

30 days of

LIT

30 Days of LIIT

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Day 1

Level I 3 sets

Level II 5 sets

Level III 7 sets

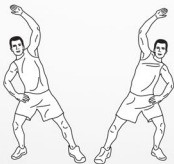
1 minute rest between sets



20sec step jacks



20sec march jacks



20sec side jacks

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Day 2

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec march steps



15sec calf raises



15sec butt kicks



15sec calf raises

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Day 3

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec side leg raises



20sec hip rotations



20sec back leg raises

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Day 4

Level I 3 sets

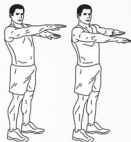
Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec scissor chops



15sec arm scissors



15sec bicep extensions



15sec chest expansions

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Day 5

Level I 3 sets

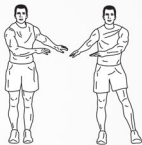
Level II 5 sets

Level III 7 sets

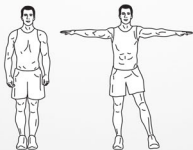
1 minute rest between sets



20sec step jacks



20sec step twists



20sec step Ts

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Day 6

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec march steps



15sec calf raises



15sec march steps



15sec butt kicks

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Day 7

Level I 3 sets

Level II 5 sets

Level III 7 sets

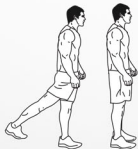
1 minute rest between sets



20sec front leg raises



20sec side leg raises



20sec back leg raises

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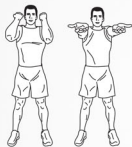
Day 8

Level I 3 sets

Level II 5 sets

Level III 7 sets

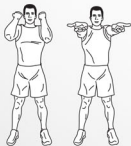
1 minute rest between sets



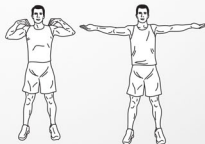
15sec bicep extensions



15sec shoulder taps



15sec bicep extensions



15sec side shoulder taps

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Day 9

Level I 3 sets

Level II 5 sets

Level III 7 sets

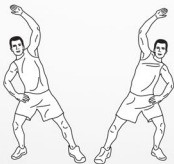
1 minute rest between sets



20sec step jacks



20sec rotations



20sec side jacks

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Day 10

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec butt kicks



15sec calf raises



15sec butt kicks



15sec knee-to-elbows

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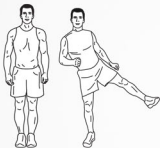
Day 11

Level I 3 sets

Level II 5 sets

Level III 7 sets

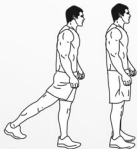
1 minute rest between sets



20sec side leg raises



20sec squat hold



20sec back leg raises

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Day 12

Level I 3 sets

Level II 5 sets

Level III 7 sets

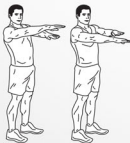
1 minute rest between sets



15sec scissor chops



15sec arm circles



15sec arm scissors



15sec arm circles

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Day 13

Level I 3 sets

Level II 5 sets

Level III 7 sets

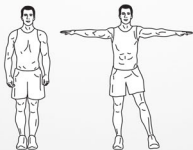
1 minute rest between sets



20sec step jacks



20sec march jacks



20sec step Ts

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Day 14

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec march steps



15sec reverse lunges



15sec calf raises



15sec butt kicks

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Day 15

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec front leg raises



20sec side leg raises



20sec leg swings

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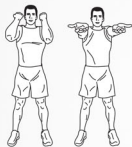
Day 16

Level I 3 sets

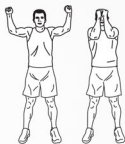
Level II 5 sets

Level III 7 sets

1 minute rest between sets



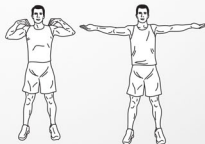
15sec bicep extensions



15sec elbow clicks



15sec shoulder taps



15sec side shoulder taps

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Day 17

Level I 3 sets

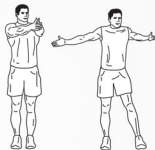
Level II 5 sets

Level III 7 sets

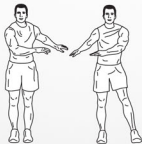
1 minute rest between sets



20sec step jacks



20sec step chest expansions



20sec step twists

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Day 18

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec reverse lunges



15sec calf raises



15sec reverse lunges



15sec butt kicks

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Day 19

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec side leg raises



20sec squat hold



20sec front leg raises

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Day 20

Level I 3 sets

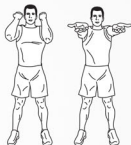
Level II 5 sets

Level III 7 sets

1 minute rest between sets



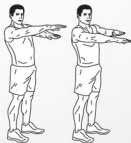
15sec W-extensions



15sec bicep extensions



15sec scissor chops



15sec arm scissors

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Day 21

Level I 3 sets

Level II 5 sets

Level III 7 sets

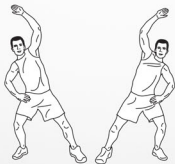
1 minute rest between sets



20sec march jacks



20sec march knee-to-elbows



20sec side jacks

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Day 22

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec march steps



15sec reverse lunges



15sec march steps



15sec calf raises

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Day 23

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec side leg raises / right



20sec side leg raises / left



20sec side-to-side leg raises

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Day 24

Level I 3 sets

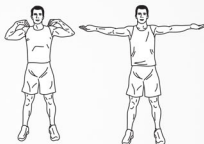
Level II 5 sets

Level III 7 sets

1 minute rest between sets



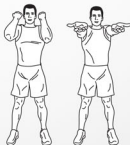
15sec shoulder taps



15sec side shoulder taps



15sec shoulder taps



15sec bicep extensions

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Day 25

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec step jacks



20sec side jacks



20sec step jacks

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Day 26

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec butt kicks



15sec knee-to-elbows



15sec butt kicks



15sec reverse lunges

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Day 27

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec leg swings



20sec squat hold



20sec side-to-side leg raises

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Day 28

Level I 3 sets

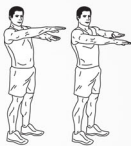
Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec arm circles



15sec arm scissors



15sec arm circles



15sec bicep extensions

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Day 29

Level I 3 sets

Level II 5 sets

Level III 7 sets

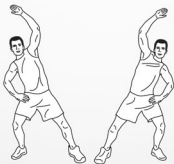
1 minute rest between sets



20sec side jacks



20sec step jacks



20sec side jacks

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Day 30

Level I 3 sets

Level II 5 sets

Level III 7 sets

1 minute rest between sets



15sec reverse lunges



15sec butt kicks



15sec reverse lunges



15sec knee-to-elbows