



BYE 21-DAY HIIT

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OWN YOUR EATING

WITH JASON & ROZ

“21-DAY HIIT WORKOUTS”

Day 1 - Baseline Test

A. 1 Minute
Max Effort Burpees

B. 1 Min
Max effort Squats

C. For Time:
Max Effort plank

Add burpees, squats, and plank (seconds) for a Total Score

Rest till recovered, then start -

15 minute AMRAP (as many rounds as possible:

20 squats

10 pushups

30 jumping jacks

10 pushups

Day 2

20 min AMRAP:

1 minute of jumping rope

20 leg raises

15 crunches

Day 3

EMOM (every minute on the minute) - 20 MIN

Odd minutes: 10 mountain climbers + 10 Reverse Lunge Steps

Even minutes: 10 Burpees

EMOM - 10

10 Burpees

After the workout, perform for quality 100 meters of walking lunge steps

Day 4

Active Recovery Day - walk, bike, swim, move lightly for 20 minutes

Day 5

5 Rounds of:

Air squat : 30 seconds rest 30 seconds

Crunch : 45 seconds rest 15 seconds

Jumping Jacks : 60 seconds

Finisher For Time: 30 Burpees

Notes:

As fast as you can! But you don't have to start until you are fully recovered from Part I.

Day 6

3 Rounds for Max Reps:

One minute of air squats

One minute of crunches

One minute of pushups

One minute of Side plank

One minute of Side plank (other side)

Day 7

Rest Day

Day 8

30 min AMRAP:

30 air squats
50 Jumping jacks
20 Alternating lunges
40 Mountain climbers
- - Rest :60 seconds - - -

After the workout, perform for quality 100 meters of walking lunge steps

Day 9

Circuit 1:

5 minutes of:
20 Jumping Lunges
20 Crunches
20 High Knees

rest 3 minutes

Circuit 2:

5 minutes of:
20 Cossack Squats
20 Pushups
40 Jump Rope

Day 10

20 minute AMRAP:

35 Bicycles (Abs, opposite elbow to opposite knee) 35 Leg Raises
:90 seconds of jogging (can be in place)
20 crunches
20 Leg raises
:90 seconds of jogging

Day 11

Active Recovery Day - walk, bike, swim, move lightly for 20 minutes

Day: 12

5 Rounds of:

Alternating Lunges :30 seconds rest 30 seconds

Sit-ups :45 seconds rest 15 seconds

Plank Hold :60 seconds

Finisher For Time:

20 Burpees rest 30 seconds then 10 more Burpees

Notes:

As fast as you can! but you don't have to start until you are fully recovered from Part I.

Day 13

Sat:

4 Rounds for Max Reps:

1. Jump squats
2. Pushups
3. Alternating Jumping Lunges
4. Plank

---- Rest 1 min----

Each movement work for 1 minute and then immediately transition.

Day 14

Rest Day

Day 15

20 minute AMRAP:

- 5 pushups
- 15 jump squats
- 5 Pushups
- 20 bicycle crunches
- 5 pushups
- 25 crunches
- 5 pushups
- 30 second plank

Day 16

5 Rounds for time:
45 Crunches
45 Leg raises
2 min of jumping rope

Rest after and then complete:

1 minute Plank
1 minute side plank; right side
1 minute side plank; left side
1 minute Hollow Rock Hold
complete this with as little rest as possible

Day 17

20 minute AMRAP:
10 Pushups
20 Situps
30 Air Squats

Rest as needed:
EMOM 10 minutes: 7-10 Burpees

Day 18

Active Recovery

Day 19

5 minutes of:
20 Jumping Lunges
20 Crunches
20 High Knees

rest 3 minutes

5 minutes of:
20 Cossack Squats
20 Pushups
40 Jump Rope

Day 20

Rest Day

Day 21

A. 1 Minute
Max Effort Burpees

B. 1 Min
Max effort Squats

C. For Time:
Max Effort plank

Add burpees, squats, and plank (seconds) for a Total Score

We hope you enjoy the Own Your Eating 21 Day No Equipment required HIIT workout program. More than anything this is meant to be fun. Please also be sure to join our **Own Your Eating Tribe** on Facebook and if you have any questions feel free to post them. Jason, Roz, or one of our amazing coaches will get back to you promptly. If you haven't already take a look at our site - **Own Your Eating**, we look forward to helping you on your health and fitness journey!

In fitness,

Jason and Roz

