GoodtoKnow

The 30-day HIIT challenge!

Maximum results from your living room!

DAY 1 20 secs plank / 20 secs air squats / 20 secs alternative leg lunges. 1 min rest after each 1min circuit, repeat X 5 sets total	**DAY 3** REST DAY	**DAY 3** 20 secs knee drives / 20 secs air squats / 20 secs down-ups 1 min rest after each 1 min circuit then repeat X 5 sets total	**DAY 4** REST DAY	**DAY 5** 20 secs plank / 20 secs air squats / 20 secs alternative leg lunges. 45 secs rest after each 1 min circuit then repeat X 5 sets total ds	**DAY 6** REST DAY	**DAY 7** 20 secs knee drives / 20 secs air squats / 20 secs down-ups 45 secs rest after each 1 min circuit then repeat X 5 sets total	**DAY 8** REST DAY	**DAY 9** 30 secs plank / 30 secs air squats / 30 secs alternative leg lunges. 1 min rest after each 1 min circuit then repeat X 5 sets total	**DAY 10** REST DAY
DAY 11 30 secs knee drives / 30 secs air squats / 30 secs down-ups 1 min rest after each 1min circuit then repeat X 5 sets total	**DAY 12** REST DAY	**DAY 13** 30 secs plank / 30 secs air squats / 30 secs alternative leg lunges. 45 secs rest after each 1min circuit then repeat X 6 sets total	**DAY 14** REST DAY	**DAY 15** 30 secs knee drives / 30 secs air squats / 30 secs down-ups 45 secs rest after each 1 min circuit then repeat X 6 sets total	**DAY 16** REST DAY	**DAY 17** Plank / air squats / knee drives: 45 secs of each followed by 15 secs rest, 3 continuous rounds	**DAY 18** REST DAY	**DAY 19** 30 secs air squats / 30 secs Alternate lunges / 30 secs down-ups. 1 min rest after each 1min circuit then repeat X 6 sets total	**DAY 20** REST DAY
DAY 21 30 secs plank / 30 secs air squats / 30 secs alternative leg lunges. 1 min rest after each 1min circuit then repeat X 8 sets total	**DAY 22** REST DAY	**DAY 23** 30 secs knee drives / 30 secs air squats / 30 secs down-ups 1 min rest after each 1min circuit then repeat X 8 sets total	**DAY 24** REST DAY	**DAY 25** Plank / air squats / knee drives / alternative leg lunges 40 secs of each followed by 15 secs rest, 3 continuous rounds	**DAY 26** REST DAY	**DAY 27** 30 secs air squats / 30 secs Alternate lunges / 30 secs down-ups. 1 min rest after each 1min circuit then repeat X 8 sets total	**DAY 28** REST DAY	**DAY 29** Plank / air squats / knee drives / alternative leg lunges / down-ups 45 secs of each followed by 15 secs rest, 3 continuous rounds	**DAY 30** 6 to 1 countdown reps - perform air squats, knee drives, lunges & down ups - 6 of each exercise back to back, then 5 of each, counting down to 1 - no rest till the end!

Get fit fast with high intensity interval training!