

30 DAY HIIT CHALLENGE

Stay focused. Be patient, enjoy the journey and
BEAT THE GYM!

2019 your
year to Beat
The Gym!

DAY	01	DAY	02	DAY	03	DAY	04	DAY	05	DAY	06
	<i>Let's HIIT It!</i> 17 min		<i>Core Power</i> 16 min		<i>Arms On Fleek</i> 15 min		<i>Lunge Time</i> 16 min		<i>Ready to Rumble?</i> 16 min		<i>Recovery Flow</i> 20 min
	<i>Chill Day</i>		<i>HIIT Happens</i> 17 min		<i>Plank Away</i> 17 min		<i>All Arms</i> 16 min		<i>All Legs</i> 16 min		<i>Float Like a Butterfly... Yoga</i> 15 min / 22 min
	<i>Netflix & Chill</i>		<i>HIIT It Hard</i> 17 min		<i>Battle of the Bands</i> 17 min		<i>Leg Day- Your Fave</i> 16 min		<i>Off The Hook</i> 16 min		<i>Abs on Fire Energizing Flow</i> 15 min / 16 min
	<i>Chill Day</i>		<i>HIIT It Hard</i> 17 min		<i>Arms on Fire</i> 17 min		<i>Legs, Bums & Tums</i> 16 min		<i>Abs Blast</i> 16 min		<i>Knock 'em Out Breathe In & Stretch</i> 15 min / 16 min
	<i>Netflix & Chill</i>		<i>Holy HIIT!</i> 17 min		<i>Graduation! - Mash Up</i> 17 min	<p>Subscribe to our YouTube Channel and Follow @BeatTheGym and use our hashtag #BeatTheGym on your next workout post. Let's hold each other high and celebrate our accomplishments.</p>					