

# 31 Day HIIT SUMMER CHALLENGE



<b>DAY 1</b> 10 MOUNTAIN CLIMBERS 20 JUMP ROPES 5 SQUAT JUMPS 20 TOE TOUCHES 30 SECOND JOG IN PLACE	<b>DAY 2</b> 15 MOUNTAIN CLIMBERS 25 JUMP ROPES 10 SQUAT JUMPS 25 TOE TOUCHES/ABS 35 SECOND JOG IN PLACE	<b>DAY 3</b> 20 MOUNTAIN CLIMBERS 30 JUMP ROPES 15 SQUAT JUMPS 30 TOE TOUCHES/ABS 40 SECOND JOG IN PLACE	<b>DAY 4</b> 25 MOUNTAIN CLIMBERS 35 JUMP ROPES 20 SQUAT JUMPS 35 TOE TOUCHES/ABS 45 SECOND JOG IN PLACE	<b>DAY 5</b> 30 MOUNTAIN CLIMBERS 40 JUMP ROPES 25 SQUAT JUMPS 40 TOE TOUCHES/ABS 50 SECOND JOG IN PLACE	<b>DAY 6</b> 35 MOUNTAIN CLIMBERS 45 JUMP ROPES 30 SQUAT JUMPS 45 TOE TOUCHES/ABS 55 SECOND JOG IN PLACE
<b>DAY 7</b> REST DAY	<b>DAY 8</b> 40 MOUNTAIN CLIMBERS 50 JUMP ROPES 35 SQUAT JUMPS 50 TOE TOUCHES 60 SECOND JOG IN PLACE	<b>DAY 9</b> 45 MOUNTAIN CLIMBERS 55 JUMP ROPES 40 SQUAT JUMPS 55 TOE TOUCHES/ABS 65 SECOND JOG IN PLACE	<b>DAY 10</b> 50 MOUNTAIN CLIMBERS 60 JUMP ROPES 45 SQUAT JUMPS 60 TOE TOUCHES/ABS 70 SECOND JOG IN PLACE	<b>DAY 11</b> 55 MOUNTAIN CLIMBERS 65 JUMP ROPES 50 SQUAT JUMPS 65 TOE TOUCHES/ABS 75 SECOND JOG IN PLACE	<b>DAY 12</b> 60 MOUNTAIN CLIMBERS 70 JUMP ROPES 55 SQUAT JUMPS 70 TOE TOUCHES/ABS 80 SECOND JOG IN PLACE
<b>DAY 13</b> REST DAY	<b>DAY 14</b> 65 MOUNTAIN CLIMBERS 75 JUMP ROPES 60 SQUAT JUMPS 75 TOE TOUCHES/ABS 85 SECOND JOG IN PLACE	<b>DAY 15</b> 70 MOUNTAIN CLIMBERS 80 JUMP ROPES 65 SQUAT JUMPS 80 TOE TOUCHES/ABS 90 SECOND JOG IN PLACE	<b>DAY 16</b> 75 MOUNTAIN CLIMBERS 85 JUMP ROPES 70 SQUAT JUMPS 85 TOE TOUCHES/ABS 95 SECOND JOG IN PLACE	<b>DAY 17</b> 80 MOUNTAIN CLIMBERS 90 JUMP ROPES 75 SQUAT JUMPS 90 TOE TOUCHES/ABS 100 SECOND JOG IN PLACE	<b>DAY 18</b> 85 MOUNTAIN CLIMBERS 95 JUMP ROPES 80 SQUAT JUMPS 95 TOE TOUCHES/ABS 105 SECOND JOG IN PLACE
<b>DAY 19</b> REST DAY	<b>DAY 20</b> 90 MOUNTAIN CLIMBERS 100 JUMP ROPES 85 SQUAT JUMPS 100 TOE TOUCHES/ABS 110 SECOND JOG IN PLACE	<b>DAY 21</b> 95 MOUNTAIN CLIMBERS 105 JUMP ROPES 90 SQUAT JUMPS 105 TOE TOUCHES/ABS 115 SECOND JOG IN PLACE	<b>DAY 22</b> 100 MOUNTAIN CLIMBERS 110 JUMP ROPES 95 SQUAT JUMPS 110 TOE TOUCHES/ABS 120 SECOND JOG IN PLACE	<b>DAY 23</b> 105 MOUNTAIN CLIMBERS 115 JUMP ROPES 100 SQUAT JUMPS 115 TOE TOUCHES/ABS 125 SECOND JOG IN PLACE	<b>DAY 24</b> 110 MOUNTAIN CLIMBERS 120 JUMP ROPES 105 SQUAT JUMPS 120 TOE TOUCHES/ABS 130 SECOND JOG IN PLACE
<b>DAY 25</b> REST DAY	<b>DAY 26</b> 115 MOUNTAIN CLIMBERS 125 JUMP ROPES 110 SQUAT JUMPS 125 TOE TOUCHES/ABS 135 SECOND JOG IN PLACE	<b>DAY 27</b> 120 MOUNTAIN CLIMBERS 130 JUMP ROPES 115 SQUAT JUMPS 130 TOE TOUCHES/ABS 140 SECOND JOG IN PLACE	<b>DAY 28</b> 125 MOUNTAIN CLIMBERS 135 JUMP ROPES 120 SQUAT JUMPS 135 TOE TOUCHES/ABS 145 SECOND JOG IN PLACE	<b>DAY 29</b> 130 MOUNTAIN CLIMBERS 140 JUMP ROPES 125 SQUAT JUMPS 140 TOE TOUCHES/ABS 150 SECOND JOG IN PLACE	<b>DAY 30</b> 135 MOUNTAIN CLIMBERS 145 JUMP ROPES 130 SQUAT JUMPS 145 TOE TOUCHES/ABS 155 SECOND JOG IN PLACE
<b>DAY 31</b> REST DAY					