30 jours de HIIT AVANCÉ

30 Jours de HIIT

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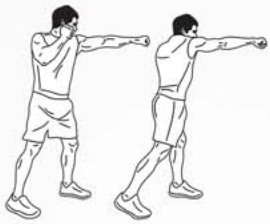
Jour 1 | Cardio HIIT

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

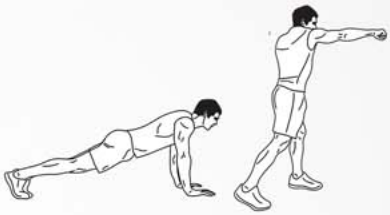
2 minutes de repos entre les séries

AVANCÉ

20sec levées de genou

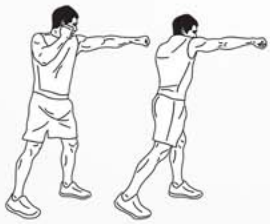


20sec coups de poing



20sec planche + jab + cross

20sec levées de genou



20sec coups de poing

20sec écarté-serré + jab + cross

---

une pompe entre les exercices

30 Jours de HIIT

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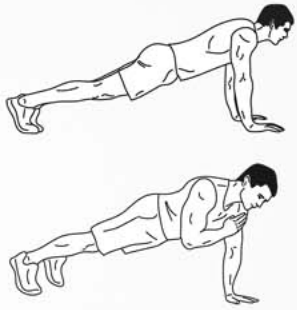
Jour 2 | Force HIIT

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

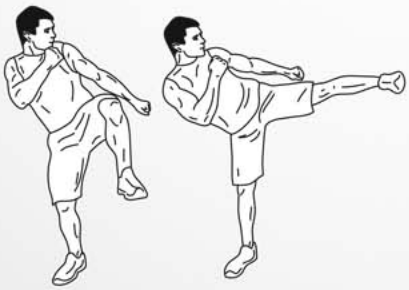
2 minutes de repos entre les séries

AVANCÉ

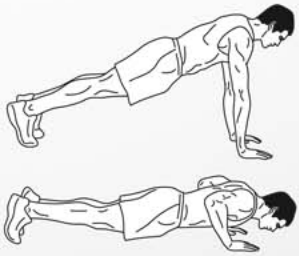
40sec squats



20sec toucher-épaules



40sec coups de pied de côté



20sec pompes

30 Jours de HIIT

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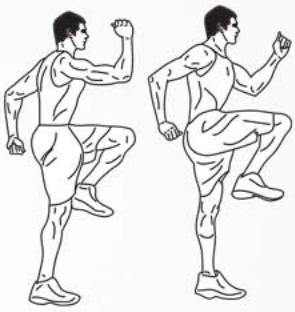
Jour 3 | Circuit Complet

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

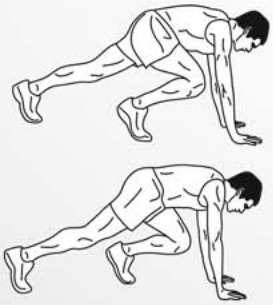
sans arrêt | sans repos

AVANCÉ

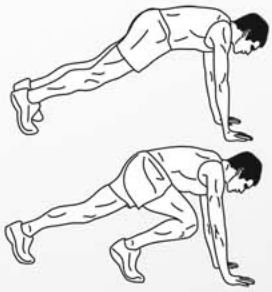
10sec levées de genou



20sec pas de marche



10sec grimpeurs



20sec grimpeurs lents

30 Jours de HIIT

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Jour 4 | Force HIIT

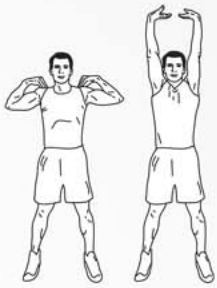
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ

20sec squats

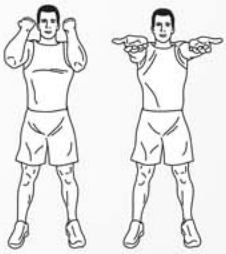
20sec toucher-épaules



20sec toucher-épaules

20sec squats

20sec pompes



20sec extensions de biceps

un squat sauté entre les exercices

30 Jours de HIIT

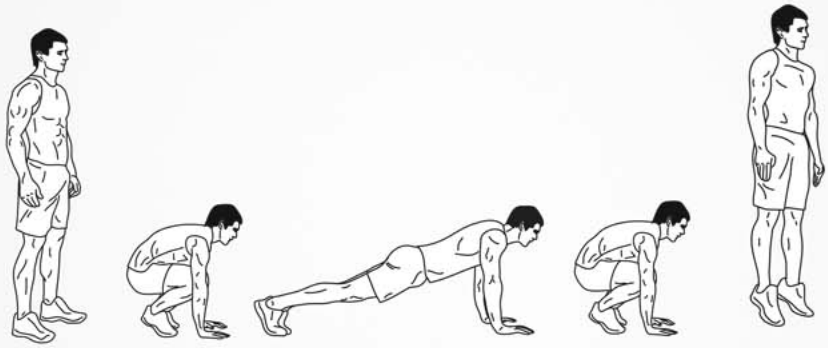
© darebee.fr

Jour 5 | Burpees

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ



20sec burpees basiques

10sec repos

20sec burpees basiques

10sec repos

20sec burpees basiques

10sec repos

20sec burpees basiques

repos

30 Jours de HIIT

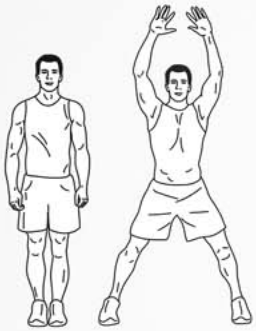
© darebee.fr

Jour 6 | Circuit Complet

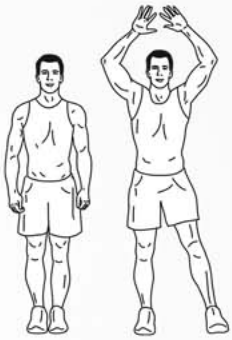
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

sans arrêt | sans repos

AVANCÉ



10sec jumping jacks



20sec pas de côté alternés

10sec levées de genou

20sec pas de marche

30 Jours de HIIT

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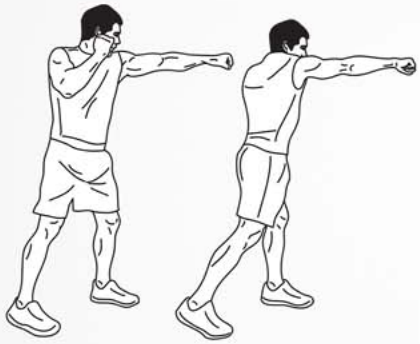
Jour 7 | Force HIIT

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ



20sec coups de poing directs

10sec pompe + toucher-épaule

20sec coups de poing directs

10sec pompe + toucher-épaule

20sec coups de poing directs

10sec pompe + toucher-épaule

20sec coups de poing directs

10sec pompe + toucher-épaule

30 Jours de HIIT

© darebee.fr

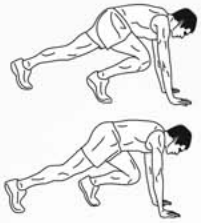
Jour 8 | Cardio HIIT

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

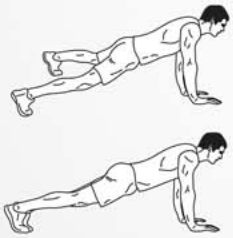
AVANCÉ

20sec levées de genou



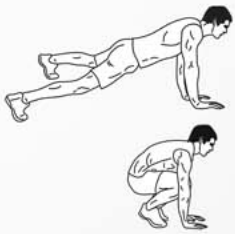
20sec grimpeurs

20sec levées de genou



20sec écarté-serrés

20sec levées de genou



20sec écarté-serré + saut

---

une pompe entre les exercices

30 Jours de HIIT

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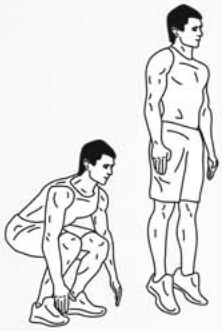
Jour 9 | Circuit Complet

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

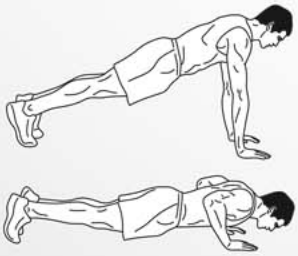
sans arrêt | sans repos

AVANCÉ

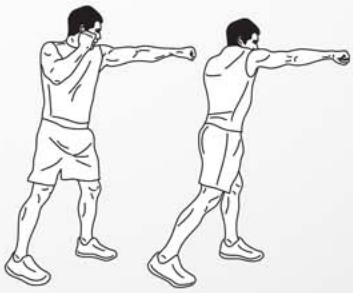


10sec squats sautés

20sec sauts sur place



10sec pompes



20sec coups de poing directs

30 Jours de HIIT

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Jour 10 | HIIT Planche

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ

20sec levées de genou

10sec planche

20sec levées de genou

10sec planche

20sec levées de genou

10sec planche

20sec levées de genou

10sec planche

30 Jours de HIIT

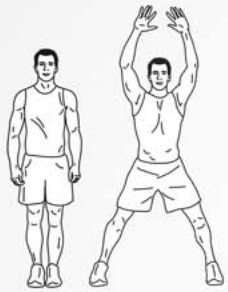
© darebee.fr

Jour 11 | Cardio HIIT

AVANCÉ

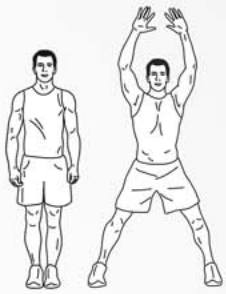
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

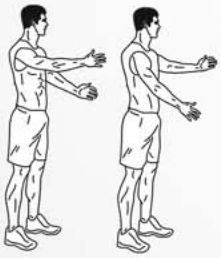


20sec jumping jacks

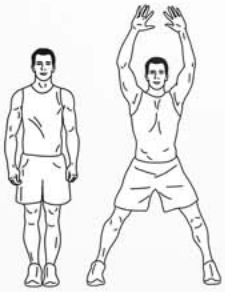
20sec cercles bras tendus



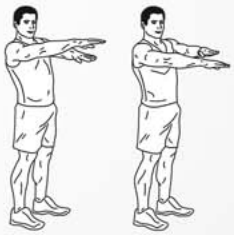
20sec jumping jacks



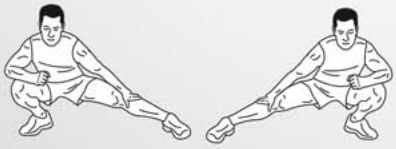
20sec ciseaux



20sec jumping jacks



20sec ciseaux



deux fentes entre les exercices

30 Jours de HIIT

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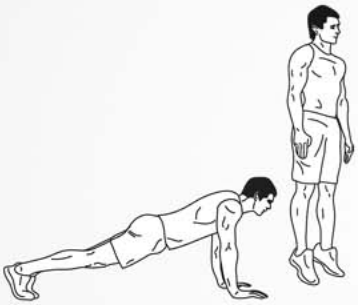
Jour 12 | Circuit Complet

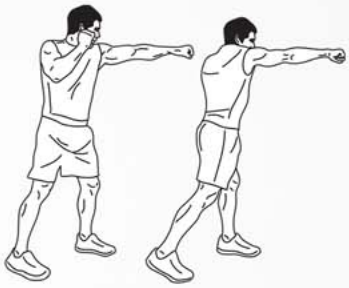
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

sans arrêt | sans repos

AVANCÉ



10sec burpees basiques



20sec coups de poing directs

10sec levées de genou

20sec pas de marche

30 Jours de HIIT

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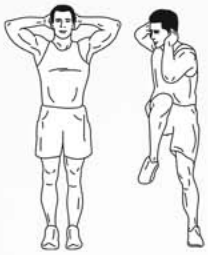
Jour 13 | Cardio HIIT

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

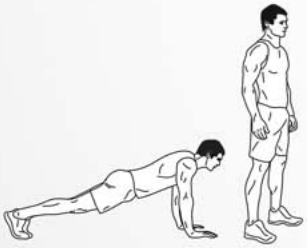
AVANCÉ

20sec levées de genou



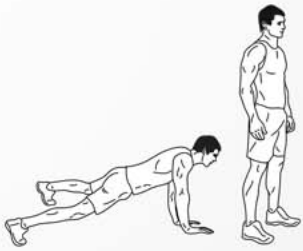
20sec genou-au-coudes

20sec levées de genou



20sec burpees basiques

20sec levées de genou



20sec écarté-serré + burpee

---

une pompe entre les exercices

30 Jours de HIIT

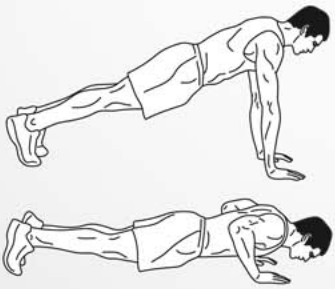
© darebee.fr

Jour 14 | Force HIIT

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ



20sec squats

10sec pompes

20sec squats

10sec pompes

20sec squats

10sec pompes

20sec squats

10sec pompes

30 Jours de

HIIT

© darebee.fr

Jour 15 | Levées de Genou

AVANCÉ

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

20sec levées de genou

10sec repos

20sec levées de genou

10sec repos

20sec levées de genou

10sec repos

20sec levées de genou

repos

30 Jours de HIIT

© darebee.fr

Jour 16 | Cardio HIIT

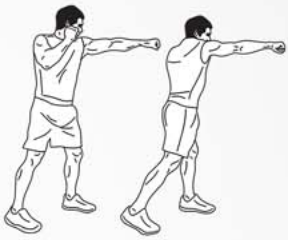
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ

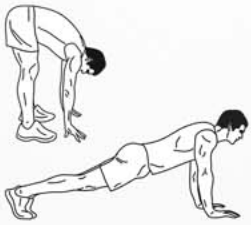
30sec levées de genou

10sec toucher-épaules

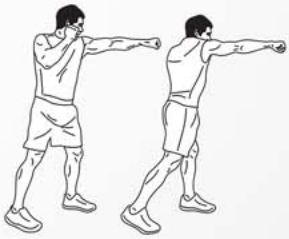


20sec coups de poing directs

30sec levées de genou



10sec sorties en planche



20sec coups de poing directs

un squat sauté entre les exercices

30 Jours de HIIT

© darebee.fr

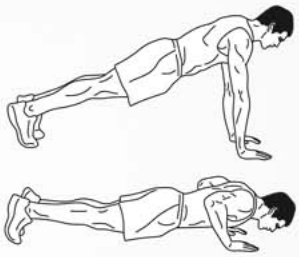
Jour 17 | Force HIIT

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

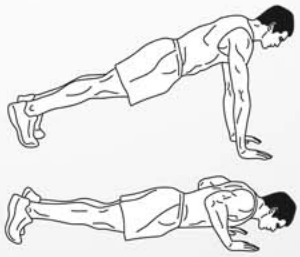
AVANCÉ

40sec coups de pied de côté



20sec pompes

40sec fente + levée de genou



20sec pompes

30 Jours de HIIT

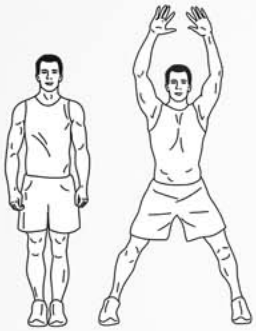
© darebee.fr

Jour 18 | Circuit Complet

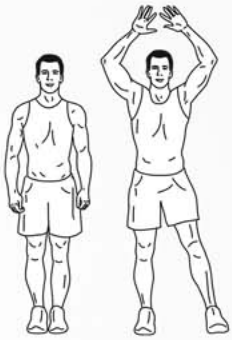
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

sans arrêt | sans repos

AVANCÉ



20sec jumping jacks



20sec pas de côté alternés

20sec levées de genou

20sec pas de marche

30 Jours de HIIT

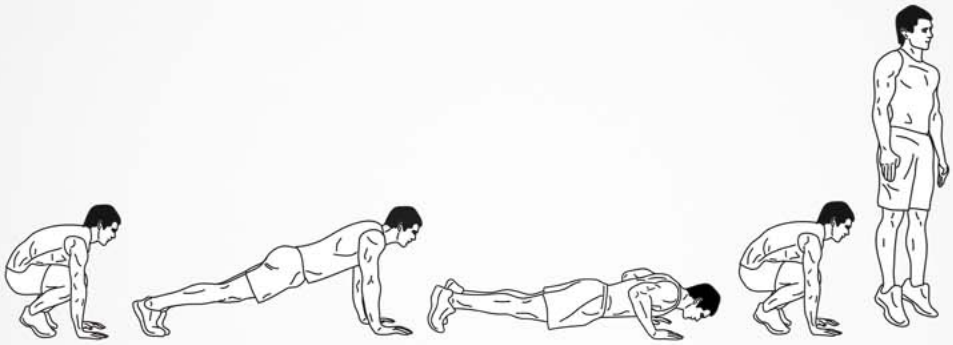
© darebee.fr

Jour 19 | Burpees

AVANCÉ

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries



20sec burpees

10sec repos

20sec burpees

10sec repos

20sec burpees

10sec repos

20sec burpees

repos

30 Jours de HIIT

© darebee.fr

Jour 20 | HIIT Planche

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ

20sec levées de genou

20sec planche

20sec levées de genou

20sec planche

20sec levées de genou

20sec planche

20sec levées de genou

20sec planche

30 Jours de HIIT

© darebee.fr

Jour 21 | Force HIIT

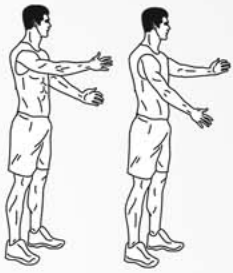
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ

20sec squats

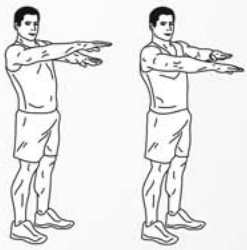
20sec toucher-épaules



20sec ciseaux

20sec squats

20sec pompes



20sec ciseaux

un squat sauté entre les exercices

30 Jours de HIIT

© darebee.fr

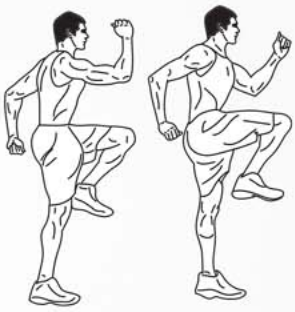
Jour 22 | Circuit Complet

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

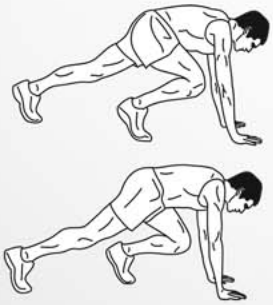
sans arrêt | sans repos

AVANCÉ

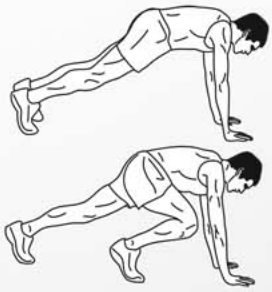
30sec levées de genou



30sec pas de marche



30sec grimpeurs



30sec grimpeurs lents

30 Jours de HIIT

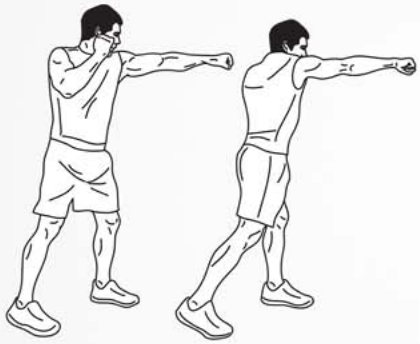
© darebee.fr

Jour 23 | Force HIIT

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ



20sec coups de poing directs

20sec pompe + toucher-épaule

20sec coups de poing directs

20sec pompe + toucher-épaule

20sec coups de poing directs

20sec pompe + toucher-épaule

20sec coups de poing directs

20sec pompe + toucher-épaule

30 Jours de HIIT

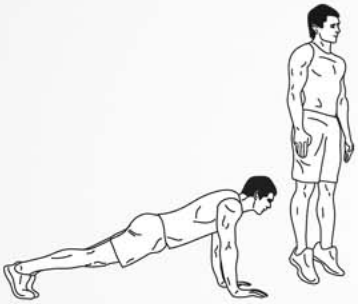
© darebee.fr

Jour 24 | Circuit Complet

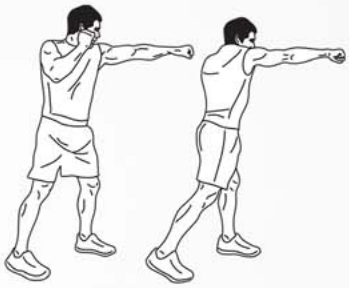
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

sans arrêt | sans repos

AVANCÉ



20sec burpees basiques



20sec coups de poing directs

20sec levées de genou

20sec pas de marche

30 Jours de

HIIT

© darebee.fr

Jour 25 | Levées de Genou

AVANCÉ

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

20sec levées de genou

10sec repos

20sec levées de genou

10sec repos

20sec levées de genou

10sec repos

20sec levées de genou

repos

30 Jours de HIIT

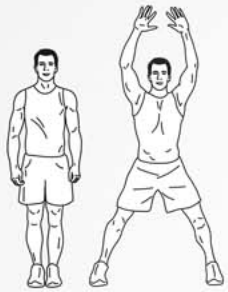
© darebee.fr

Jour 26 | Cardio HIIT

AVANCÉ

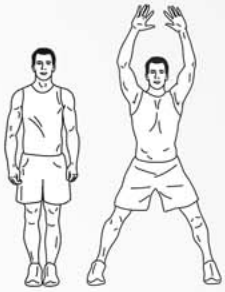
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

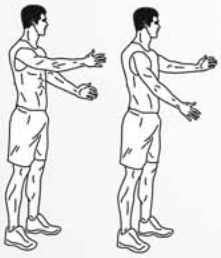


30sec jumping jacks

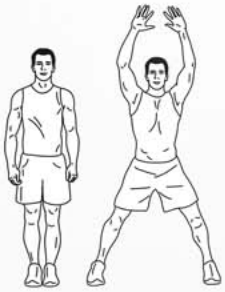
30sec cercles bras tendus



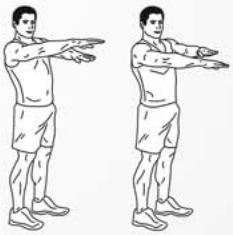
30sec jumping jacks



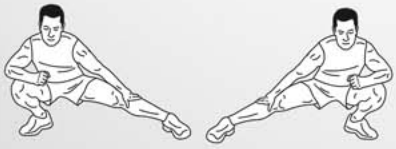
30sec ciseaux



30sec jumping jacks



30sec ciseaux



deux fentes entre les exercices

30 Jours de HIIT

© darebee.fr

Jour 27 | HIIT Planche

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ

20sec squats

20sec planche

20sec squats

20sec planche

20sec squats

20sec planche

20sec squats

20sec planche

30 Jours de HIIT

© darebee.fr

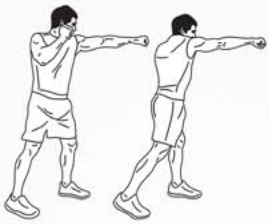
Jour 28 | Cardio HIIT

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

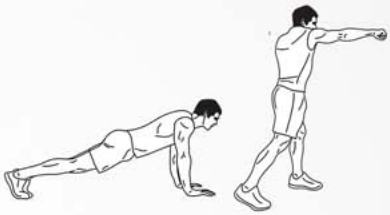
2 minutes de repos entre les séries

AVANCÉ

30sec levées de genou

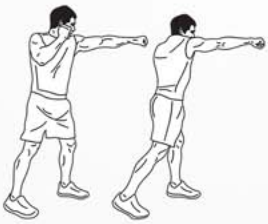


30sec coups de poing



30sec planche + jab + cross

30sec levées de genou



30sec coups de poing

30sec écarté-serré + jab + cross

---

une pompe entre les exercices

30 Jours de HIIT

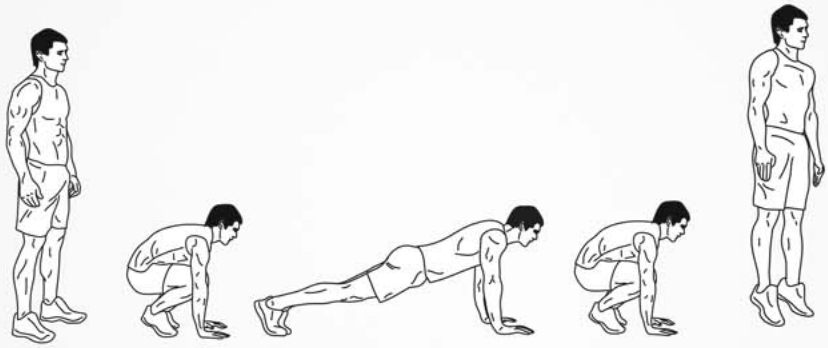
© darebee.fr

Jour 29 | Burpees

AVANCÉ

Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries



30sec burpees basiques

10sec repos

30sec burpees basiques

10sec repos

30sec burpees basiques

10sec repos

30sec burpees basiques

repos

30 Jours de HIIT

© darebee.fr

Jour 30 | Cardio HIIT

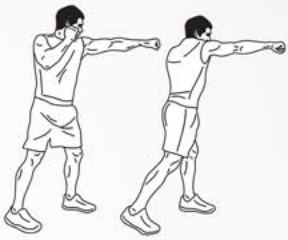
Niveau I 3 séries
Niveau II 5 séries
Niveau III 7 séries

2 minutes de repos entre les séries

AVANCÉ

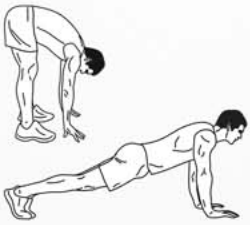
30sec levées de genou

30sec toucher-épaules

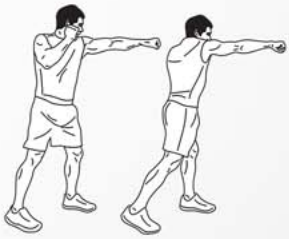


30sec coups de poing directs

30sec levées de genou



30sec sorties en planche



30sec coups de poing directs

un squat sauté entre les exercices