



[combat]

HIT

streamline

HIGH INTENSITY INTERVAL TRAINING

[combat]
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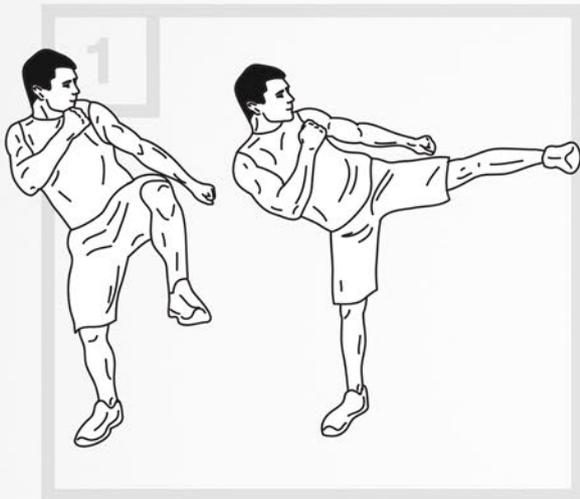
Day 1 | Practice

Level I 5 rounds

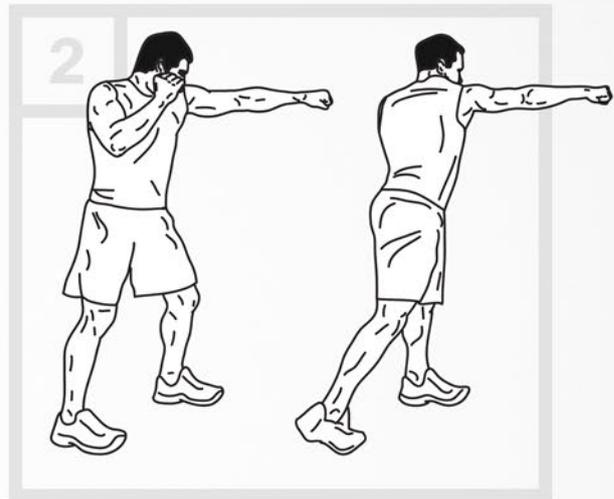
Level II 10 rounds

Level III 15 rounds

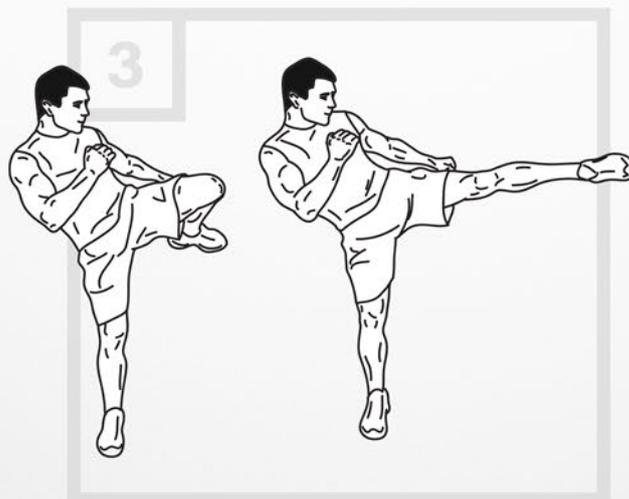
1 minute rest between rounds



20sec side kicks



20sec punches



20sec turning kicks

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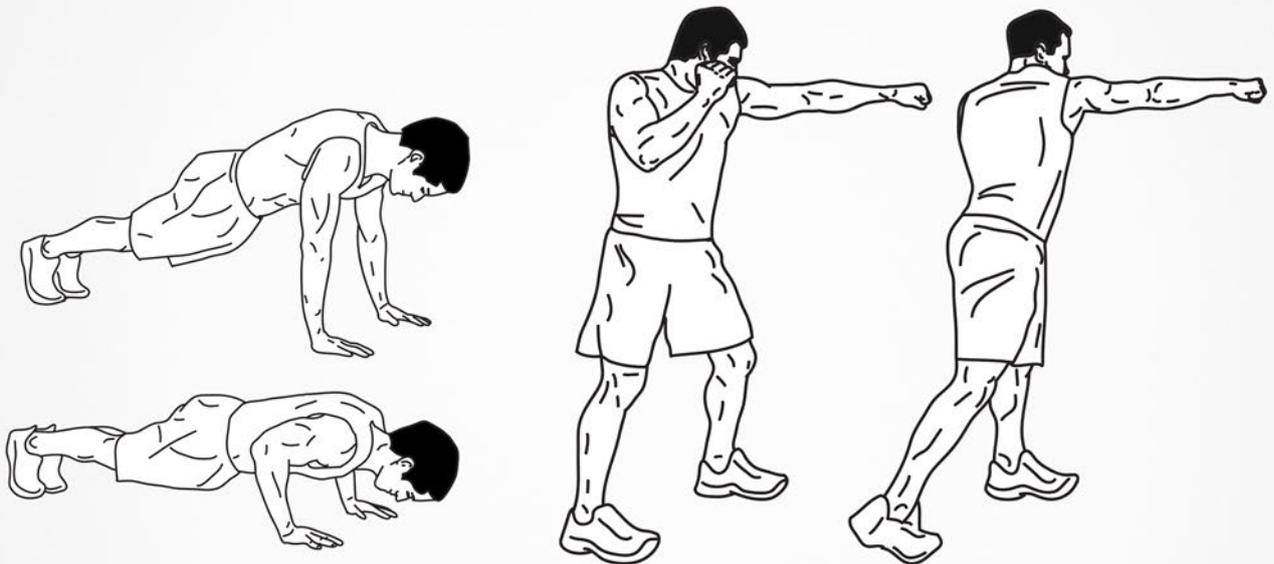
Day 2 | Power HIIT

Level I 3 rounds

Level II 4 rounds

Level III 5 rounds

1 minute rest between rounds



10 seconds

20 seconds

10 seconds

20 seconds

10 seconds

20 seconds

rest

push-ups

punches

push-ups

punches

push-ups

punches

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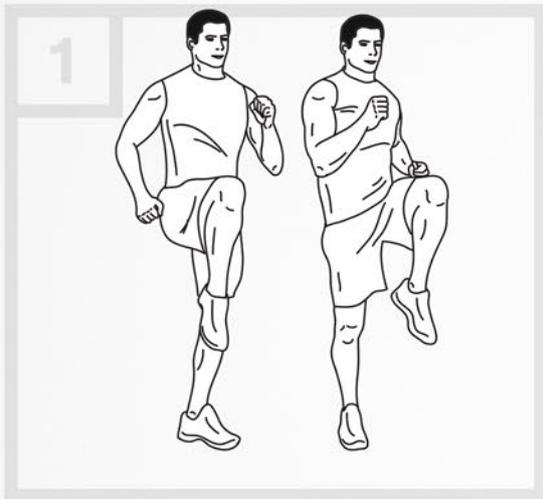
Day 3 | Practice

Level I 5 rounds

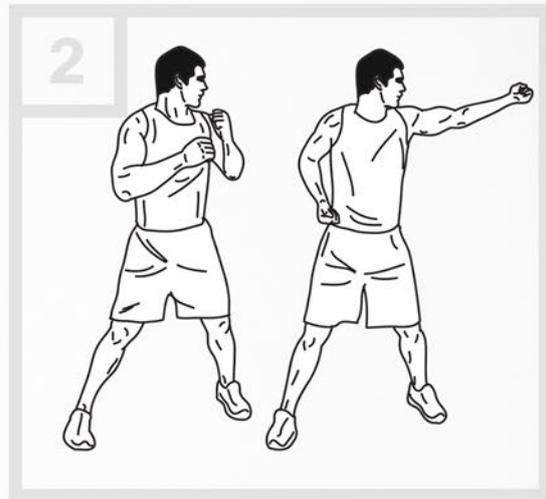
Level II 10 rounds

Level III 15 rounds

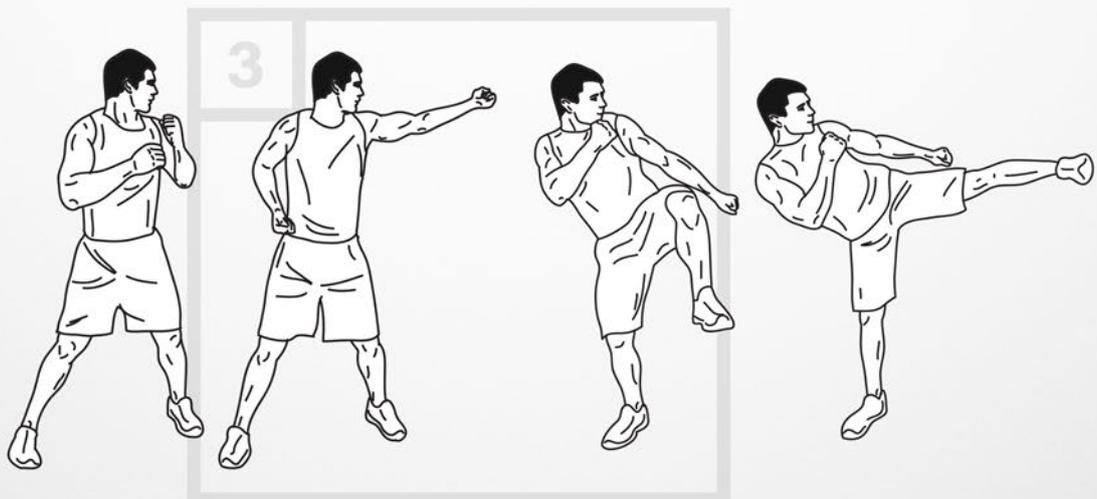
1 minute rest between rounds



10sec high knees



20sec backfists



30sec backfist + side kick

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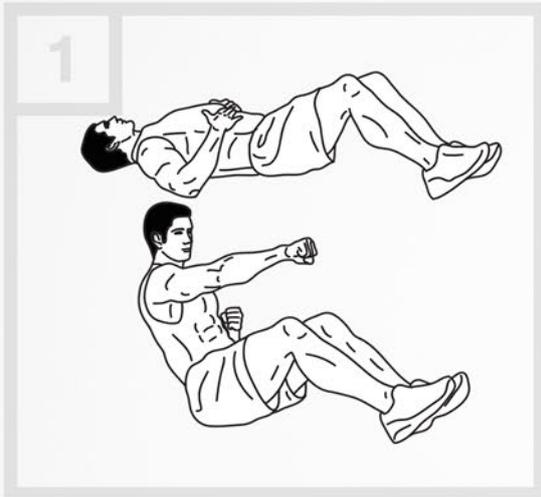
Day 4 | Abs

Level I 3 rounds

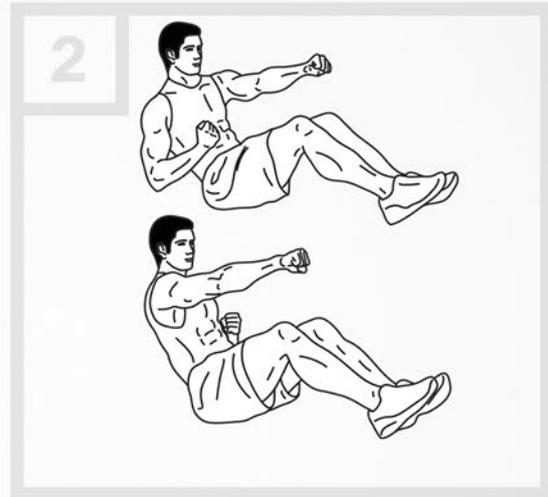
Level II 4 rounds

Level III 5 rounds

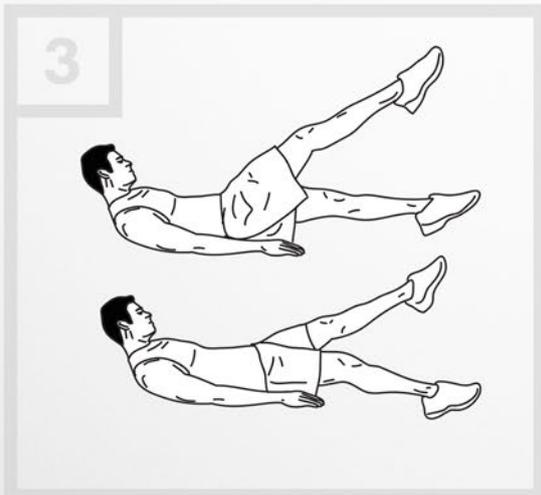
1 minute rest between rounds



15sec sit-up punches



15sec sitting punches



15sec flutter kicks



15sec sitting twists

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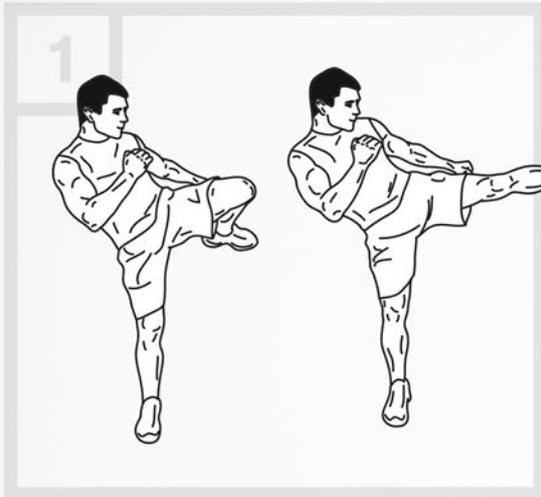
Day 5 | Speed Work

Level I 5 rounds

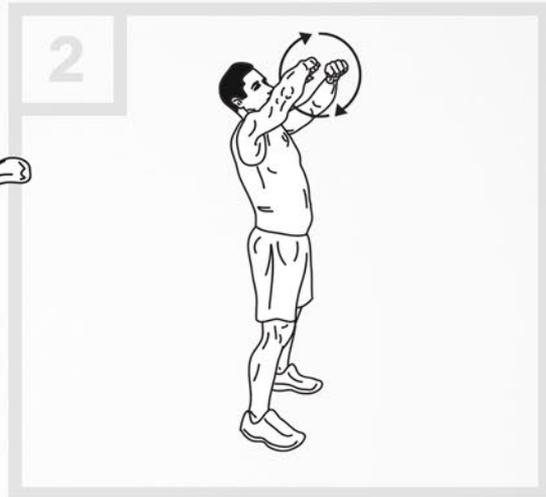
Level II 10 rounds

Level III 15 rounds

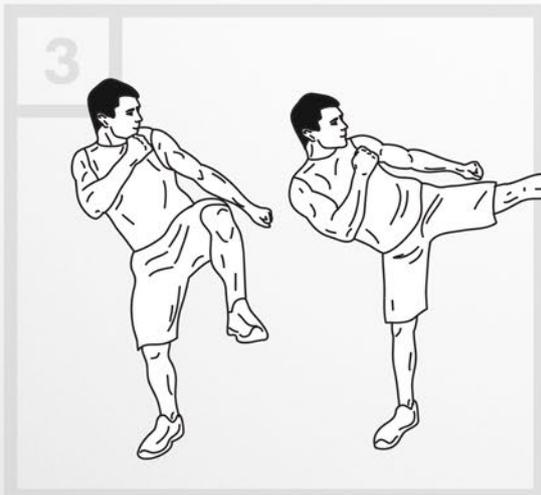
1 minute rest between rounds



20sec turning kicks



20sec speed bag punches



20sec side kicks



20sec speed bag punches

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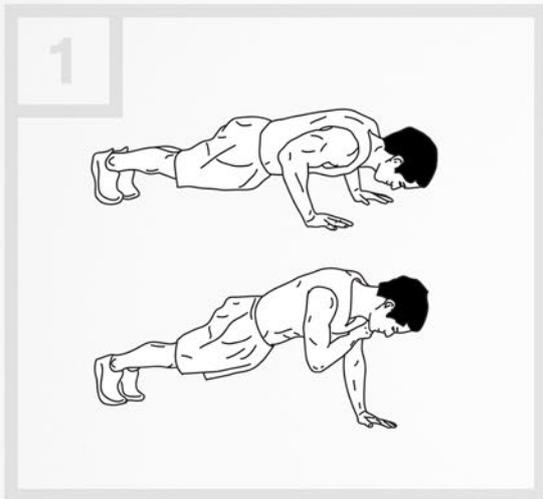
Day 6 | Power HIIT

Level I 3 rounds

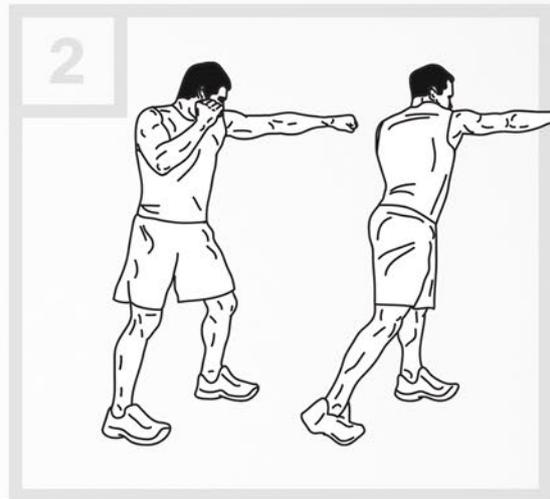
Level II 4 rounds

Level III 5 rounds

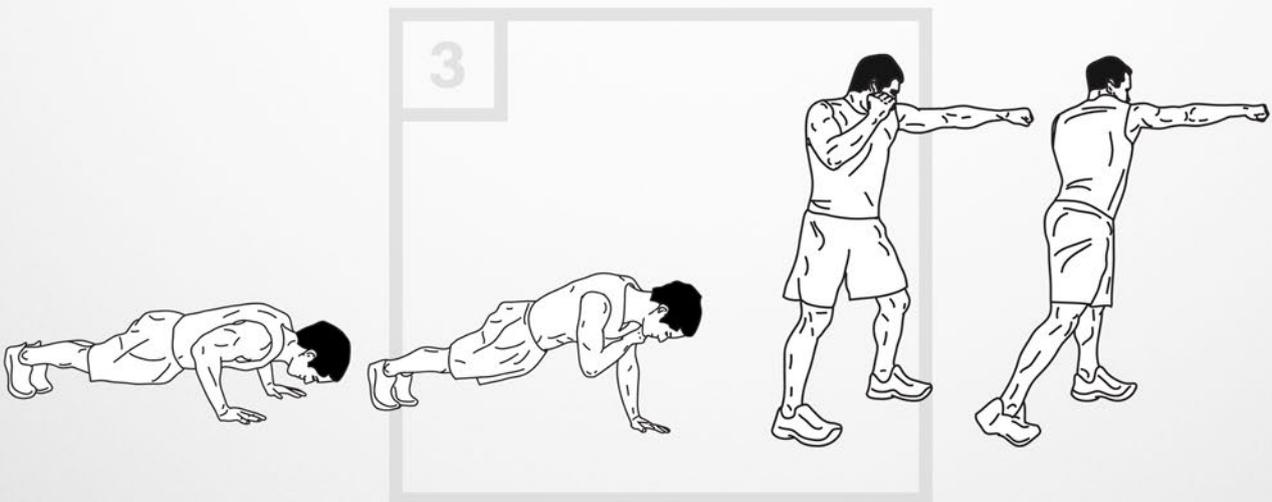
1 minute rest between rounds



20sec push-up + shoulder taps



20sec punches



20sec push-up + shoulder taps + jab + cross

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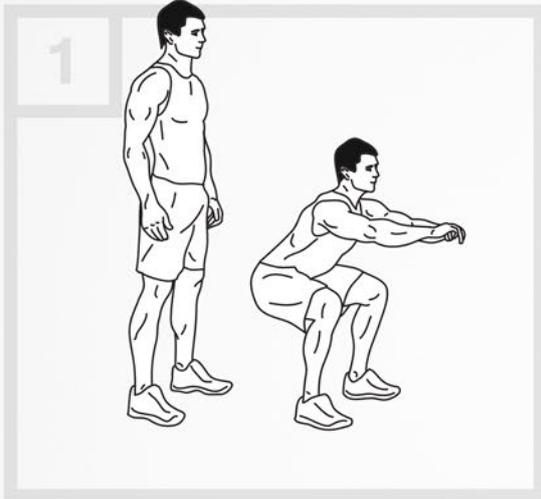
Day 7 | Practice

Level I 5 rounds

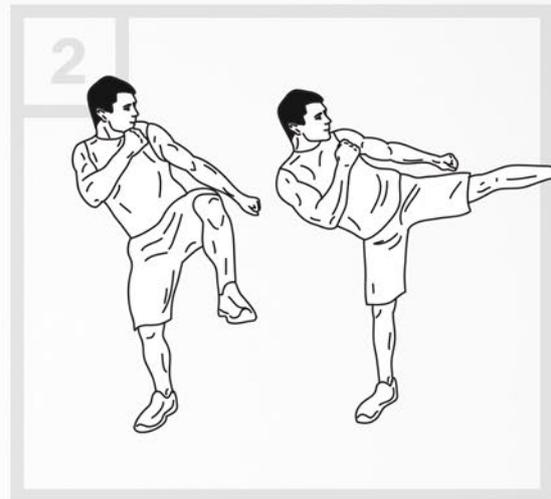
Level II 10 rounds

Level III 15 rounds

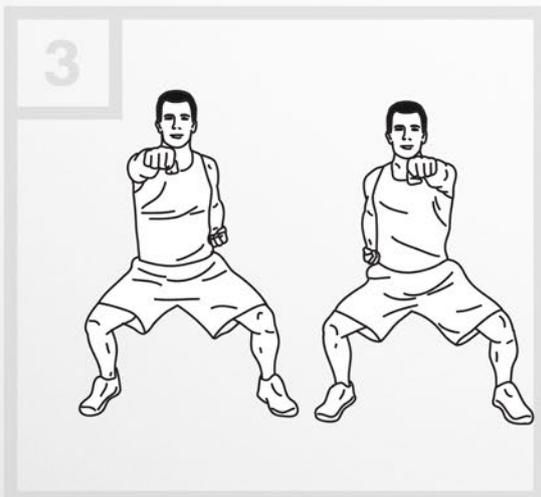
1 minute rest between rounds



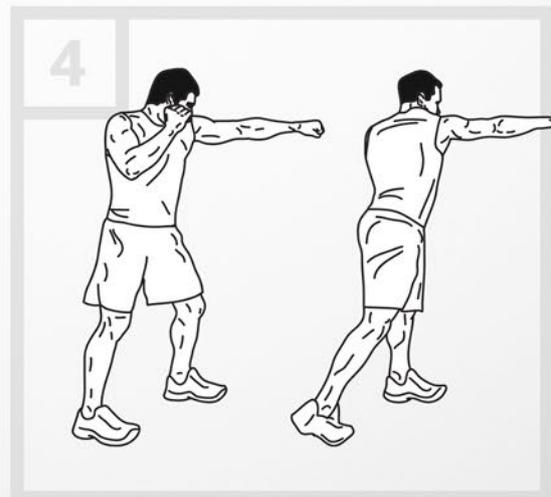
10sec squats



20sec side kicks



10sec squat hold punches



20sec punches

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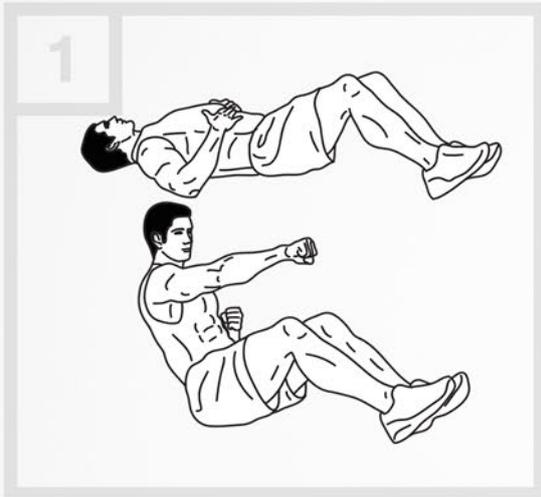
Day 8 | Ab Work

Level I 3 rounds

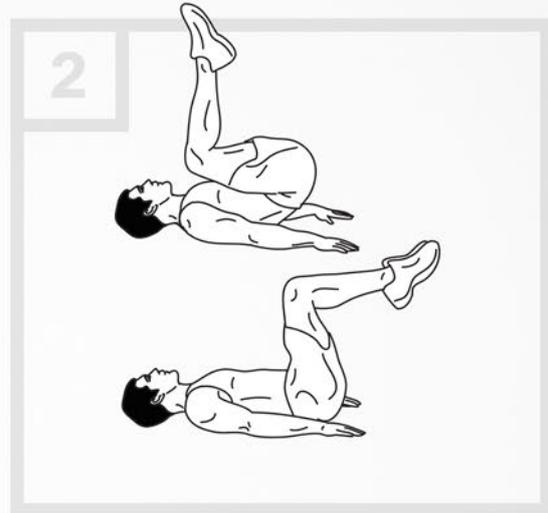
Level II 4 rounds

Level III 5 rounds

1 minute rest between rounds



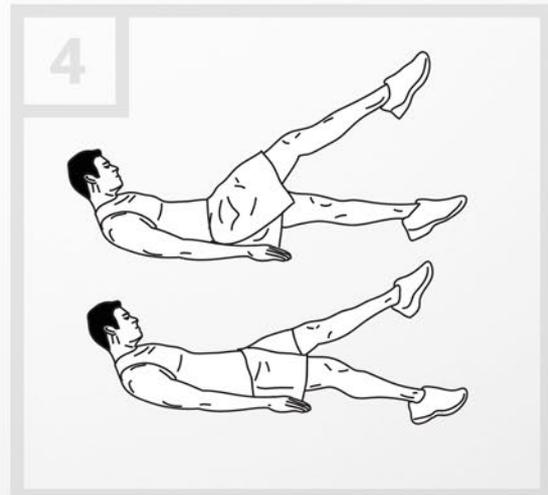
15sec sit-up + jab + cross



15sec reverse crunches



15sec sit-up + jab + cross



15sec flutter kicks

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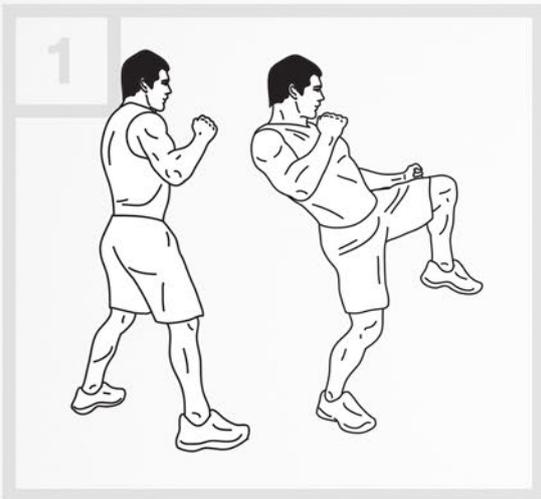
Day 9 | Practice

Level I 5 rounds

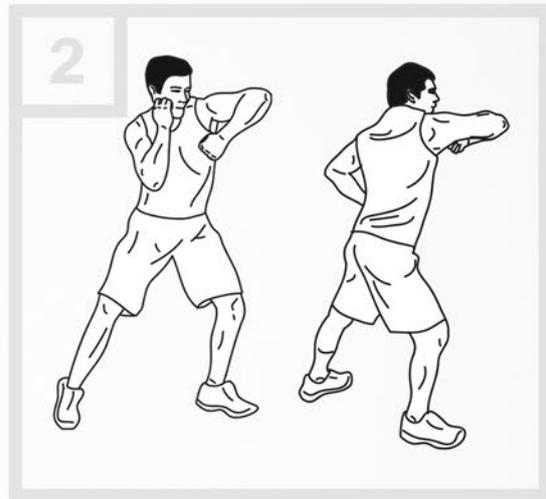
Level II 10 rounds

Level III 15 rounds

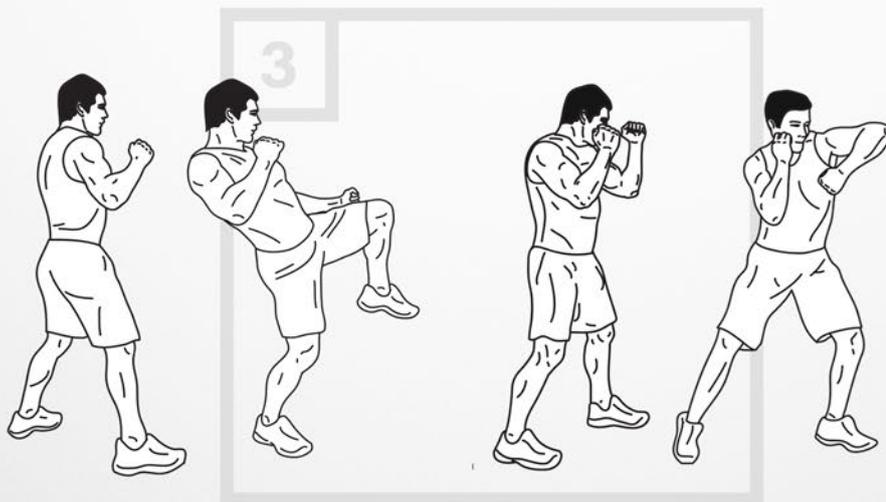
1 minute rest between rounds



20sec knee strikes



20sec elbow strikes (free-style)



20sec knee strike + elbow strike

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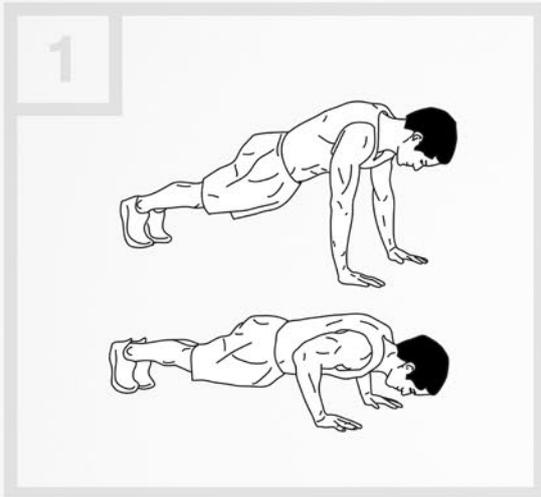
Day 10 | Power HIIT

Level I 3 rounds

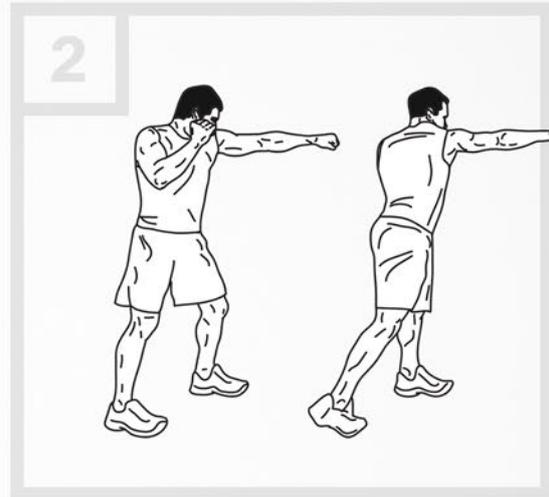
Level II 4 rounds

Level III 5 rounds

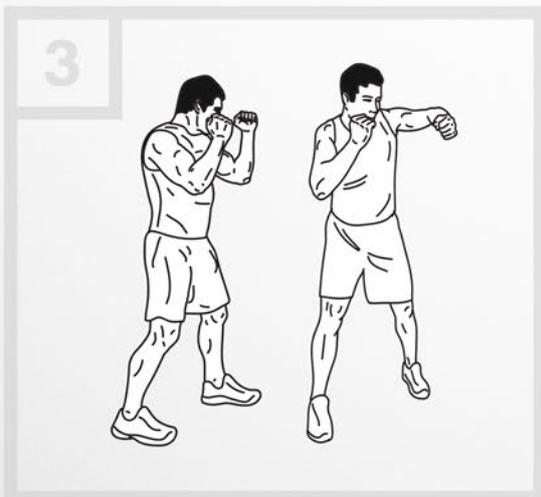
1 minute rest between rounds



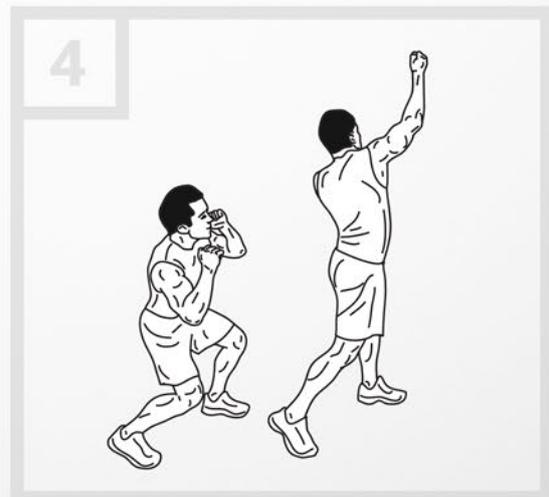
10sec push-ups



30sec punches



10sec hooks



10sec uppercuts

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Day 11 | Super HIIT

Level I 5 rounds

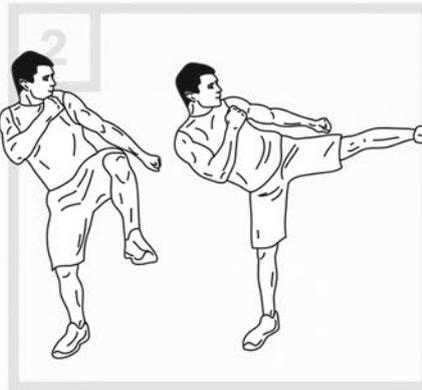
Level II 7 rounds

Level III 10 rounds

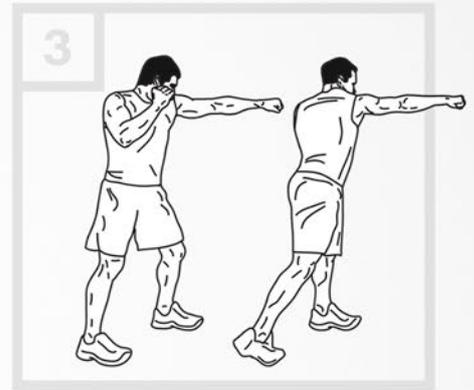
1 minute rest between rounds



20sec high knees



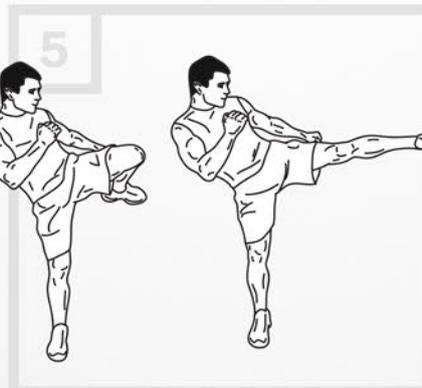
20sec side kicks



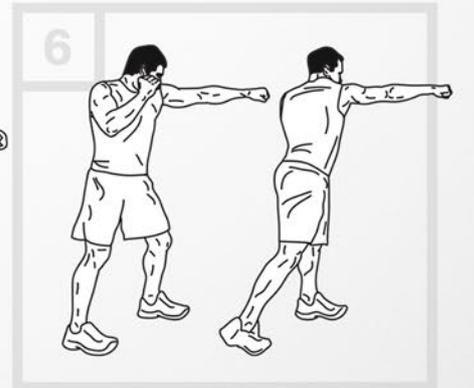
20sec punches



20sec high knees



20sec turning kicks



20sec punches

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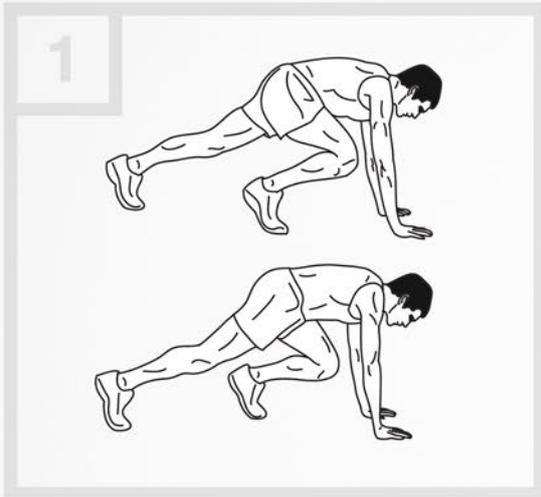
Day 12 | Ab Work

Level I 3 rounds

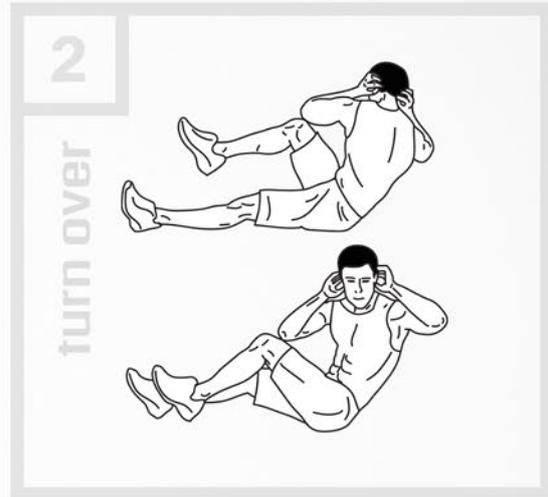
Level II 4 rounds

Level III 5 rounds

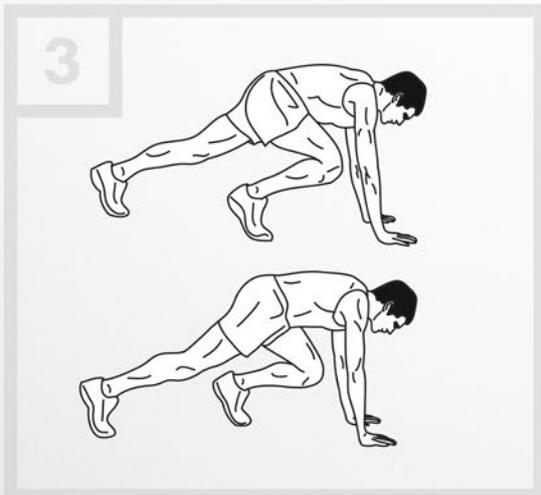
1 minute rest between rounds



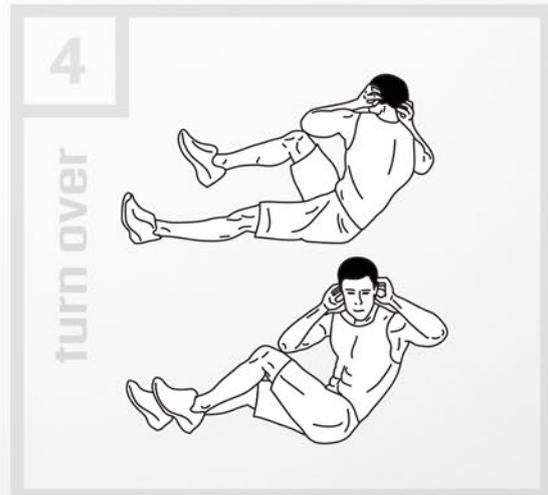
15sec climbers



15sec knee to-elbow crunches



15sec climbers



15sec knee to-elbow crunches

[combat]
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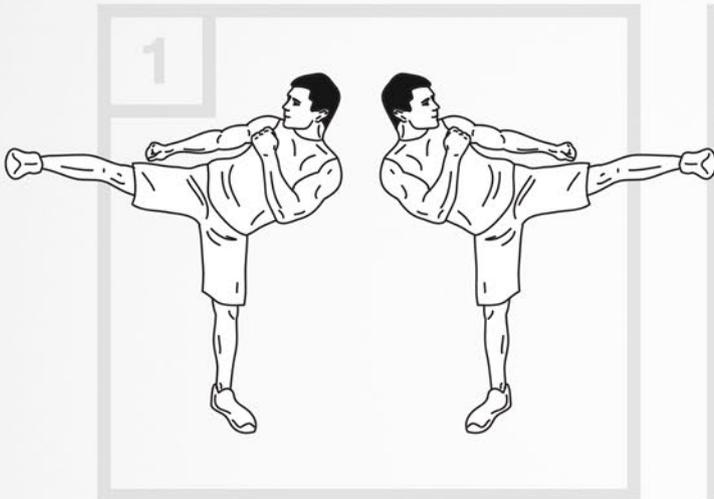
Day 13 | Practice

Level I 5 rounds

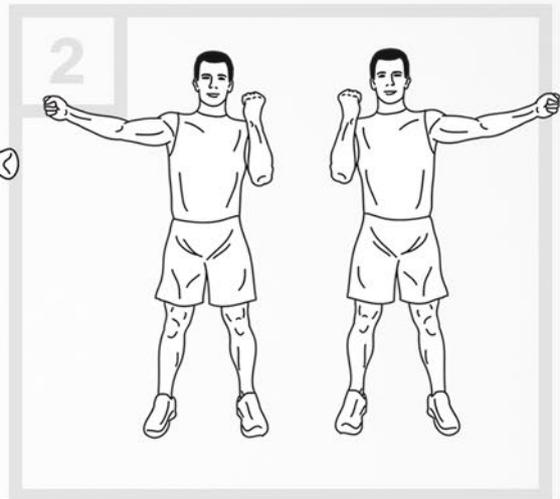
Level II 10 rounds

Level III 15 rounds

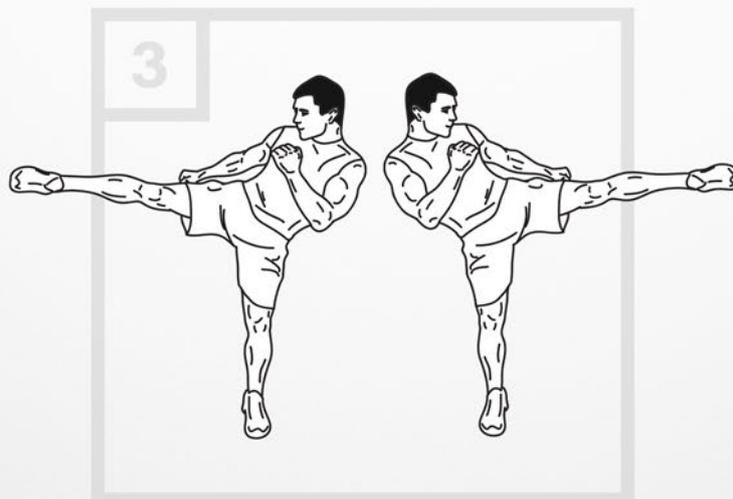
1 minute rest between rounds



20sec side-to-side side kicks



20sec side-to-side backfists



20sec side-to-side turning kicks

[combat]
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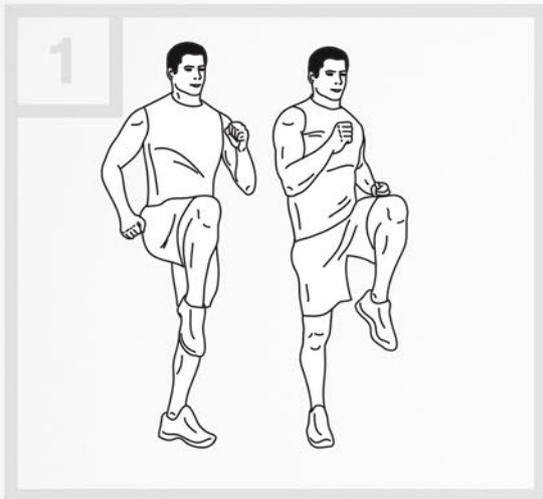
Day 14 | Practice

Level I 5 rounds

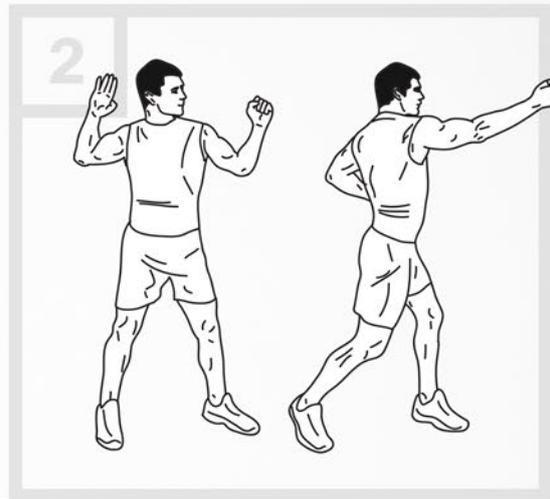
Level II 10 rounds

Level III 15 rounds

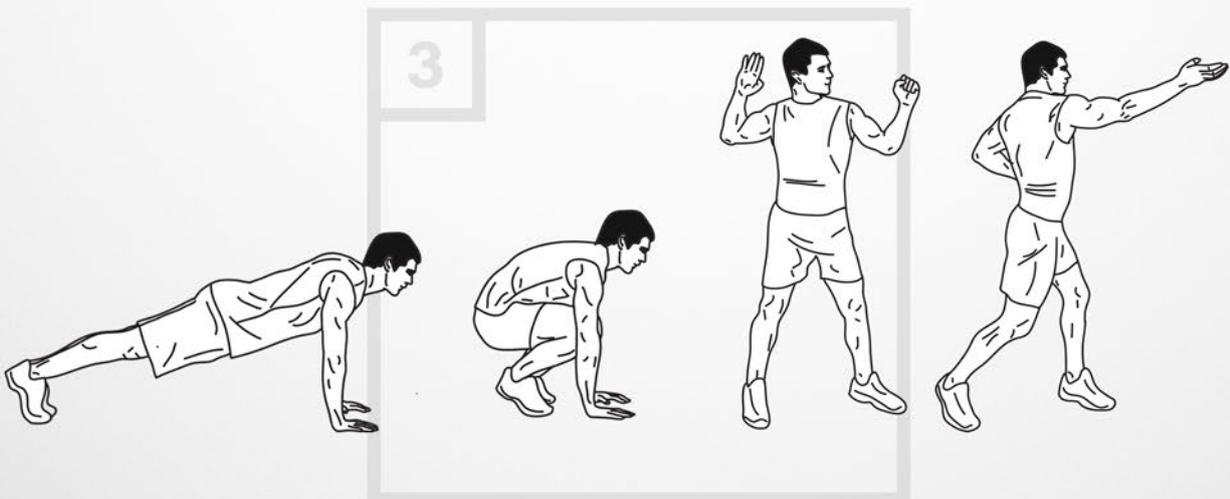
1 minute rest between rounds



20sec high knees



20sec knife hand strikes



20sec basic burpee + knife hand strikes (both hands)

[combat] HIIT

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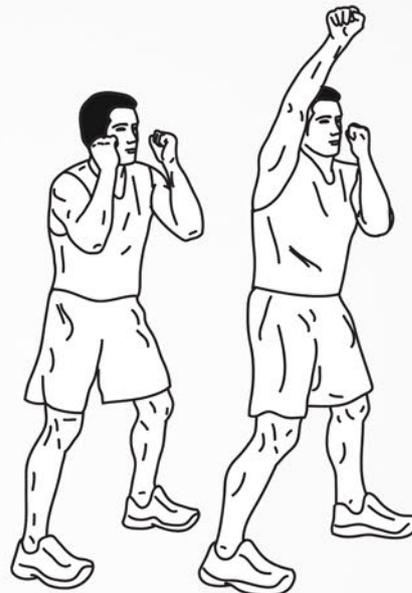
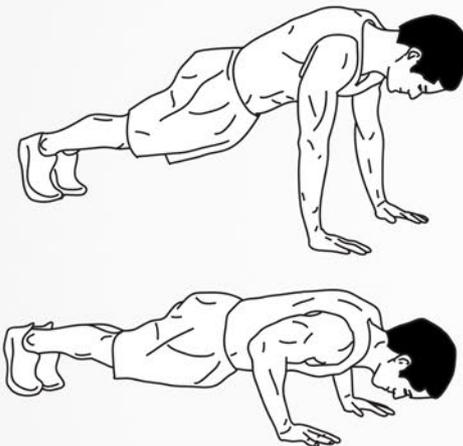
Day 15 | Power HIIT

Level I 3 rounds

Level II 4 rounds

Level III 5 rounds

1 minute rest between rounds



10 seconds

20 seconds

10 seconds

20 seconds

10 seconds

20 seconds

rest

push-ups

overhead punches

push-ups

overhead punches

push-ups

overhead punches

[combat]
HIIT

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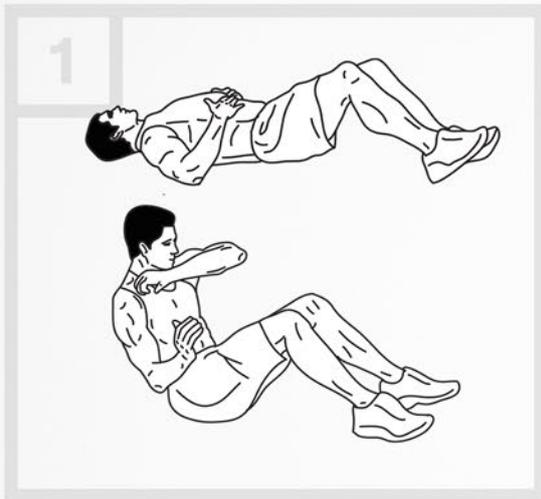
Day 16 | Ab Work

Level I 3 rounds

Level II 4 rounds

Level III 5 rounds

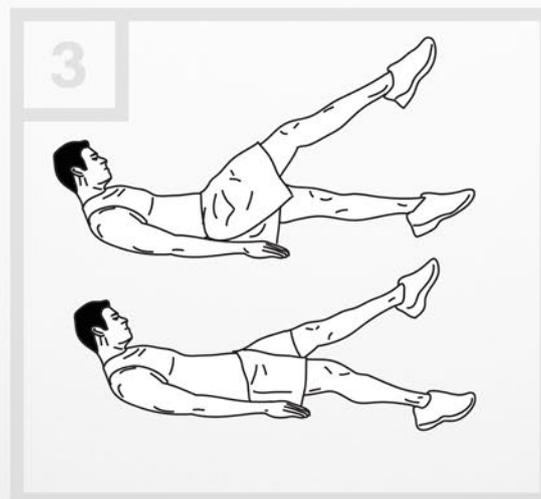
1 minute rest between rounds



20sec elbow strike sit-ups



20sec sitting elbow strikes



20sec flutter kicks

[combat]
HIIT

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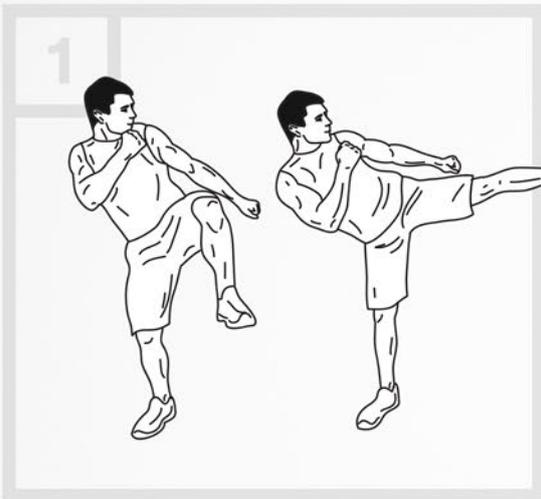
Day 17 | Practice

Level I 5 rounds

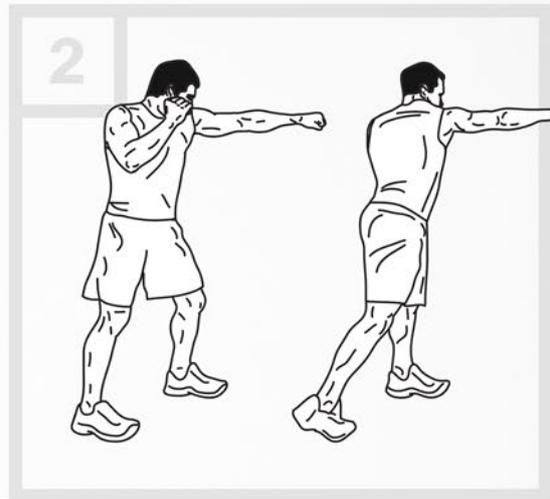
Level II 10 rounds

Level III 15 rounds

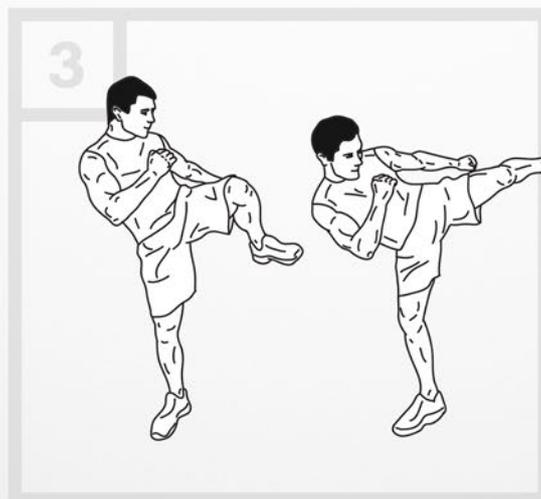
1 minute rest between rounds



20sec side kicks



20sec punches



20sec hook kicks

[combat]
HIIT

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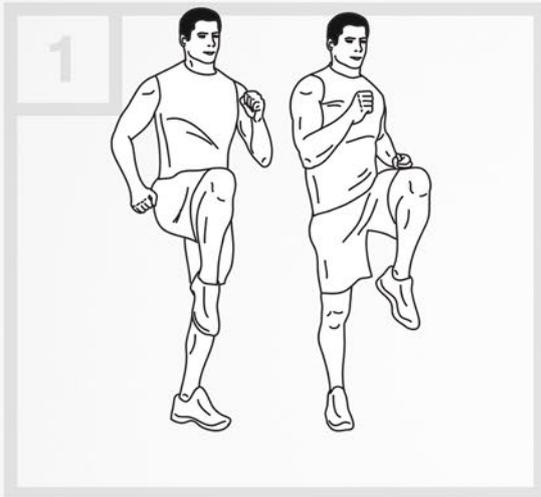
Day 18 | Speed Work

Level I 5 rounds

Level II 10 rounds

Level III 15 rounds

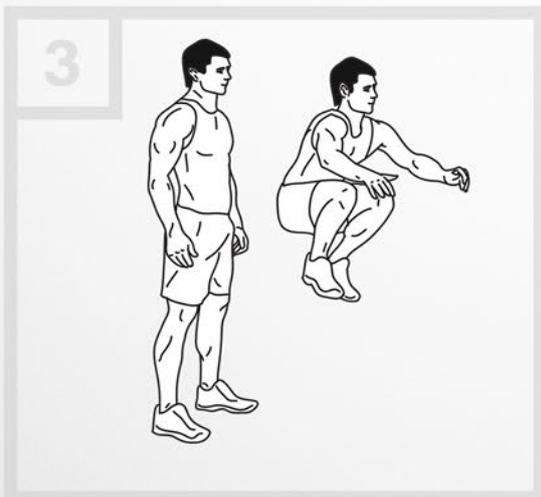
1 minute rest between rounds



10sec high knees



20sec speed bag punches



10sec jump knee tucks



20sec speed bag punches

[combat]
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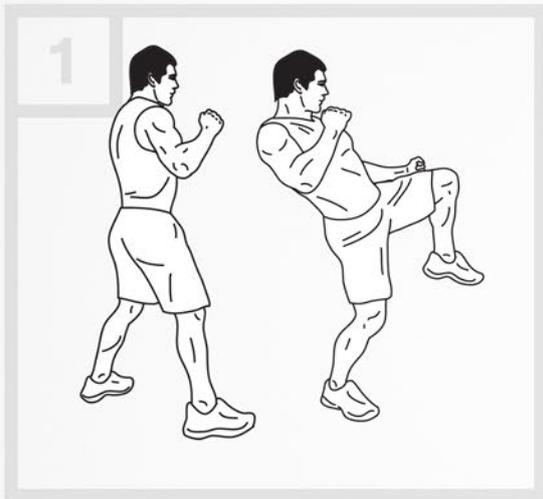
Day 19 | Practice

Level I 5 rounds

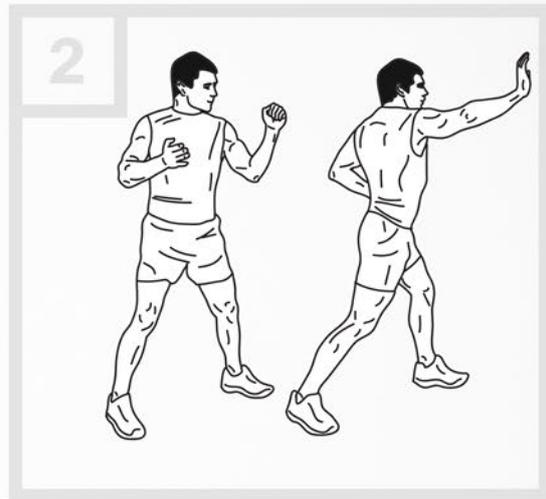
Level II 10 rounds

Level III 15 rounds

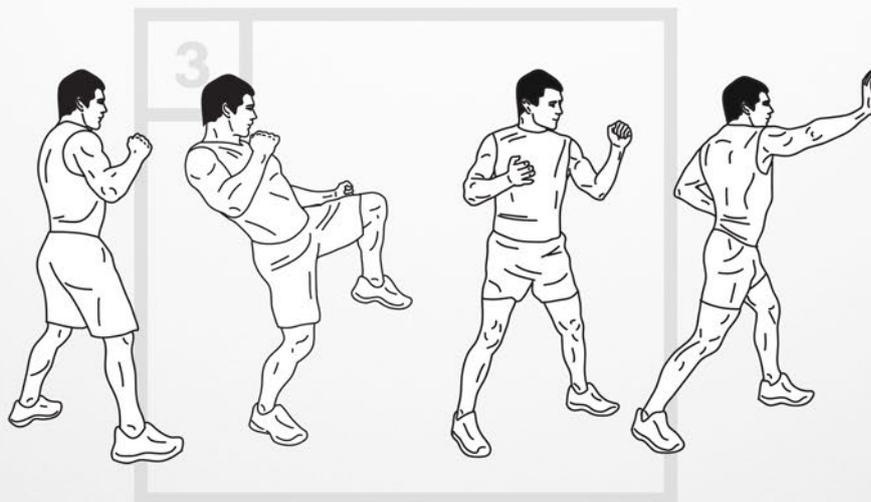
1 minute rest between rounds



20sec knee strikes



20sec palm strikes



20sec knee strike + palm strike

[combat]
HIIT

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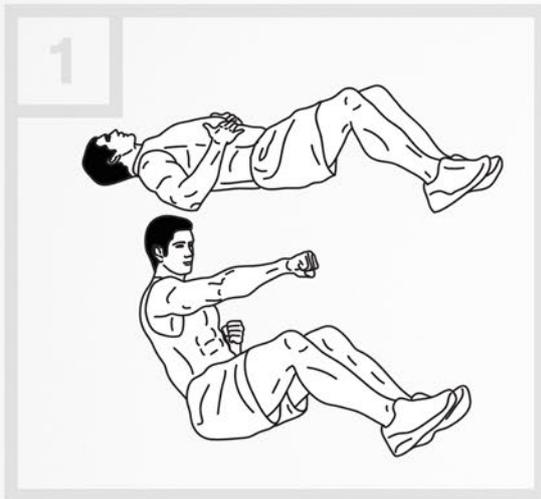
Day 20 | Ab Work

Level I 3 rounds

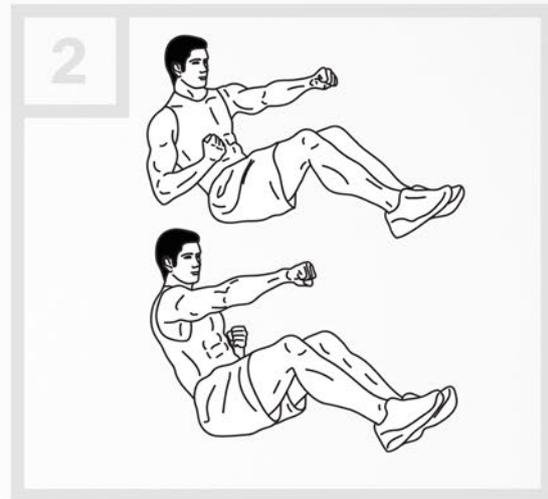
Level II 4 rounds

Level III 5 rounds

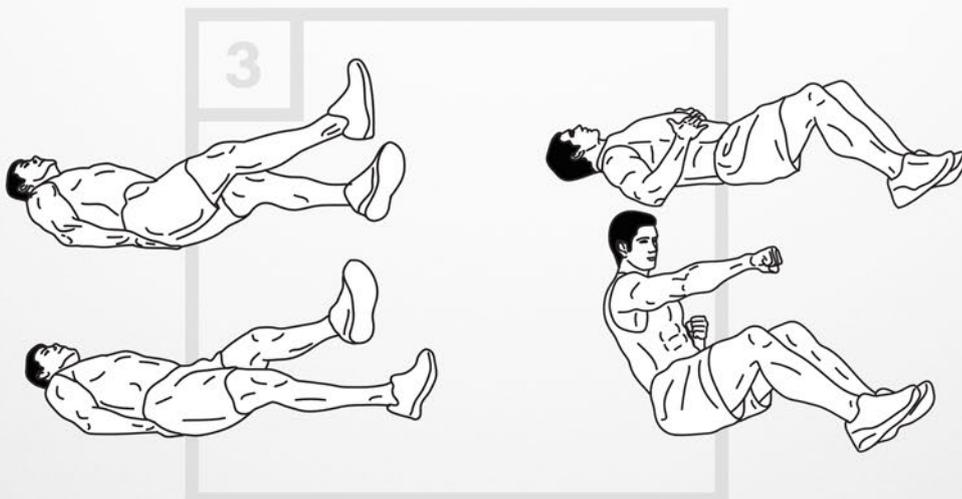
1 minute rest between rounds



20sec sit-up punches



20sec sitting punches



20sec scissors + sit-up punches

[combat]
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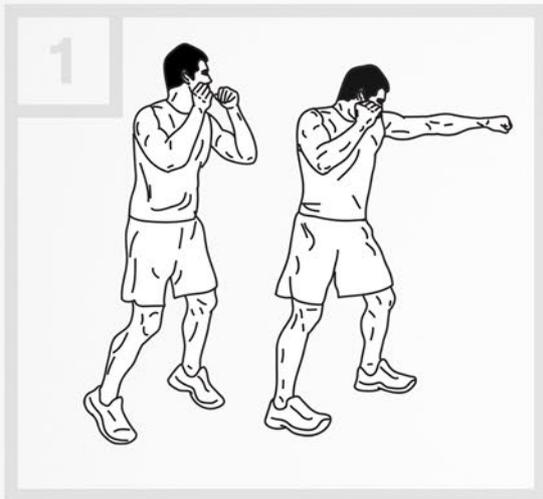
Day 21 | Boxer

Level I 5 rounds

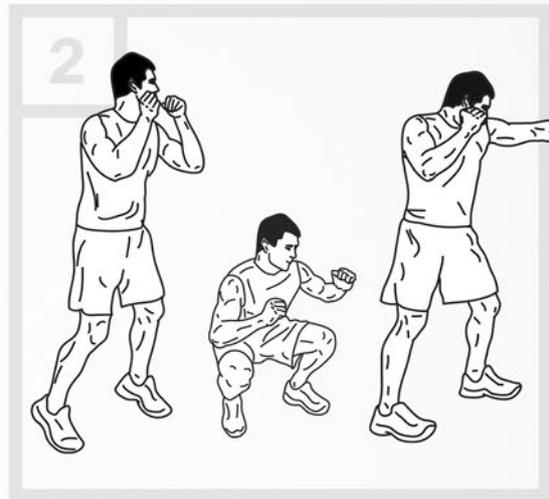
Level II 10 rounds

Level III 15 rounds

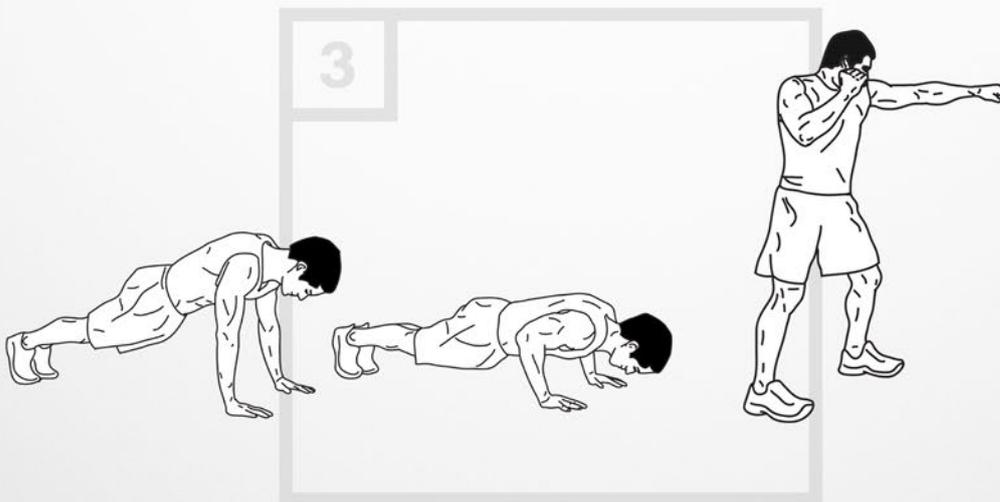
1 minute rest between rounds



20sec bouncing jab + cross



20sec bounce + squat + jab + cross



20sec push-up + jab + cross

[combat]
HIIT

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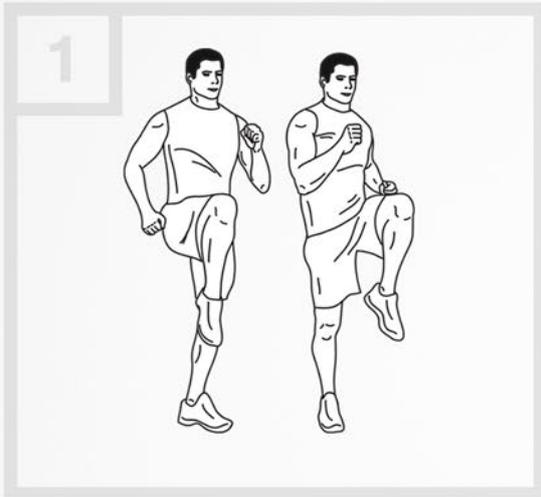
Day 22 | Super HIIT

Level I 5 rounds

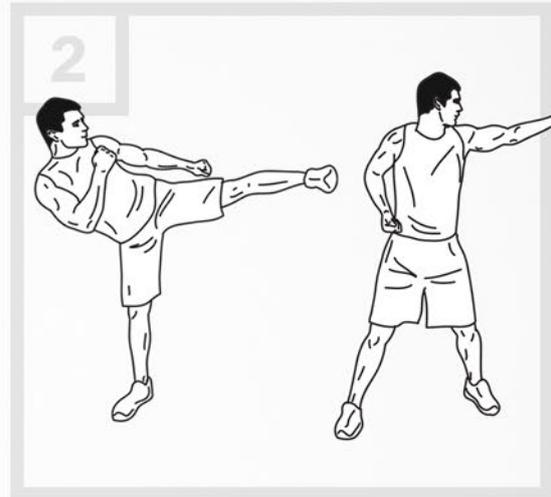
Level II 10 rounds

Level III 15 rounds

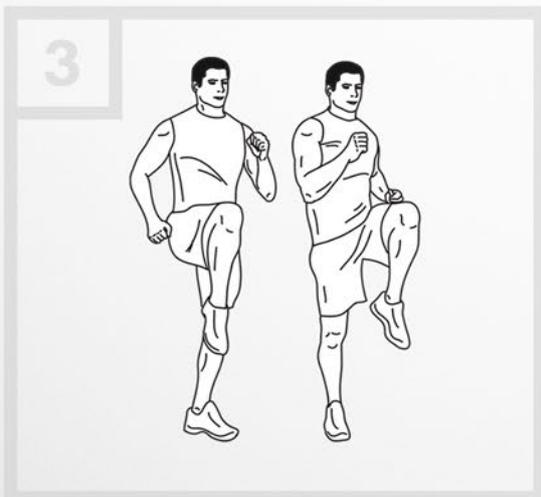
1 minute rest between rounds



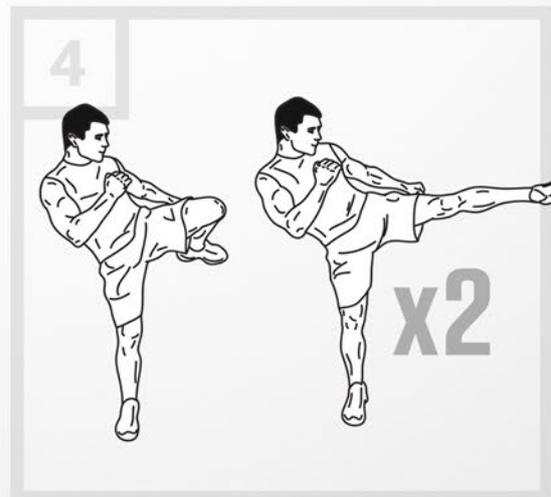
20sec high knees



20sec side kick + backfist



20sec high knees



20sec double turning kicks

[combat] HIIT

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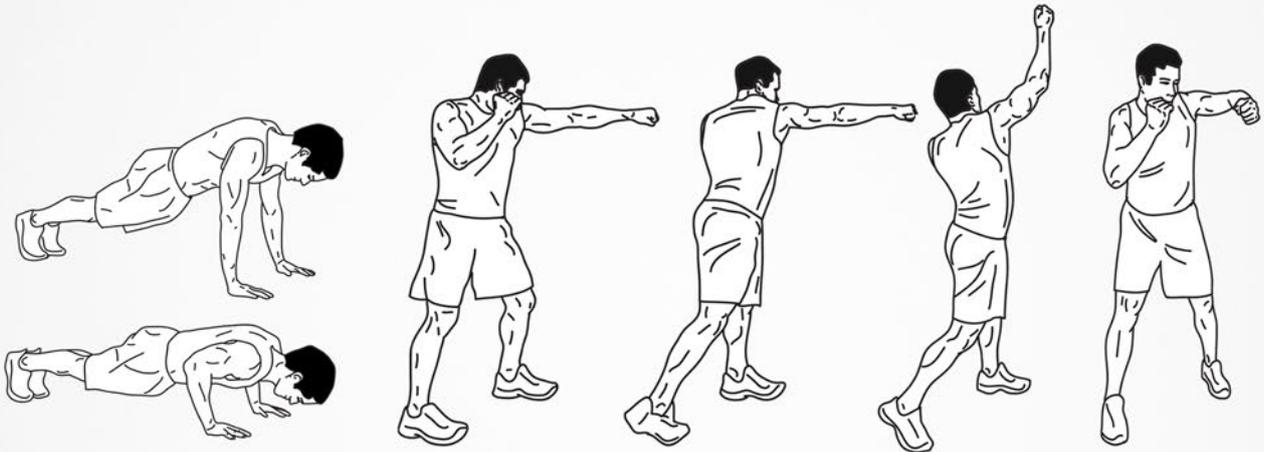
Day 23 | Power HIIT

Level I 3 rounds

Level II 4 rounds

Level III 5 rounds

1 minute rest between rounds



10 seconds

push-ups

20 seconds

jab + cross + uppercut + hook

10 seconds

push-ups

20 seconds

jab + cross + uppercut + hook

10 seconds

push-ups

20 seconds

jab + cross + uppercut + hook

rest

[combat]
HIIT

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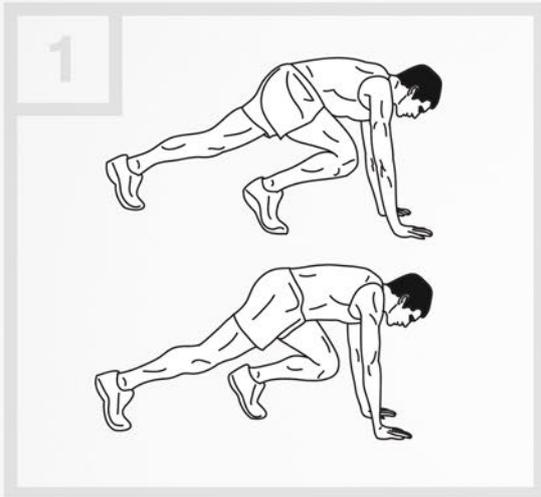
Day 24 | Ab Work

Level I 3 rounds

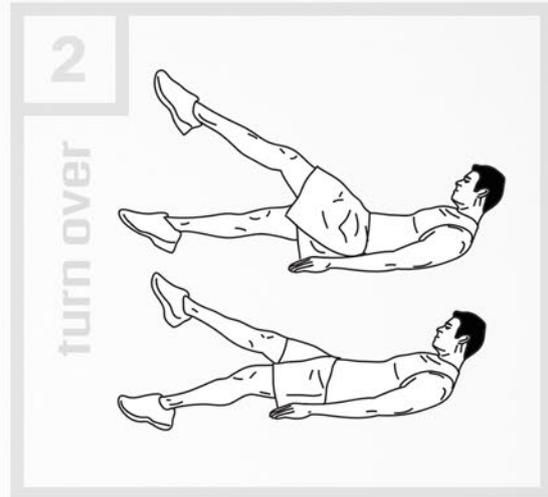
Level II 4 rounds

Level III 5 rounds

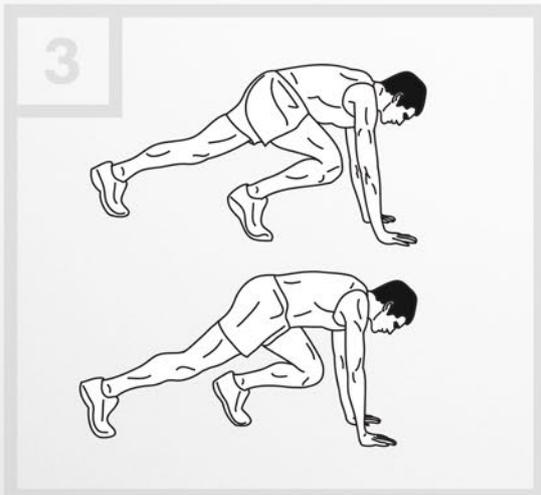
1 minute rest between rounds



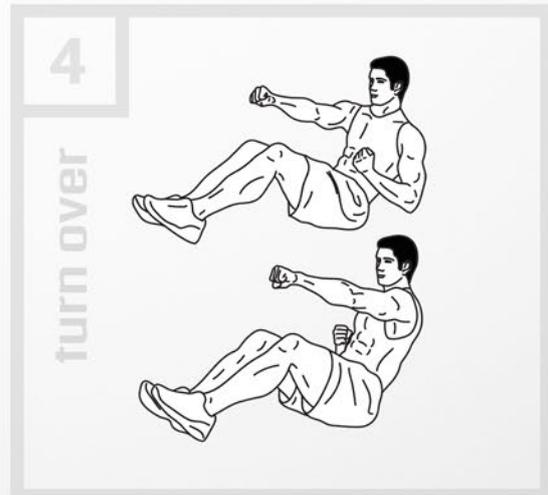
15sec climbers



15sec flutter kicks



15sec climbers



15sec sitting punches

[combat]
HIIT

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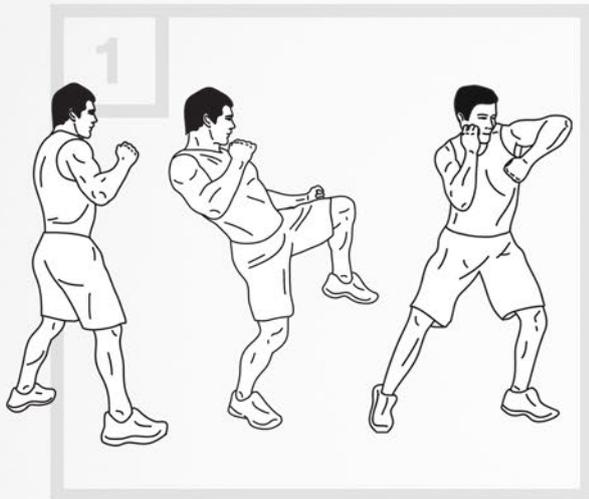
Day 25 | Power Combo

Level I 5 rounds

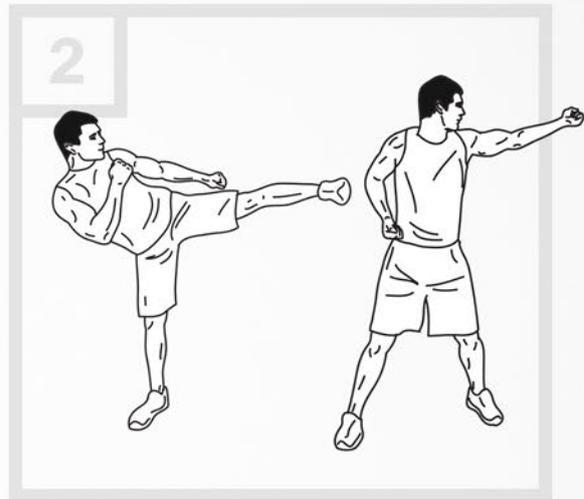
Level II 10 rounds

Level III 15 rounds

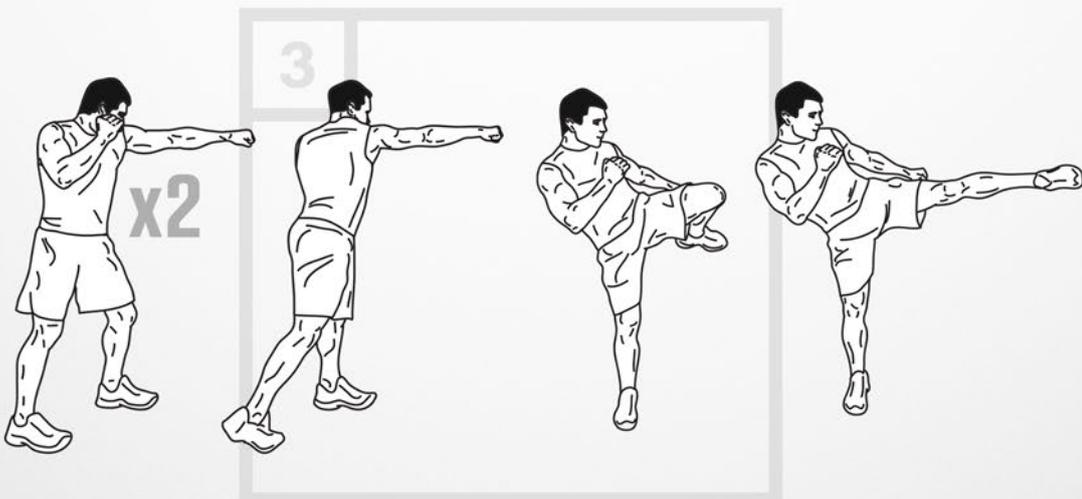
1 minute rest between rounds



20sec knee strike + elbow strike



20sec side kick + backfist



20sec jab + jab + cross + turning kick

[combat]
HIIT

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Day 26 | Speed Work

Level I 5 rounds

Level II 10 rounds

Level III 15 rounds

1 minute rest between rounds



20sec speed bag punches



20sec high knees



20sec speed bag punches

[combat]
HIIT

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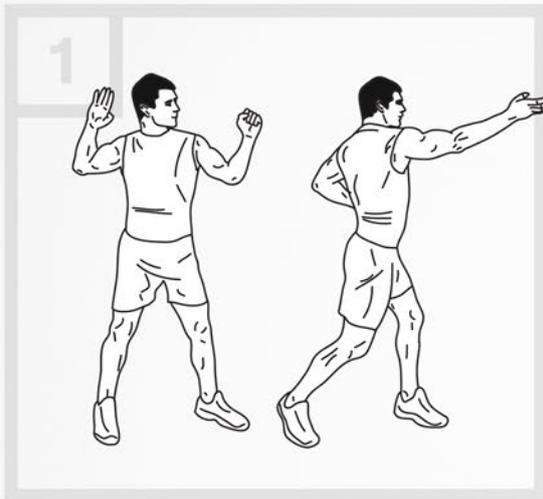
Day 27 | Practice

Level I 5 rounds

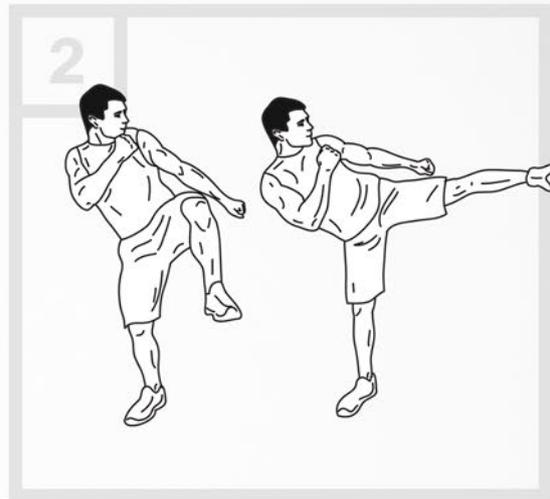
Level II 10 rounds

Level III 15 rounds

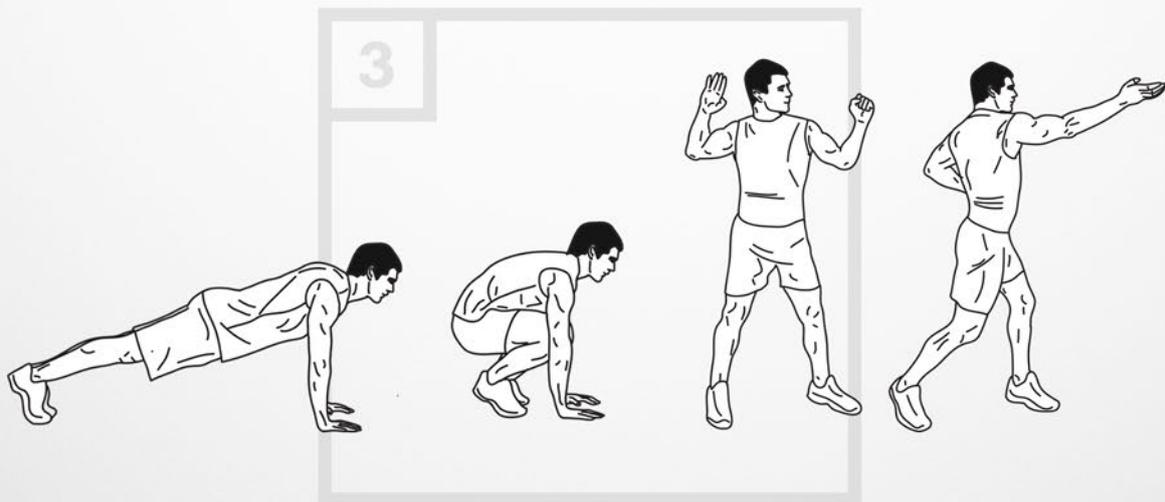
1 minute rest between rounds



20sec knife hand strikes



20sec side kicks



20sec basic burpee + knife hand strikes (both hands)

[combat] HIIT

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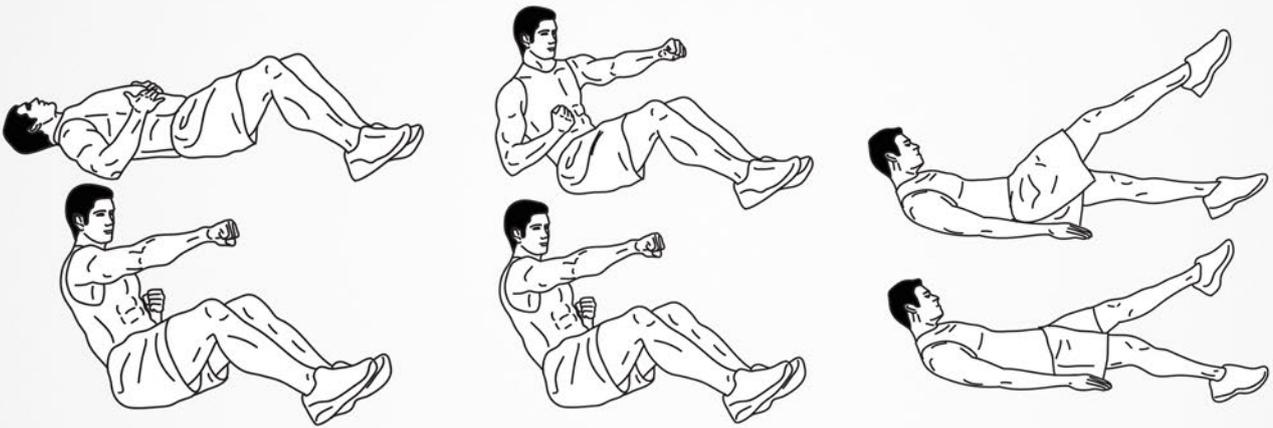
Day 28 | Ab Work

Level I 3 rounds

Level II 4 rounds

Level III 5 rounds

1 minute rest between rounds



10 seconds

10 seconds

20 seconds

10 seconds

10 seconds

20 seconds

rest

sit-up punches

sitting punches

flutter kicks

sit-up punches

sitting punches

flutter kicks

[combat]
HIIT

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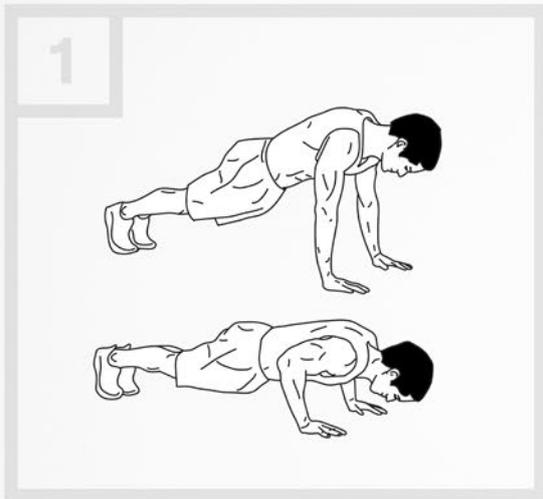
Day 29 | Power HIIT

Level I 3 rounds

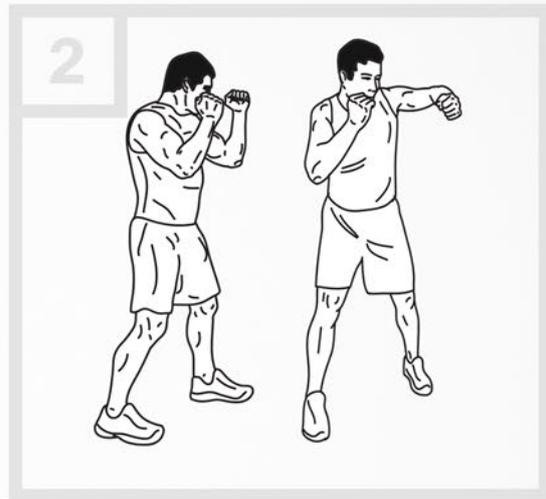
Level II 4 rounds

Level III 5 rounds

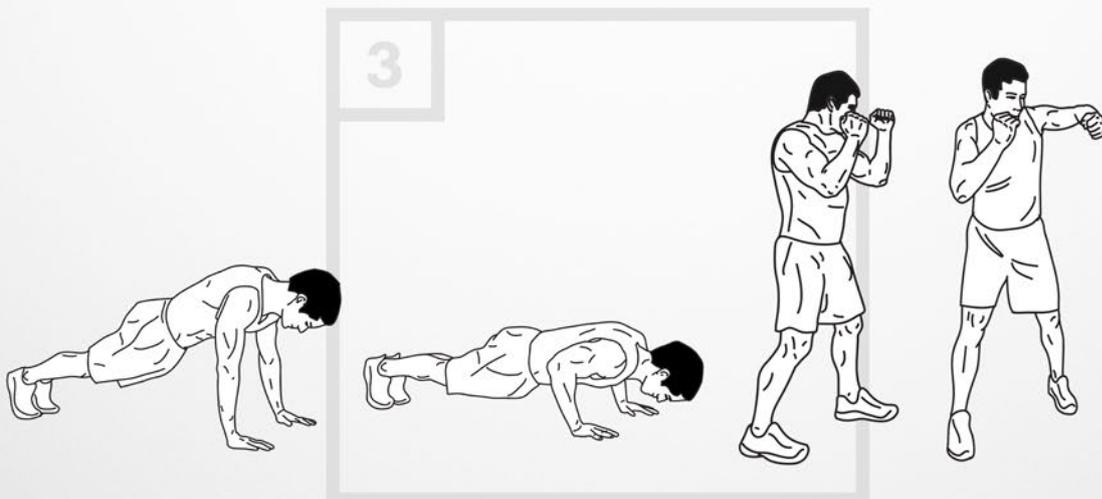
1 minute rest between rounds



20sec push-up



20sec hooks



20sec push-up hooks (both arms)

[combat] HIIT

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Day 30 | Super HIIT

Level I 5 rounds

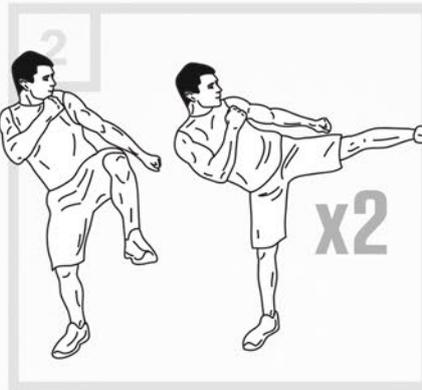
Level II 7 rounds

Level III 10 rounds

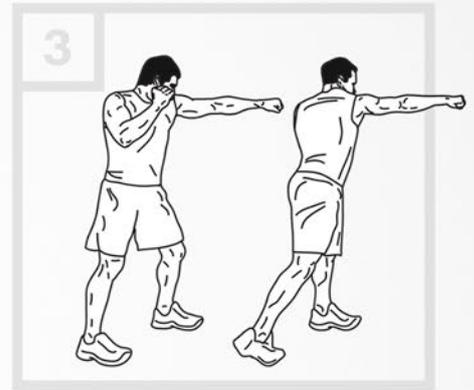
1 minute rest between rounds



20sec high knees



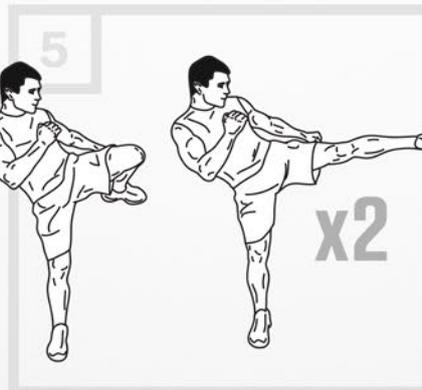
20sec double side kicks



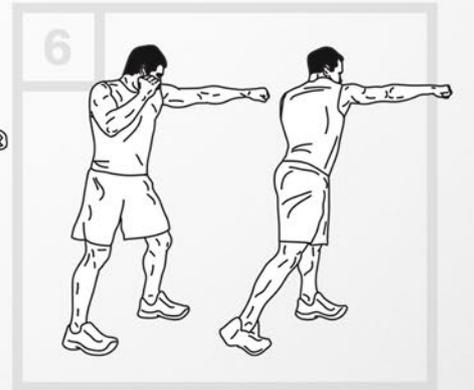
20sec punches



20sec high knees



20sec double turning kicks



20sec punches

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