H.I.I.T 14 DAY CHALLENGE

Day:	Option 1:	Option 2:
Day 1	20 on 40 rest	40 on 20 rest
Day 2	20 on 40 rest	40 on 20 rest
Day 3	20 on 40 rest	40 on 20 rest
Day 4	20 on 40 rest	40 on 20 rest
Day 5	Rest Day	Rest Day
Day 6	30 on 30 rest	50 on 10 rest
Day 7	30 on 30 rest	50 on 10 rest
Day 8	30 on 30 rest	50 on 10 rest
Day 9	30 on 30 rest	50 on 10 rest
Day 10	Rest Day	Rest Day
Day 11	40 on 20 rest	1 MIn
Day 12	40 on 20 rest	1 Min
Day 13	40 on 20 rest	1 Min
Day 14	40 on 20 rest	1 Min

CHOOSE YOUR LEVEL

Exercise time increases as rest time decreases.
Option 1 ends with 20 seconds rest.
Option 2 ends with no rest time.