

CARDIO HIIT CHALLENGE

1

60 sec Jumping Jacks
Pause: 15 sec
60 sec Mountain climbers
Répéter 2 x

2

60 sec Burpees
Pause: 15 sec
60 sec mountain climbers
Répéter 2 x

3

Jour de repos

4

60 sec Jumping Jacks
Pause: 15 sec
60 sec Mountain climbers
Répéter 3 x

5

60 sec Burpees
Pause: 15 sec
60 sec mountain climbers
Répéter 3 x

6

Jour de repos

7

60 sec Jumping Jacks
Pause: 15 sec
60 sec Mountain climbers
Répéter 4 x

8

60 sec Burpees
Pause: 15 sec
60 sec mountain climbers
Répéter 4 x

9

Jour de repos

10

60 sec Jumping jacks
Pause: 20 sec
60 sec Mountain Climbers
Pause: 20 sec
60 sec Burpees

11

60 sec High Knees
Pause: 15 sec
60 sec Mountain Climbers
Répéter 4 x

12

Jour de repos

13

60 sec Jumping Jacks
Pause: 15 sec
60 sec High knees
Répéter 4 x

14

60 sec Burpees
Pause: 15 sec
60 sec Squat jumps
Rest 15 sec
60 sec Mountain climbers

15

Jour de repos

16

60 sec Burpees
Pause: 15 sec
60 sec mountain climbers
Répéter 5 x

17

60 sec Burpees
Pause: 15 sec
60 sec Squat jumps
Pause: 15 sec
60 sec Mountain climbers

18

Jour de repos

19

60 sec Squat Jumps
Pause: 15 sec
60 sec Jumping jacks
Répéter 6 x

20

60 sec High Knees
Pause: 30 sec
Répéter 8 x

21

Jour de repos

22

60 sec Jumping Jacks
Pause: 30 sec
Répéter 8 x

23

60 sec Mountain climbers
Pause: 30 sec
Répéter 8 x

24

Jour de repos

25

60 sec Burpees
Pause: 30 sec
Répéter 8 x

26

60 sec Burpees
Pause: 20 sec
60 Sek, Mountain Climbers
Pause: 20 sec
60 sec Jumping Jacks
Répéter 3 x

27

Jour de repos

28

90 sec High Knees Pause: 30 sec	70 sec High Knees Pause: 20 sec
80 sec High Knees Pause: 25 sec	60 sec High Knees Pause: 30 sec
	Répéter 2 x

29

90 sec Burpees Pause: 30 sec	70 sec Burpees Pause: 20 sec
80 sec Burpees Pause: 25 sec	60 sec Burpees Pause: 30 sec
	Répéter 2 x

30

Jour de repos