

A man and a woman are standing on a sandy beach, high-fiving each other. The woman is on the left, wearing a white tank top and light-colored leggings, with her hair in a ponytail. The man is on the right, wearing a dark t-shirt and shorts, with glasses. They are both smiling. In the background, there is a body of water, a bridge, and a city skyline under a sunset sky. The entire image has a purple tint.

30-DAY CHALLENGE

FOR COUPLES & BESTIES

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30-DAY CHALLENGE - BODYWEIGHT WORKOUTS!

Hey!

Welcome to the HIITBURN Challenge. This challenge will incorporate both strength work, as well as high intensity workouts to help you lose body fat and gain lean muscle mass!

We are so excited that you've decided to join us and we are confident this challenge and community will make a positive impact on your life.

We have a lot of fun things ahead!

As you follow the workouts and nutrition plan, be sure to stay active to help keep yourself accountable!

Be sure to keep us updated on how things are going and don't forget to take your "before" picture so you can see all the progress you make!

Post about your workouts, meals and progress using the hashtag #HiitBurn on Instagram so we can support you along the way. This will also give you a chance to be featured!

Follow us @HIITBURN on Instagram and make sure you tag us in your photos by using the hashtag #hiitburn

Cheers to a new, happy, and healthy life!

Dennis and Kelsey Heenan, MCTT, CPT Creators of HIITBURN

P.S. Don't forget about our other sites...

www.HIITBURN.com - Blog posts, videos, motivation, free gifts, free content, and more.



TIPS BEFORE STARTING

Below are some guidelines that you should read through before jumping into the program. These will help to maximize results!

Always start with a warm up:

Your warm up should consist of dynamic stretching, foam roll, and warm up sets. For example, start by doing some bodyweight squats, lunges, and push-ups before starting. Always be sure your body is fully ready to go before starting.

Ease into the program:

As previously stated, this is a challenging program so be sure to start slow if needed. Simply do the best you can on each workout, whatever that looks like for you!

Always have perfect form:

It is much better to have perfect form doing less repetitions than have bad form performing lots of repetitions. Form is very important, so keep focused on it throughout the workouts.

Finish with a cool down period:

Once you have finished your workout, always perform a cool down with some stretching and foam rolling. This will help eliminate soreness and prepare you for the next day.

Track your progress:

This is very important as you go through the program. Be sure you are tracking everything that you do. This includes the weight you used, the amount of rest you took, and how long your workouts take.

Drink lots of water:

Be sure to keep yourself hydrated as these workouts will take a lot out of you.

Get good rest:

Sleep and recovery time will be huge on this program. Try sleeping at least 7-8 hours per night to allow your body time for recovery and growth.

Your biggest goal on this program should be to IMPROVE. If you are improving each workout, your results will continue to get better and better.

FORM + MODIFICATIONS FOR MAJOR MOVEMENTS

Pull Ups

Pull Ups are an advanced movement and require a lot of upper body strength. Here are a few things to keep in mind when including these in your workout.

Focus:

- Finish every rep with your chin above bar and squeezing your shoulders down.
- Try to keep your feet in front of the bar and not behind the bar. This will allow your core to be engaged to help get you up.
- Do not “reach” with your neck but rather keep your neck in line with your spine.

Modifications:

Here are some modifications that can be included in place of regular pull ups, which are listed in order from easiest to hardest. Even if you are able to do a few reps, it can be tough to include them into a workout with a higher rep count. The modifications are included into your workouts in order to help you work towards successfully completing full pull ups.

Ring, TRX, or Bar Bodyweight Rows: The more vertical you are (feet underneath you) the easier the movement will be. As your body becomes more horizontal (feet step farther away from your body) the more difficult it will be. Focus on maintaining a straight plank position, do not use your hips to bring your chest up to the bar or rings. Instead, focus on squeezing your shoulder blades together at the top as you bring the bar, or rings, toward your mid chest.

Jumping Pull Ups: If you are able to jump up to the bar to initiate the movement and finish the pull up from there, this modification might be a good option for you. Focus on lowering yourself to the floor with control instead of quickly dropping down.

Assisted Pull Ups: This will simulate a strict pull up while having assistance to help you move through the movement. The thicker the band, the easier it will be. You can use less assistance over time as you become more proficient in the movement.

Banded Superman Pull Downs: This is a great Mini Band alternative to simulate a pull up motion.

Push Ups

Push Ups are an advanced movement and require a lot of upper body strength. Here are a few things to keep in mind when including them in your workouts.

Focus:

- Set up hands slightly wider than shoulder width apart.
- Maintain a good plank position throughout the full movement. This means you should remain in a straight line from your shoulders to your feet.
- Push through your shoulder blades at the top of the push up and bring your elbows back at a 45 degree angle to initiate the descent.
- Your chest should come all the way down to the floor (or bench) on each rep.

Modification:

The best way to modify this movement is to change the angle of your body by adding an incline to make it easier. These are called Incline Pushups. Incline push ups are performed by having your hands on a bench, stair, box or even the wall. Doing this allows you to maintain a good plank position from your shoulders all the way to your feet. The higher the object that your hands are on, the easier the movement will be.

Decreasing the incline by lowering the object your hands are on will create a more challenging movement.

Barbell Back Squats/Goblet Squats:

Squats are one of the best compound movements to include in any workout because they will recruit major muscle groups. In time, working these muscle groups will increase overall strength! Here are some things to keep in mind while squatting:

Focus:

- Set up your feet slightly wider than hip width apart. Some people find it helpful to turn your toes out slightly. This should not be too pronounced though.
- Initiate movement by sending hips back. This does not mean sticking your butt out, rather it simply means starting your squat by hinging your hips back. This will also help to protect your knees by not allowing them to shoot forward over your toes. If this is an area of weakness for you, Squatting to a target would be a great option for you. See more about that modification below.
- Your knees should track with your toes. As you are warming up this movement, look down to see if your knees are in track with your toes. Most people tend to let their knees cave in towards one another. If this is something you struggle with, imagine that your feet are on a large piece of paper, as you squat you are trying to rip apart that imaginary piece of paper with your feet. This helps to drive your knees outward.
- Keep a neutral spine. If someone was to look at you from the side, they would see that your back remains flat throughout the entire squat. This means that your back is not over-arched but also does not collapse down at any point. If your chest tends to fall forward at the bottom of your squat, including the Goblet Squat modification might be a good option for you.

Modifications:

Goblet Squats: Hold one dumbbell at chest level. Focus on keeping your chest up throughout the squat, not allowing it to fall forward. If you cannot maintain proper form with a bar on your back, then you should be doing Goblet Squats instead.

Squatting to a Target: Place a bench or box behind you. You can do this with a barbell or your bodyweight.

If you use a barbell, be sure to start light and have a spotter to help. You will squat to the target but will NOT sit down or relax on it. Rather, your butt will simply tap the target and you will return to the top of your squat immediately. Focus on maintaining tension in your core throughout the entire movement.

BODYWEIGHT WORKOUT CALENDAR

WORKOUT CALENDAR						
SUN	MON	TUE	WED	THU	FRI	SAT
	DAY 1 WORKOUT #1	DAY 2 WORKOUT #2	DAY 3 WORKOUT #3	DAY 4 WORKOUT #4	DAY 5 WORKOUT #5	DAY 6 REST
DAY 7 REST	DAY 8 WORKOUT #1	DAY 9 WORKOUT #2	DAY 10 WORKOUT #3	DAY 11 WORKOUT #4	DAY 12 WORKOUT #5	DAY 13 REST
DAY 14 REST	DAY 15 WORKOUT #6	DAY 16 WORKOUT #7	DAY 17 WORKOUT #8	DAY 18 WORKOUT #9	DAY 19 WORKOUT #10	DAY 20 REST
DAY 21 REST	DAY 22 WORKOUT #6	DAY 23 WORKOUT #7	DAY 24 WORKOUT #8	DAY 25 WORKOUT #9	DAY 26 WORKOUT #10	DAY 27 REST
DAY 28 REST	DAY 29 WORKOUT #6	DAY 30 WORKOUT #7	CHALLENGE COMPLETE!			

Above is where you will find the workout calendar and workouts that you'll be doing for the challenge.

There are 5 workouts per week with 2 rest days each week. We do not recommend having less than 2 rest days per week. In this calendar example, we show your rest days falling on the weekends. You are welcome to change that around and split up your rest days in any way that works best for your schedule and body. Just be sure to keep at least 2 rest days per week as you follow the workouts in sequential order.

You will notice that there are 3 days per week that include a "Strength" portion in the workout. A focus of this particular challenge is to incorporate strength work that will help to tone and increase overall fat loss! Focus on being controlled in each of those strength sets. The goal is not speed, but rather form for the strength sets.

For days that don't list a workout, you can:

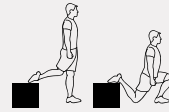
Have a complete rest day

Have an active rest day (go for a walk, hike, yoga, etc)

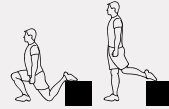
STRENGTH (12 minutes)

4 ROUNDS // Set your interval timer for 60-seconds on and 30-seconds rest. Complete 60-seconds on of the first exercise, then rest for 30-seconds and move on to the second exercise.

BULGARIAN SPLIT SQUATS (LEFT)



BULGARIAN SPLIT SQUATS (RIGHT)



AFTER 4 ROUNDS

GLUTE RAISES

60 seconds



DENSITY HIIT

Complete each of the exercises for 30-seconds without rest in between. Complete 2 total rounds (3-minutes total). Then, rest for 1-minute and 30-seconds, and repeat the complete circuit 2 more times for a total of 3 rounds.

AIR SQUATS



REVERSE ALTERNATING LUNGES



BURPEES

*MODIFICATION: STEP-BACK BURPEE WITH JUMP



FINISHER

Complete as many rounds as possible in 4-minutes.

SQUAT JUMPS

10 reps



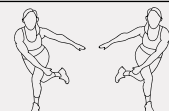
MOUNTAIN CLIMBERS

10 reps per side



ICE SKATERS

10 reps per side



CIRCUIT #1

5 ROUNDS // 30-seconds of work followed by 15-seconds of rest for each movement

DOLPHIN PLANKS



JUMP LUNGES

* MODIFICATION: ALTERNATING LUNGES



OUTSIDE MOUNTAIN CLIMBER + PUSH-UP

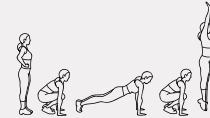


LEG RAISE TO HIP-UP



BURPEE

*MODIFICATION: STEP-BACK BURPEE + JUMP



STRENGTH (12 minutes)

4 ROUNDS // Set your interval timer for 60-seconds on and 30-seconds rest. Complete 60-seconds on of the first exercise, then rest for 30-seconds and move on to the second exercise.

SHOULDER TAP PUSH-UPS



UNDERHAND BODYWEIGHT ROWS OR CHIN-UPS



AFTER 4 ROUNDS

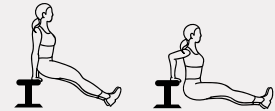
PUSH-UPS 60 seconds



DENSITY HIIT

Complete each of the exercises for 30-seconds without rest in between. Complete 2 total rounds (3-minutes total). Then, rest for 1-minute and 30-seconds, and repeat the complete circuit 2 more times for a total of 3 rounds.

DIPS WITH EXTENDED LEGS



MOUNTAIN CLIMBERS OR MOUNTAIN CLIMBERS + PUSH-UP



BURPEE (NO PUSH-UP)

*MODIFICATION: STEP-BACK BURPEE WITH JUMP



REST AS NEEDED

FINISHER

Complete as many rounds as possible in 4-minutes.

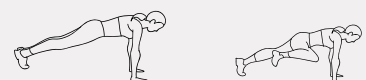
SQUAT JUMPS 10 reps



PLANK TO PUSH-UP 10 reps



OUTSIDE MOUNTAIN CLIMBERS 10 reps



CIRCUIT #1

5 ROUNDS / 30-seconds of work followed by 15-seconds of rest for each movement.

PLANK JACKS



REACH-THROUGH PUSH-UPS

*MODIFICATION: INCLINE PUSH-UPS OR WALL PUSH-UPS



V-UPS

*MODIFICATION: ASSISTED IN-N-OUTS



SIT-THROUGHS

*MODIFICATION: MOUNTAIN CLIMBERS

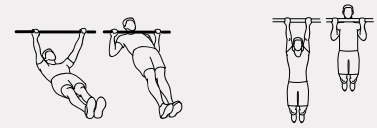


STRENGTH (12 minutes)

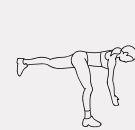
4 ROUNDS // Set your interval timer for 60-seconds on and 30-seconds rest. Complete 60-seconds on of the first exercise, then rest for 30-seconds and move on to the second exercise.

BODYWEIGHT ROWS OR PULL-UPS

*MODIFICATION: SEE PULL-UP MODIFICATION ON DOWNLOADS PAGE



ALTERNATING SINGLE-LEG DEADLIFTS



AFTER 4 ROUNDS

BODYWEIGHT ROWS OR PULL-UPS

*MODIFICATION: SEE PULL-UP MODIFICATION ON DOWNLOADS PAGE
60 seconds



DENSITY HIIT

Complete each of the exercises for 30-seconds without rest in between. Complete 2 total rounds (3-minutes total). Then, rest for 1-minute and 30-seconds, and repeat the complete circuit 2 more times for a total of 3 rounds.

CROSS-BODY MOUNTAIN CLIMBERS



CLOSE-GRIP TO WIDE-GRIP PUSH-UPS

*MODIFICATION: INCLINE CLOSE-GRIP TO STANDARD GRIP PUSH UPS



PLANK JACKS



REST AS NEEDED

FINISHER

Complete as many rounds as possible in 4-minutes.

BODYWEIGHT ROWS OR PULL-UPS

*MODIFICATION: SEE PULL-UP MODIFICATION MANUAL
5 reps



PUSH-UPS

*MODIFICATION: INCLINE PUSH-UPS
7 reps



AIR SQUATS

9 reps

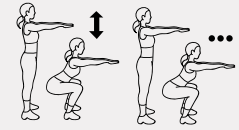


STRENGTH (12 minutes)

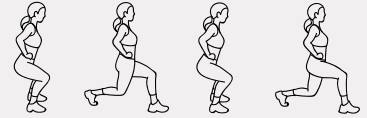
4 ROUNDS // Set your interval timer for 60-seconds on and 30-seconds rest. Complete 60-seconds on of the first exercise, then rest for 30-seconds and move on to the second exercise.

PUNISHER SQUATS

20-SECOND AIR SQUAT / 10-SECOND SQUAT HOLD



ALTERNATING LOW LUNGES



AFTER 4 ROUNDS

GLUTE BRIDGE WITH ALTERNATING KNEE RAISES

60 seconds



DENSITY HIIT

Complete each of the exercises for 30-seconds without rest in between. Complete 2 total rounds (3-minutes total). Then, rest for 1-minute and 30-seconds, and repeat the complete circuit 2 more times for a total of 3 rounds.

ALTERNATING SIDE LUNGES



JUMP LUNGES

*MODIFICATION: ALTERNATING LUNGES



BURPEE TUCK JUMP

*MODIFICATION: STEP-BACK BURPEE + JUMP



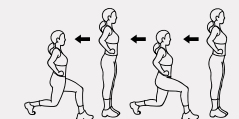
REST AS NEEDED

FINISHER

Complete as many rounds as possible in 4-minutes.

REVERSE ALTERNATING LUNGES

10 reps per side



OUTSIDE MOUNTAIN CLIMBERS

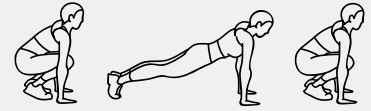
10 reps per side



CIRCUIT 1

5 ROUNDS // Complete each exercise for 30-seconds on, 15-seconds off. Complete 5 total rounds.

HALF BURPEES



ROCKING PLANK FORWARD & BACKWARD



ALTERNATING LOW LUNGES



PUSH-UPS

*MODIFICATION: INCLINE PUSH-UPS OR WALL PUSH-UPS



V-UPS

*MODIFICATION: IN-N-OUTS OR ASSISTED IN-N-OUTS



STRENGTH (12 minutes)

4 ROUNDS // Set your interval timer for 60-seconds on and 30-seconds rest. Complete 60-seconds on of the first exercise, then rest for 30-seconds and move on to the second exercise.

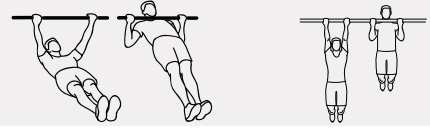
HAND WALK PUSH-UPS

*MODIFICATION: INCLINE HAND WALK PUSH-UPS



UNDERHAND BODYWEIGHT ROWS OR CHIN-UPS

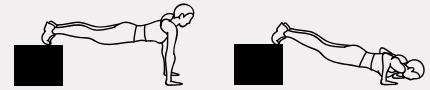
*MODIFICATION: SEE PULL-UP MODIFICATION MANUAL ON DOWNLOADS PAGE



AFTER 4 ROUNDS

DECLINE PUSH-UPS

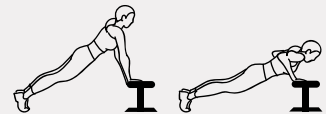
60 seconds



DENSITY HIIT

Complete each of the exercises for 30-seconds without rest in between. Complete 2 total rounds (3-minutes total). Then, rest for 1-minute and 30-seconds, and repeat the complete circuit 2 more times for a total of 3 rounds.

INCLINE PUSH-UPS



OUTSIDE MOUNTAIN CLIMBERS



SQUAT JUMPS



REST AS NEEDED

FINISHER

Complete as many rounds as possible in 4-minutes.

SIT-THROUGHS

10 reps per side

*MODIFICATION: CROSS BODY MOUNTAIN CLIMBERS



DOLPHIN PLANKS

10 reps



CROSS BODY MOUNTAIN CLIMBERS

10 reps per side



CIRCUIT 1

5 ROUNDS / 30-seconds of work followed by 15-seconds of rest for each movement.

SIDE PLANK DIPS (RIGHT SIDE)

30 seconds

*MODIFICATION: INCLINE SIDE PLANK REACH-THROUGHS



SIDE PLANK DIPS (LEFT SIDE)

30 seconds

*MODIFICATION: INCLINE SIDE PLANK REACH-THROUGHS



T-PUSH UPS

30 seconds

*MODIFICATION: INCLINE T-PUSHUPS



SQUAT JUMPS

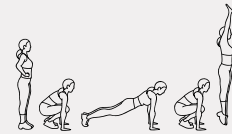
30 seconds



BURPEES

30 seconds

*MODIFICATION: STEP BACK BURPEE + JUMP

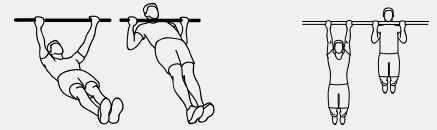


STRENGTH (12 minutes)

4 ROUNDS // Set your interval timer for 60-seconds on and 30-seconds rest. Complete 60-seconds on of the first exercise, then rest for 30-seconds and move on to the second exercise.

[BODYWEIGHT ROWS](#) OR [PULL-UPS](#)

*MODIFICATION: SEE PULL-UP MODIFICATION MANUAL ON DOWNLOAD PAGE



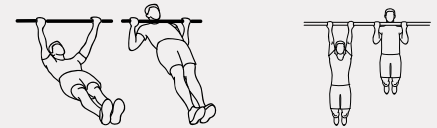
[INCLINE GLUTE RAISES](#)



AFTER 4 ROUNDS

[BODYWEIGHT ROWS](#) OR [PULL-UPS](#)

*MODIFICATION: SEE PULL-UP MODIFICATION MANUAL ON DOWNLOAD PAGE



DENSITY HIIT

Complete each of the exercises for 30-seconds without rest in between. Complete 2 total rounds (3-minutes total). Then, rest for 1-minute and 30-seconds, and repeat the complete circuit 2 more times for a total of 3 rounds.

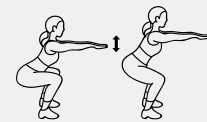
[PLANK OUTSIDE MOUNTAIN CLIMBERS](#)



[FLUTTER KICKS FOR GLUTES](#)



[SQUAT PULSARS](#)



REST AS NEEDED

FINISHER

Complete as many rounds as possible in 4-minutes.

[BODYWEIGHT ROWS](#) OR [PULL-UPS](#)

*MODIFICATION: SEE PULL-UP MODIFICATION MANUAL ON DOWNLOAD PAGE



[HAND WALK PUSH-UPS](#)

8 reps

*MODIFICATION: [INCLINE PUSH-UPS](#) OR [WALL PUSH-UPS](#)



[WIDE STANCE AIR SQUATS](#)

12 reps

