

[power]

HIT

[power] HIIT

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Day 1

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec squat and press



20sec knee-to-elbows



20sec alternating bicep curls

[power] HIIT

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Day 2

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



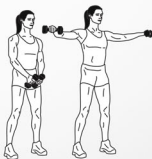
15sec deadlifts



15sec upright rows



15sec deadlifts



15sec lateral raises

[power] HIIT

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Day 3

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec bridges



20sec crunches



20sec flutter kicks

[power] HIIT

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Day 4

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec punches



15sec alternating bicep curls



15sec punches



15sec alternating shoulder press

[power] HIIT

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Day 5

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec lunges



20sec calf raises



20sec side lunges

[power] HIIT

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Day 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



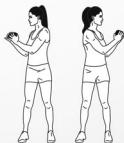
15sec tricep extensions / right



15sec squats



15sec tricep extensions / left



15sec twists

[power] HIIT

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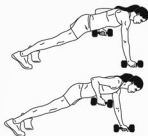
Day 7

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec renegade rows



20sec superwoman stretches



20sec hold

[power] HIIT

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Day 8

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec alternating bicep curls



15sec upright rows



15sec alternating bicep curls



15sec bent over rows

[power] HIIT

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Day 9

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec knee-to-elbows



20sec deadlifts



20sec split lunge and press

[power] HIIT

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Day 10

Level I 3 sets

Level II 5 sets

Level III 7 sets

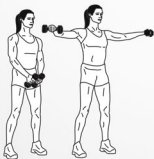
1 minute rest between sets



15sec punches



15sec hold



15sec lateral raises



15sec hold

[power] HIIT

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Day 11

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec bridges



20sec leg raises



20sec hold

[power] HIIT

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Day 12

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec shoulder press



15sec bicep curls



15sec shoulder press



15sec upright rows

[power] HIIT

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Day 13

Level I 3 sets

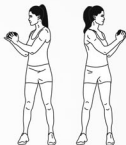
Level II 5 sets

Level III 7 sets

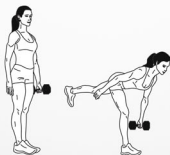
1 minute rest between sets



20sec squats



20sec twists



20sec single leg deadlifts

[power] HIIT

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Day 14

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec alternating bicep curls



15sec bent over lateral raises



15sec alternating bicep curls



15sec deadlifts

[power] HIIT

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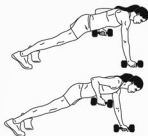
Day 15

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec renegade rows



20sec plank hold



20sec superwoman stretches

[power] HIIT

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Day 16

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec punches



15sec knee-to-elbow



15sec punches



15sec alternating bent over rows

[power] HIIT

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Day 17

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec reverse lunges



20sec side lunges



20sec calf raises

[power] HIIT

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Day 18

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



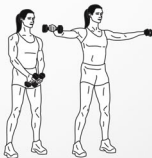
15sec squat and press



15sec upright rows



15sec squat and press



15sec lateral raises

[power] HIIT

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Day 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec bridges



20sec reverse crunches



20sec sitting punches

[power] HIIT

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Day 20

Level I 3 sets

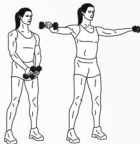
Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec alternating bicep curls



15sec lateral raises



15sec alternating bicep curls



15sec upright rows

[power] HIIT

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Day 21

Level I 3 sets

Level II 5 sets

Level III 7 sets

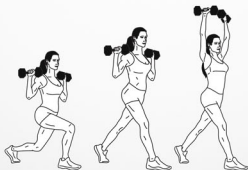
1 minute rest between sets



20sec squats



20sec deadlifts



20sec split lunge and press

[power] HIIT

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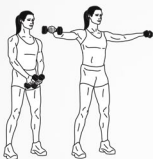
Day 22

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec lateral raises



15sec hold



15sec shoulder press



15sec hold

[power] HIIT

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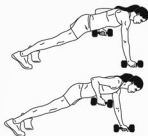
Day 23

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec renegade rows



20sec superwoman stretches



20sec scorpion twists

[power] HIIT

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Day 24

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec punches



15sec alternating shoulder press



15sec punches



15sec side bends

[power] HIIT

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Day 25

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec side lunges



20sec calf raises



20sec squats

[power] HIIT

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Day 26

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec alternating bicep curls



15sec upright rows



15sec alternating bicep curls



15sec deadlifts

[power] HIIT

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Day 27

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec bridges



20sec flutter kicks



20sec hold

[power] HIIT

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Day 28

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec shoulder press



15sec shrugs



15sec shoulder press



15sec bicep curls

[power] HIIT

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Day 29

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec single leg deadlifts



20sec twists



20sec tricep extensions

[power] HIIT

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Day 30

Level I 3 sets

Level II 5 sets

Level III 7 sets

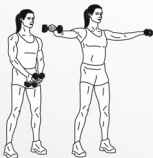
1 minute rest between sets



15sec bicep curls



15sec upright rows



15sec lateral raises



15sec deadlifts