



30 DAY HIIT

# CHALLENGE

 group hiit

WORKOUT  
CALENDAR



# 30 Day Guide

Let's Get Started!

We're so glad you joined Group HIIT!  
Use this guide to get started and to track your progress.

Workout videos can be found here:

[www.grouphiit.com/collections/challenge](http://www.grouphiit.com/collections/challenge)

If you have any questions on modifications or need help getting started, please email us at [contact@grouphiit.com](mailto:contact@grouphiit.com).

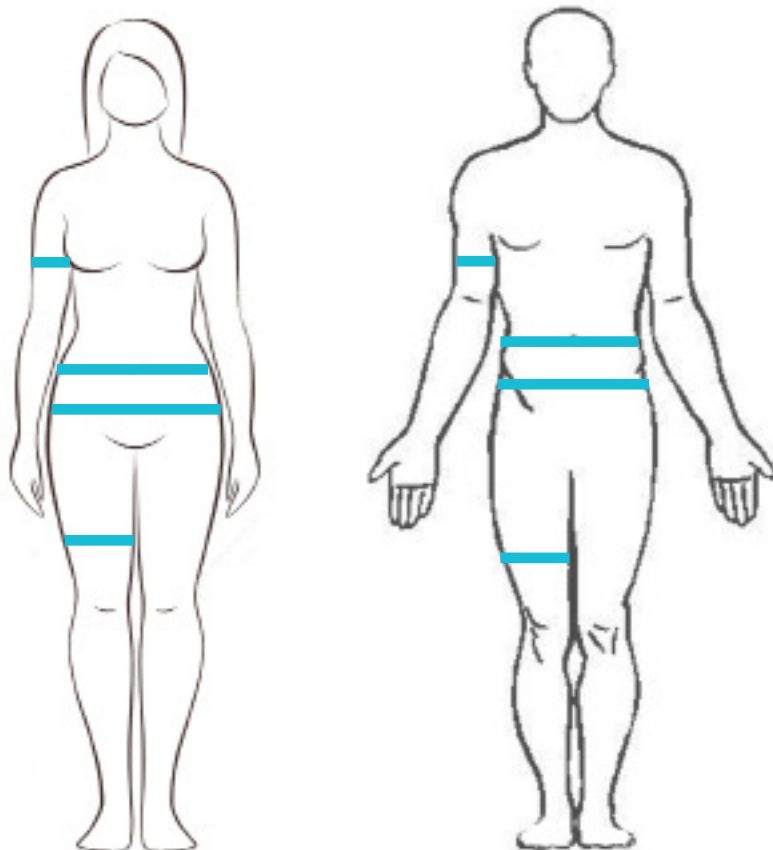
# Day 1: Measurements

The most important part of taking your measurements is making sure they are in the same spot each time. Take a photo to help you remember where you measured.

Take these measurements weekly.

1. Weight: Use the same scale each time
2. Waist: Measure at navel
3. Thigh: Measure 6 inches above knee
4. Hips: Measure across hip bones
5. Bicep: Measure half way between armpit & elbow crease

Take your before photos to track your progress! Try to take a weekly picture in the same setting each week.



# Week 1

Start by filling out your start date and days of the week.

Day 2: Upper Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 3: Cardio

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 4: Lower Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 5: Rest/Cardio

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

## Photos

Take a progress photo at the end of each week.

## Follow us:

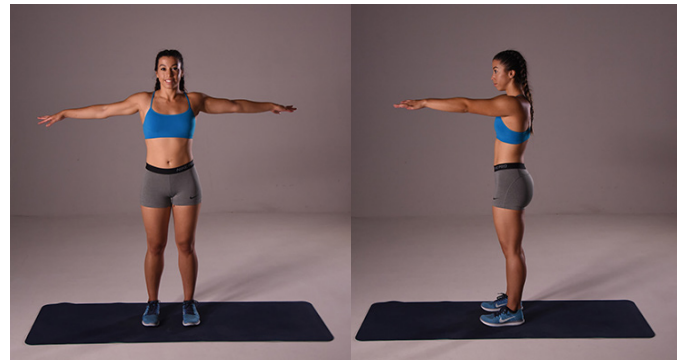
Instagram: [instagram.com/grouphiit](https://www.instagram.com/grouphiit)

Pinterest: [pinterest.com/grouphiit](https://www.pinterest.com/grouphiit)

Facebook: [facebook.com/grouphiit](https://www.facebook.com/grouphiit)

Twitter: [twitter.com/grouphiit](https://twitter.com/grouphiit)

YouTube: [youtube.com/grouphiitworkouts](https://www.youtube.com/grouphiitworkouts)



Day 6: Full Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 7: Restore

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 8: Rest Day

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Congratulations on completing Week 1!

What's your level of motivation to meet your goal?

Low Medium High

# Week 2

Add weights to basic movements to increase intensity.

Day 9: Upper Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 10: Cardio

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 11: Lower Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 12: Rest/Cardio

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

## Photos

Take a progress photo at the end of each week.



Day 13: Full Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 14: Restore

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 15: Rest

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Congratulations on completing Week 2!

What is your level of motivation to meet your goal?

Low    Medium    High

# Week 3

You should start feeling your strength increase!

Day 16: Upper Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 17: Cardio

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 18: Lower Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 19: Rest/Cardio

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

## Photos

Take a progress photo at the end of each week.



Day 20: Full Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 21: Restore

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 22: Rest

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Congratulations on completing Week 3!

What is your level of motivation to meet your goal?

Low    Medium    High

# Week 4

Push hard! These intervals are tough.

Day 23: Upper Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 24: Cardio

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 25: Lower Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 26: Rest/Cardio

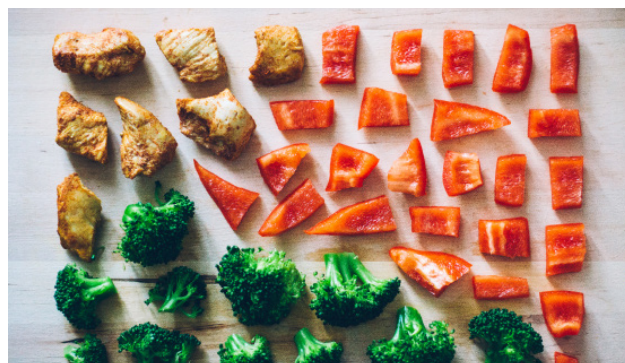
Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

## Photos

Take a progress photo at the end of each week.



Day 27: Full Body

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 28: Restore

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Day 29: Rest

Date: \_\_\_\_\_

Day: \_\_\_\_\_

Notes:

Congratulations on completing Week 4!

What is your level of motivation to meet your goal?

Low    Medium    High

# Day 30: Results

Congratulations, you finished the 30 Day HIIT Challenge!

Take your measurements and see your results. If you love Group HIIT workouts, go to [grouphiit.com](http://grouphiit.com) to start another program.

Proud of your results? Send them to us or tag us on social media.

Instagram: [instagram.com/grouphiit](https://www.instagram.com/grouphiit)

Pinterest: [pinterest.com/grouphiit](https://www.pinterest.com/grouphiit)

Facebook: [facebook.com/grouphiit](https://www.facebook.com/grouphiit)

Twitter: [twitter.com/grouphiit](https://twitter.com/grouphiit)

YouTube: [youtube.com/grouphiitworkouts](https://www.youtube.com/grouphiitworkouts)

Tag a friend on social media and challenge them to complete the 30 Day HIIT Challenge!

