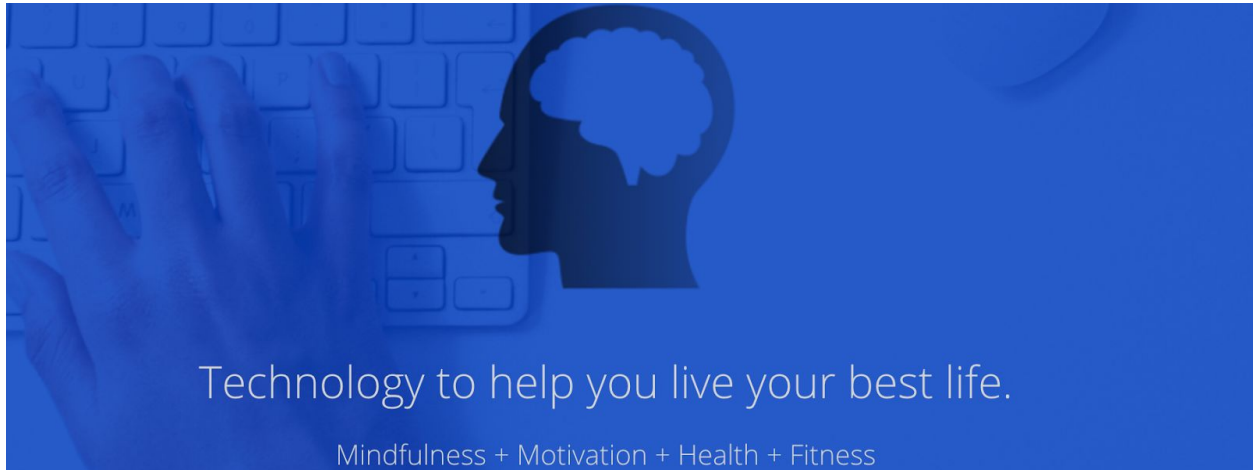


31 Day HIIT Fit Challenge by The Mindful Tech Lab



Designed by our resident weight management Advanced, Sarah-Kate Rems, NP.

For how-to videos of all exercises, visit www.themindfultechlab.com/fitness

Day 1

Butt Kicks - 60 seconds

Jumping lunges - 30 seconds

Jumping jacks - 30 seconds

Skaters - 60 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Day 2 [Rest Day]

Day 3

Jump squat - 60 seconds

Skaters - 60 seconds

Burpees - 60 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Day 4 [Rest Day]

Day 5

Butt kicks - 60 seconds

Star jumps - 30 seconds

Mountain climbers - 30 seconds

Jump squats - 60 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Day 6 [Rest Day]

Day 7

Jumping jacks - 60 seconds

Butt kicks 60 - seconds

Jumping lunges - 30 seconds

*Rest - 60 seconds

Beginner: 4 rounds - 13 minutes

Moderate: 5 rounds - 16.5 minutes

Advanced: 6 rounds - 20 minutes

Day 8 [Rest Day]

Day 9

Butt kicks - 60 seconds

Skaters - 60 seconds

Burpees - 60 seconds

*Rest - 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Day 10 [Rest Day]

Day 11

Skaters - 60 seconds

Star jumps - 30 seconds

High knees - 30 seconds

Mountain climbers - 30 seconds

*Rest 60 seconds

Beginner: 4 rounds - 13 minutes

Moderate: 5 rounds - 16.5 minutes

Advanced: 6 rounds - 20 minutes

Day 12 [Rest Day]

Day 13

Jumping jacks 60 seconds

High knees - 60 seconds

Burpees - 60 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Day 14 [Rest Day]

Day 15

Butt kicks - 60 seconds

Burpees - 60 seconds

High knees - 60 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Day 16 [Rest Day]

Day 17

Jumping jacks - 60 seconds

Tuck jumps - 30 seconds

Skaters - 60 seconds

Mountain climbers - 30 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Day 18 [Rest Day]

Day 19

Skaters - 60 seconds

180 degree squat jumps - 30 seconds

Jumping jacks - 60 seconds

Mountain climbers - 30 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Day 20 [Rest Day]

Day 21

High knees - 30 seconds

Burpees - 60 seconds

Jumping jacks - 60 seconds

*Rest 60 seconds

Beginner: 4 rounds - 13 minutes

Moderate: 5 rounds - 16.5 minutes

Advanced: 6 rounds - 20 minutes

Day 22 [Rest Day]

Day 23

Elbow Plank Drops - 30 seconds

Skaters - 60 seconds

Burpees - 60 seconds

Bicycle kicks - 30 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Day 24 [Rest Day]

Day 25

High knees - 30 seconds

Skaters - 60 seconds

Jumping lunges - 30 seconds

Butt kicks - 60 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Increase the burn: hold 3lb weights

Day 26 [Rest Day]

Day 27

Jumping jacks - 60 seconds

Jump squats - 30 seconds

Skaters - 60 seconds

*Rest 60 seconds

Beginner: 4 rounds - 13 minutes

Moderate: 5 rounds - 16.5 minutes

Advanced: 6 rounds - 20 minutes

Increase the burn: add 1lb ankle weights

Day 28 [Rest Day]

Day 29

Butt kicks - 60 seconds

Burpees - 60 seconds

Bicycle kicks - 60 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

Increase the burn: hold 3lb weights

Day 30 [Rest Day]

Day 31

Jumping jacks - 60 seconds

Jumping lunges - 60 seconds

Mountain climbers - 30 seconds

Bicycle kicks - 30 seconds

*Rest 60 seconds

Beginner: 3 rounds - 11 minutes

Moderate: 4 rounds - 15 minutes

Advanced: 5 rounds - 19 minutes

You did it!!! Share your achievement and use the hashtag #HIITFITCHALLENGE

For more free HIIT workouts, be sure to add [Daily FitBot](#) on Facebook Messenger