

# 30 Days of HIIT

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## Day 13 | Cardio HIIT

Level I 5 sets

Level II 7 sets

Level III 10 sets

2 minutes rest between sets

ADVANCED



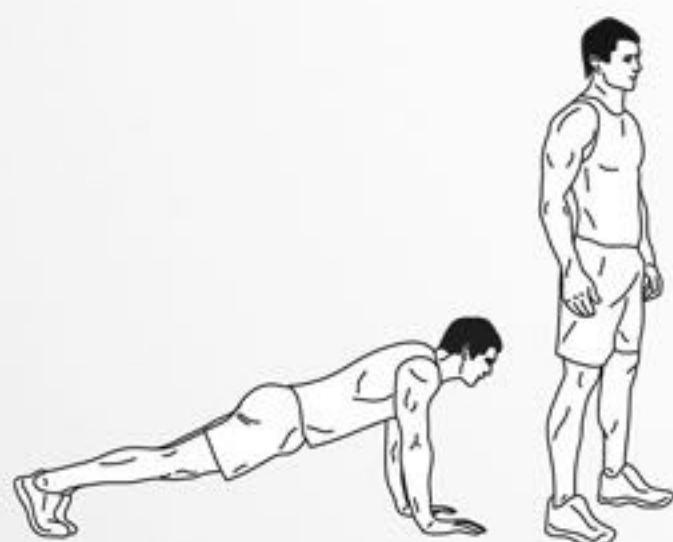
**20sec** high knees



**20sec** knee-to-elbow



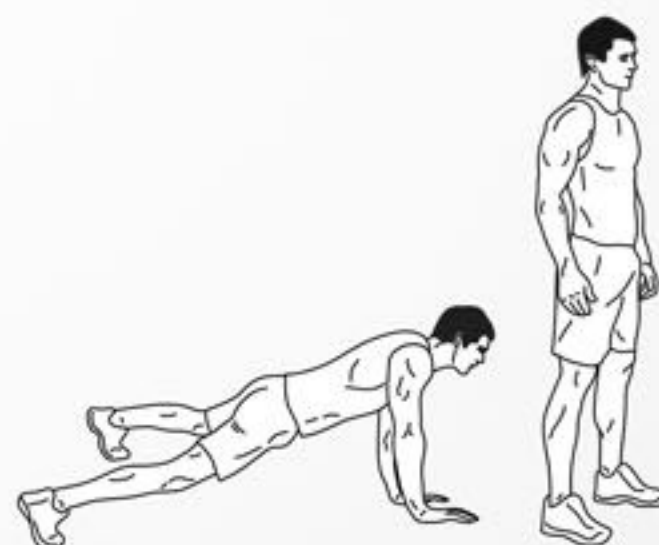
**20sec** high knees



**20sec** basic burpees



**20sec** high knees



**20sec** plank jack burpees

**one push-up** every 20 seconds

