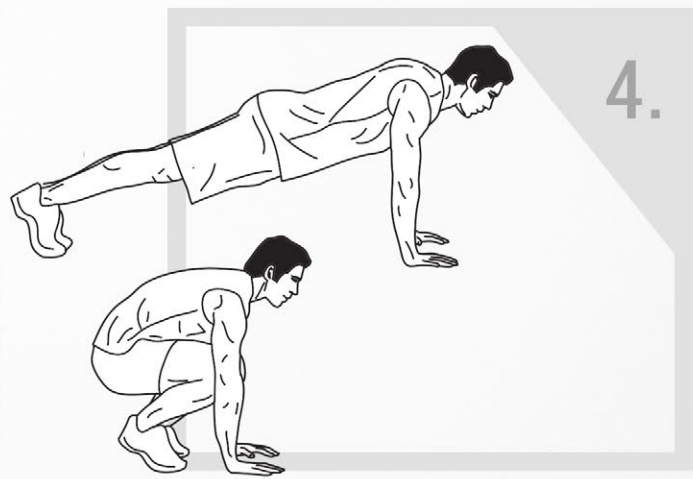
plank leg raises



climbers



plank arm reaches

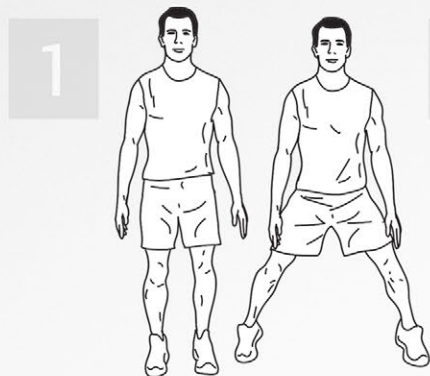


plank jump-ins

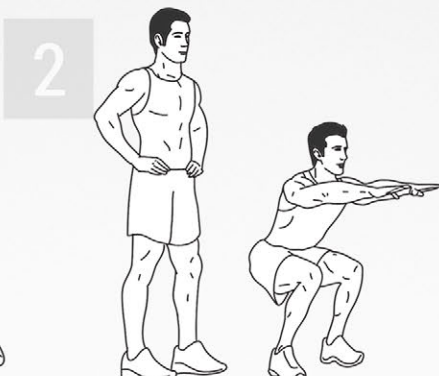
**20 seconds each**

**10 sec** rest between exercises / **1 minute** rest between rounds

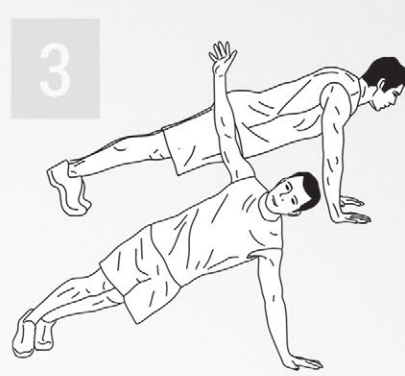
**Level I** 3 rounds **Level II** 6 rounds **Level III** 9 rounds



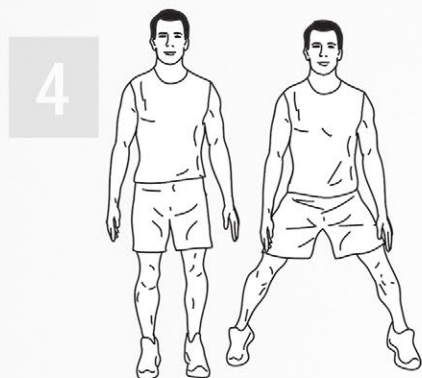
**30sec** half jacks



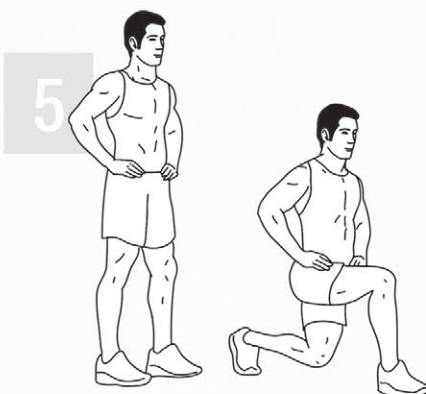
**20sec** squats



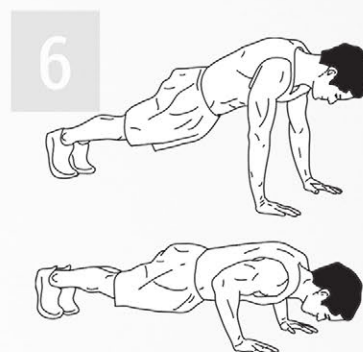
**10sec** planks w/rotations



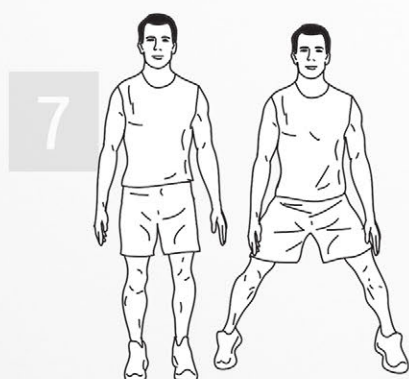
**30sec** half jacks



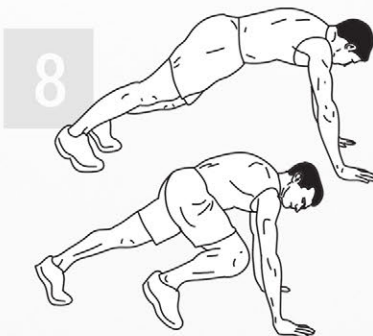
**20sec** lunges



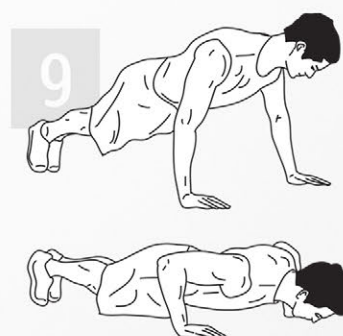
**10sec** push-ups



**30sec** half jacks



**20sec** climbers

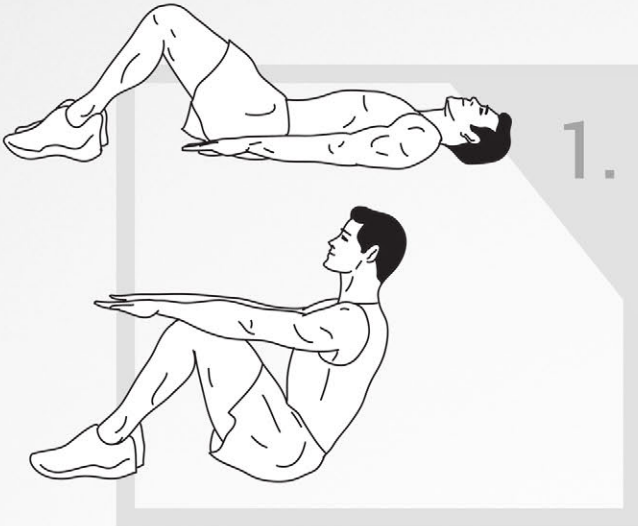


**10sec** wide grip push-ups

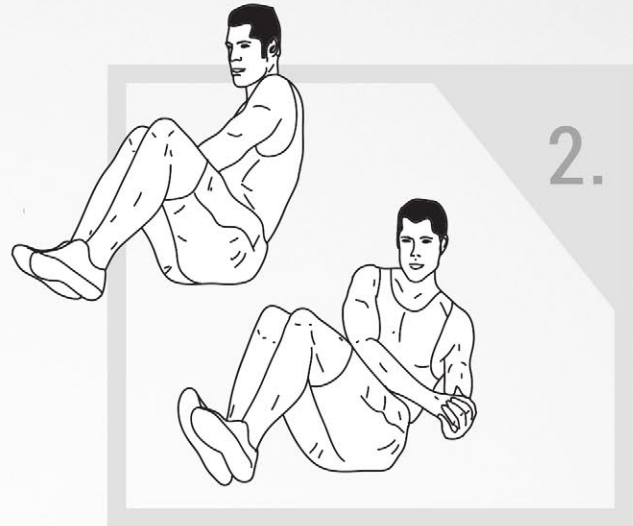
**no rest** between exercises / **2 minutes** rest between rounds

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

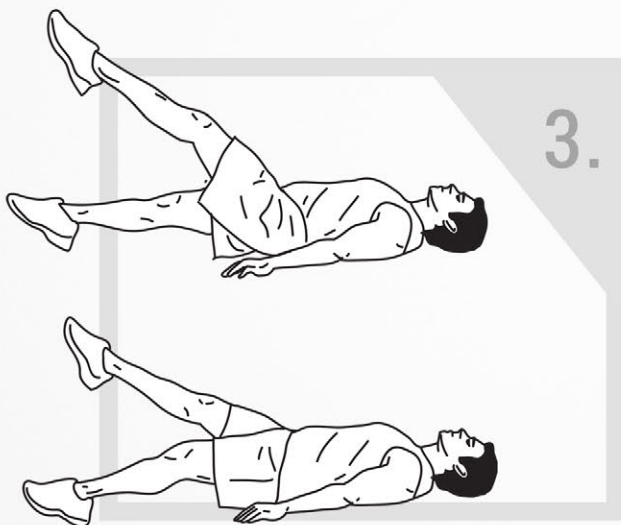




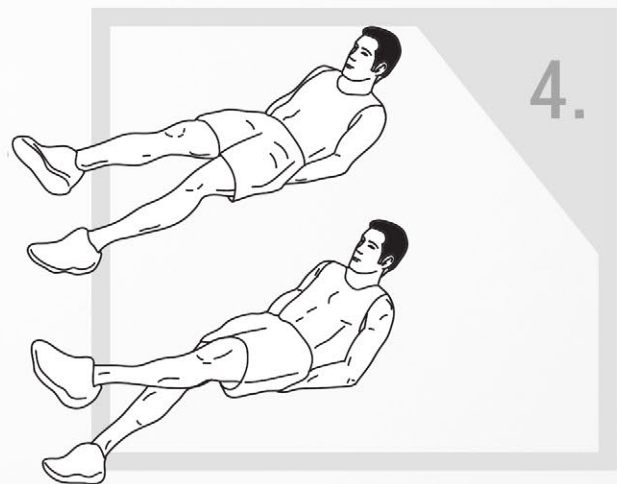
sit-ups



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**

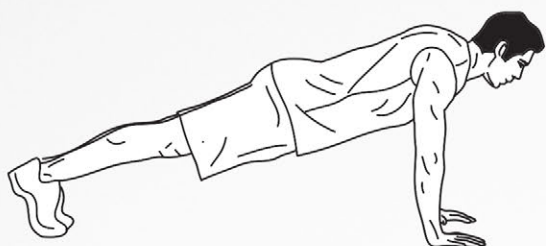
**30 seconds**

10 seconds rest

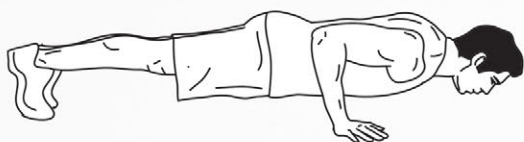
30 seconds rest

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

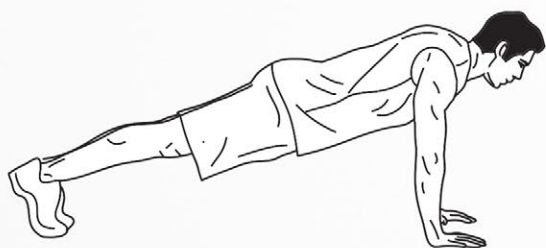
# MICROWORKOUT



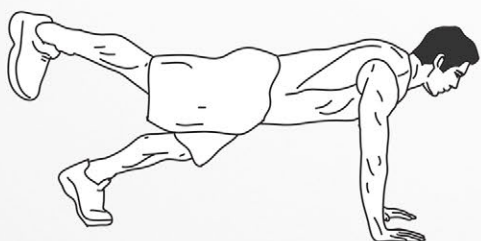
**20 second** plank



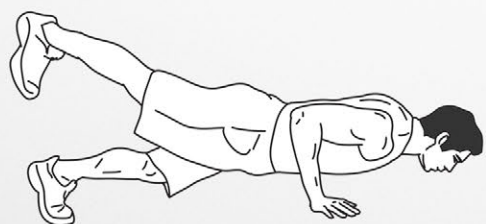
**20 second** push-up plank



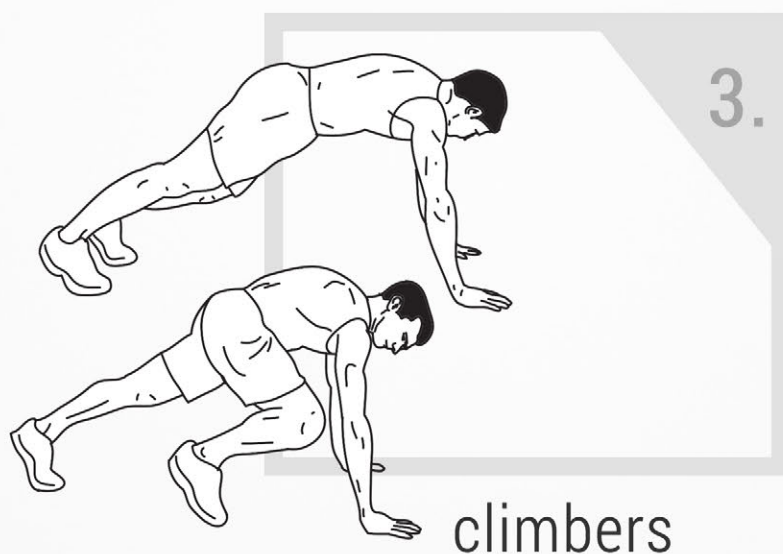
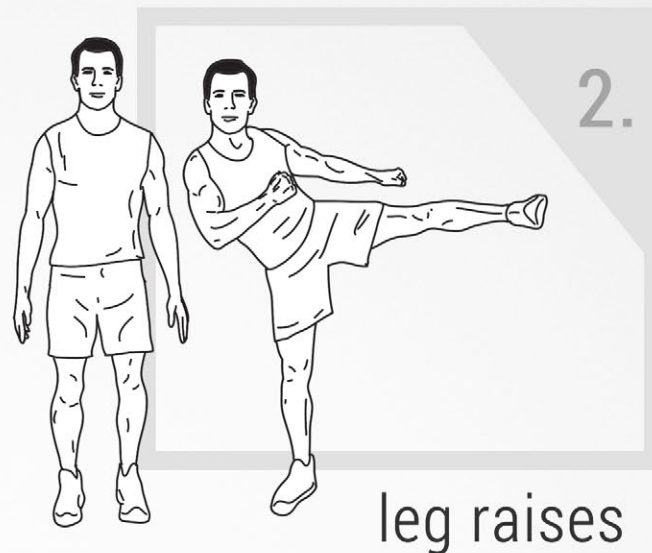
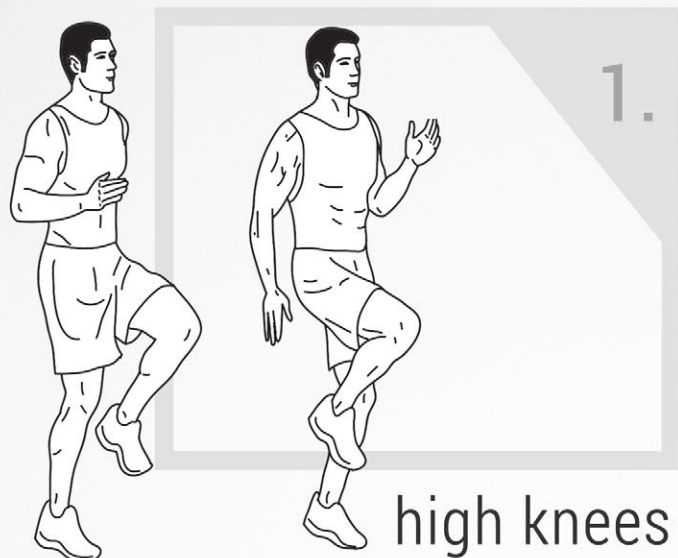
**20 second** plank



**30 second** raised leg plank  
(15 seconds each leg)



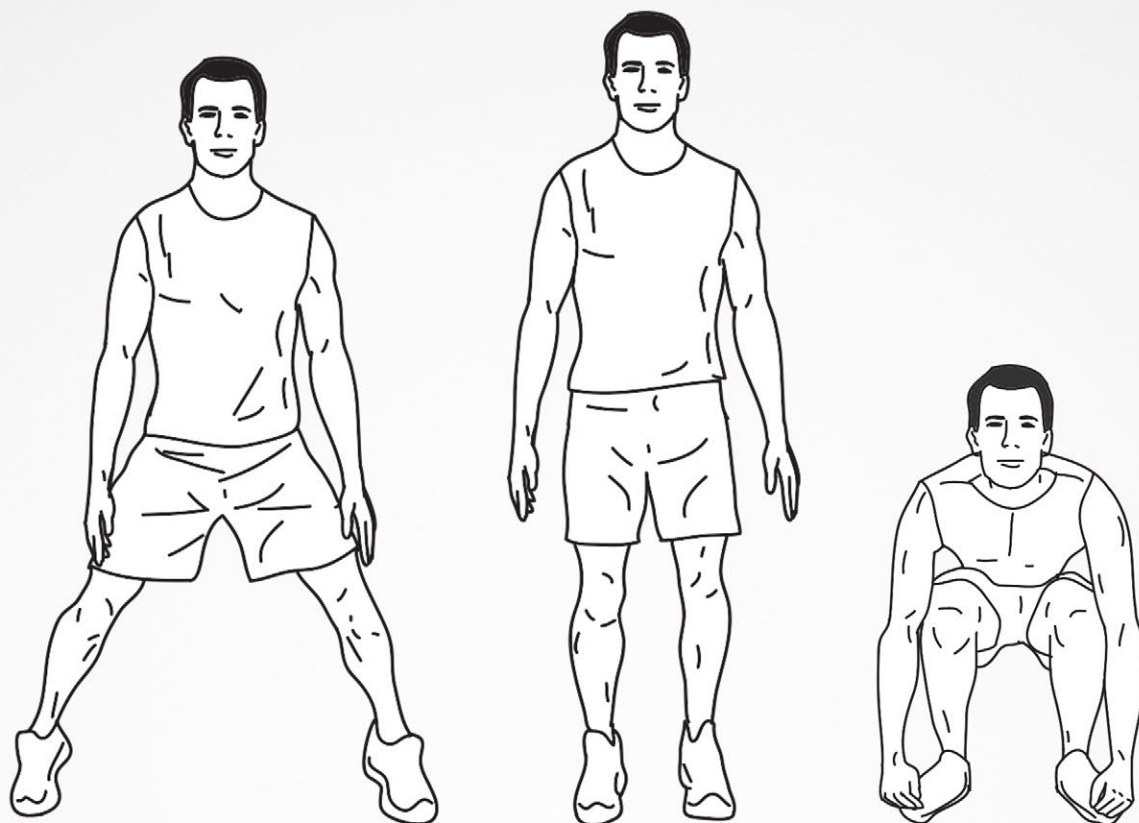
**30 second** raised leg push-up plank  
(15 seconds each leg)



**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

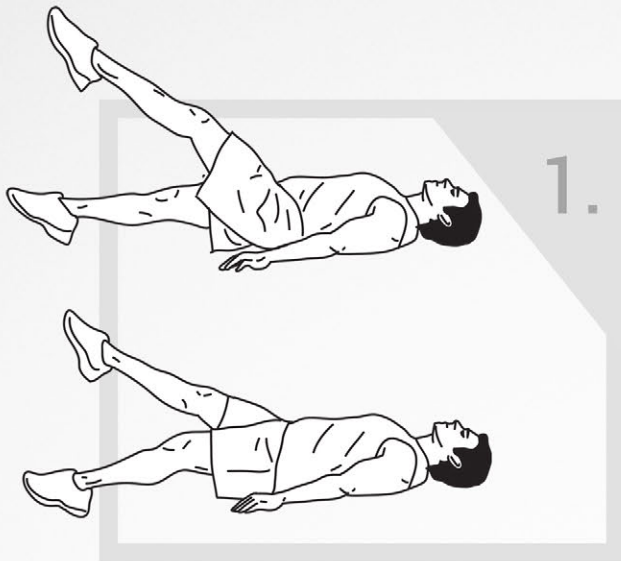
**30 seconds**

**30 seconds**

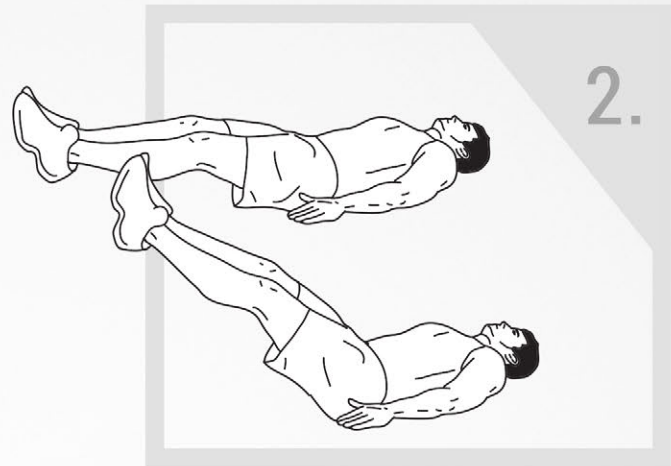
10 seconds rest

30 seconds rest

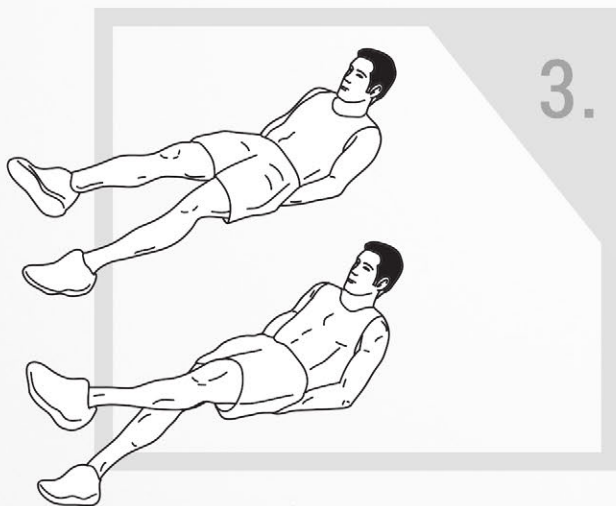
**Level I** 5 rounds **Level II** 10 rounds **Level III** 15 rounds



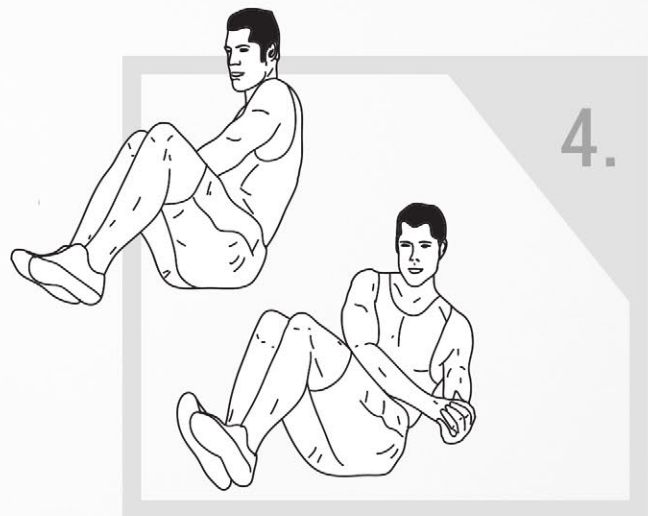
flutter kicks



leg raises



scissors

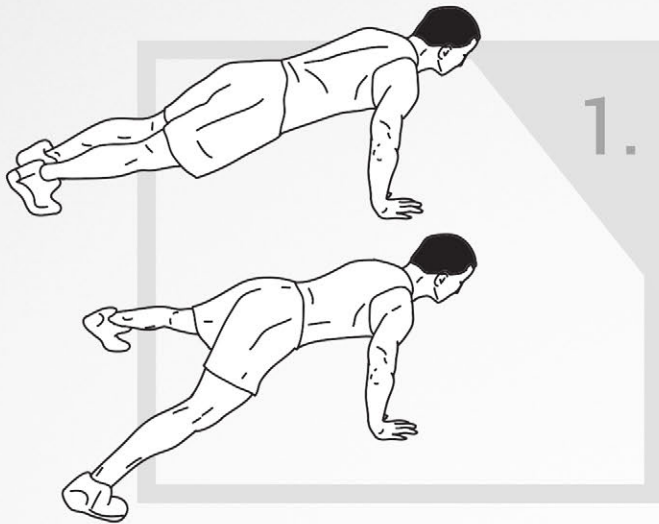


sitting twists

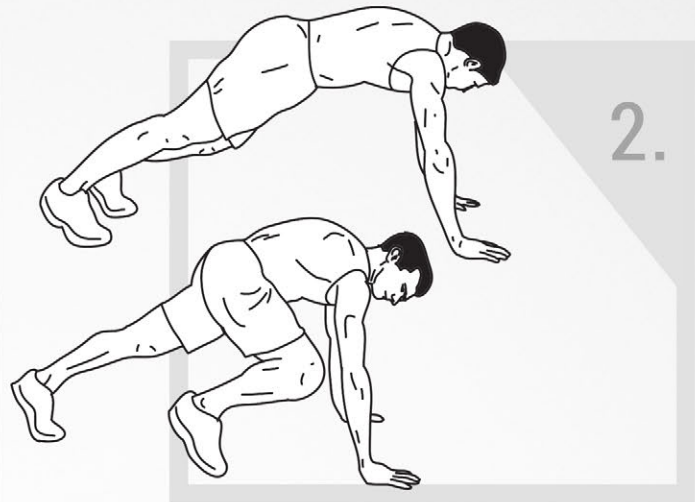
**20 seconds each**

**10 sec** rest between exercises / **1 minute** rest between rounds

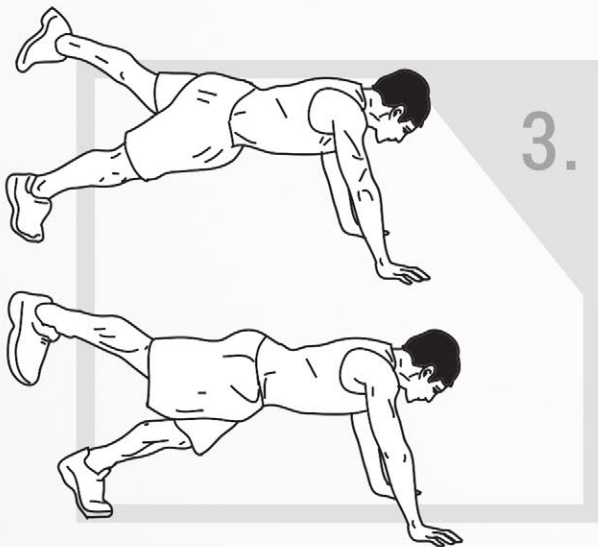
**Level I** 3 rounds **Level II** 6 rounds **Level III** 9 rounds



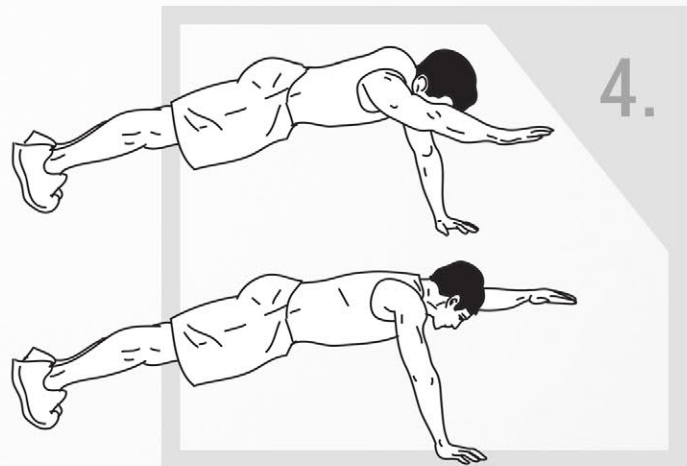
plank jacks



climbers



plank leg raises



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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