



THE

30

DAY

**HIGH INTENSITY
INTERVAL TRAINING
CHALLENGE**

WEEK 1

DAY 1
 THRUSTERS
 RUSSIAN TWIST
 LUNGES
 PUSH-UPS
 5 REPS EACH
 1-2X

DAY 2
 EASY CARDIO 15-30 MINUTES

DAY 3
 THRUSTERS
 3 REPS
 RUSSIAN TWIST
 10 SECONDS
 REST
 1 MINUTE
 REPEAT
 THRUSTERS +
 RUSSIAN TWIST
 3X

LUNGES
 3X EACH LEG
 PUSH-UPS
 3 REPS
 REST
 1 MINUTE
 REPEAT
 LUNGES +
 PUSH-UPS
 3X

CARDIO AT MODERATE EFFORT
 25 SECONDS
 REST 90 SECONDS
 REPEAT CARDIO 3X

DAY 4
 REST DAY

DAY 5
 WALK/JOG OR CYCLE
 20-40 MINUTES

THRUSTERS
 4 REPS
 RUSSIAN TWIST
 12 SECONDS
 REST
 1 MINUTE
 REPEAT
 THRUSTERS +
 RUSSIAN TWIST
 4X

DAY 6
 LUNGES
 4X EACH LEG
 PUSH-UPS
 4 REPS
 REST
 1 MINUTE
 REPEAT
 LUNGES +
 PUSH-UPS
 4X

CARDIO AT MODERATE EFFORT
 30 SECONDS
 REST 90 SECONDS
 REPEAT CARDIO 4X

DAY 7
 EASY WALKING 20 MINUTES

PUSH-UP



WEEK 2

DAY 8

THRUSTERS
5 REPS

RUSSIAN TWIST
15 SECONDS

REST
30 SECONDS

REPEAT
THRUSTERS +
RUSSIAN TWIST
5X

REST 2 MINUTES

LUNGES
6X EACH LEG

PUSH-UPS
5 REPS

REST
30 SECONDS

REPEAT
LUNGES +
PUSH-UPS
5X

REST 2 MINUTES

CARDIO AT MODERATE EFFORT
35 SECONDS

REST 90 SECONDS

REPEAT CARDIO 5X

DAY 9

WALK/JOG OR CYCLE
20-40 MINUTES

DAY 10

THRUSTERS
6 REPS

RUSSIAN TWIST
15 SECONDS

REST
30 SECONDS

REPEAT
THRUSTERS +
RUSSIAN TWIST
5X

REST 2 MINUTES

LUNGES
8X EACH LEG

PUSH-UPS
6 REPS

REST
30 SECONDS

REPEAT
LUNGES +
PUSH-UPS
5X

REST 2 MINUTES

CARDIO AT MODERATE EFFORT
40 SECONDS

REST 90 SECONDS

REPEAT CARDIO 5X

DAY 11

REST DAY

DAY 12

THRUSTERS
4 REPS

RUSSIAN TWIST
15 SECONDS

LUNGES
5X EACH LEG

PUSH-UPS
5 REPS

REST
90 SECONDS

REPEAT 4X

REST 2-3 MINUTES

CARDIO AT ALL-OUT EFFORT
30 SECONDS

REST 1 MINUTE

REPEAT CARDIO 4X

DAY 13

WALK 15-20 MINUTES

DAY 14

REST DAY

LUNGES



STEP 1



STEP 2

WEEK 3

DAY 15

THRUSTERS
5 REPS

RUSSIAN TWIST
15 SECONDS

LUNGES
7X EACH LEG

PUSH-UPS
6 REPS

REST
90 SECONDS

REPEAT 4X

REST 2-3 MINUTES

CARDIO AT ALL-OUT EFFORT
35 SECONDS

REST 1 MINUTE

REPEAT CARDIO 4X

DAY 16

BRISK WALK 20-30 MINUTES

DAY 17

THRUSTERS
6 REPS

RUSSIAN TWIST
20 SECONDS

LUNGES
8X EACH LEG

PUSH-UPS
8 REPS

REST
1 MINUTE

REPEAT 5X

REST 2 MINUTES

CARDIO AT ALL-OUT EFFORT
35 SECONDS

REST 1 MINUTE

REPEAT CARDIO 5X

DAY 18

REST

THRUSTERS

STEP 1



STEP 2

DAY 19

THRUSTERS
5 REPS

RUSSIAN TWIST
15 SECONDS

LUNGES
6X EACH LEG

PUSH-UPS
4 REPS

CARDIO AT ALL-OUT EFFORT
20 SECONDS

REST
90 SECONDS

REPEAT 4X

DAY 20

REST

DAY 21

BRISK WALK 30-40 MINUTES

WEEK 4

DAY 22

- THRUSTERS**
8 REPS
- RUSSIAN TWIST**
20 SECONDS
- LUNGES**
8X EACH LEG
- PUSH-UPS**
8 REPS
- CARDIO AT ALL-OUT EFFORT**
30 SECONDS
- REST**
90 SECONDS

REPEAT 5X

DAY 23 WALK/JOG OR CYCLE
20-40 MINUTES

DAY 24

- THRUSTERS**
8 REPS
- RUSSIAN TWIST**
20 SECONDS
- LUNGES**
9X EACH LEG
- PUSH-UPS**
8 REPS
- CARDIO AT ALL-OUT EFFORT**
40 SECONDS
- REST**
90 SECONDS

REPEAT 5X

DAY 25 EASY WALK 15-20 MINUTES

DAY 26 WALK/JOG OR CYCLE
20-40 MINUTES

DAY 27

- THRUSTERS**
4 REPS
- RUSSIAN TWIST**
10 SECONDS
- LUNGES**
4X EACH LEG
- PUSH-UPS**
4 REPS
- CARDIO AT ALL-OUT EFFORT**
20 SECONDS
- REST**
90 SECONDS

REPEAT 2X

DAY 28 REST

DAY 29 EASY WALK 15-20 MINUTES

DAY 30

- THRUSTERS**
8 REPS
- RUSSIAN TWIST**
20 SECONDS
- LUNGES**
10X EACH LEG
- PUSH-UPS**
10 REPS
- CARDIO AT ALL-OUT EFFORT**
40 SECONDS
- REST**
60 SECONDS

REPEAT 2X



STEP 1

MODIFIED
PUSH-UP



STEP 2