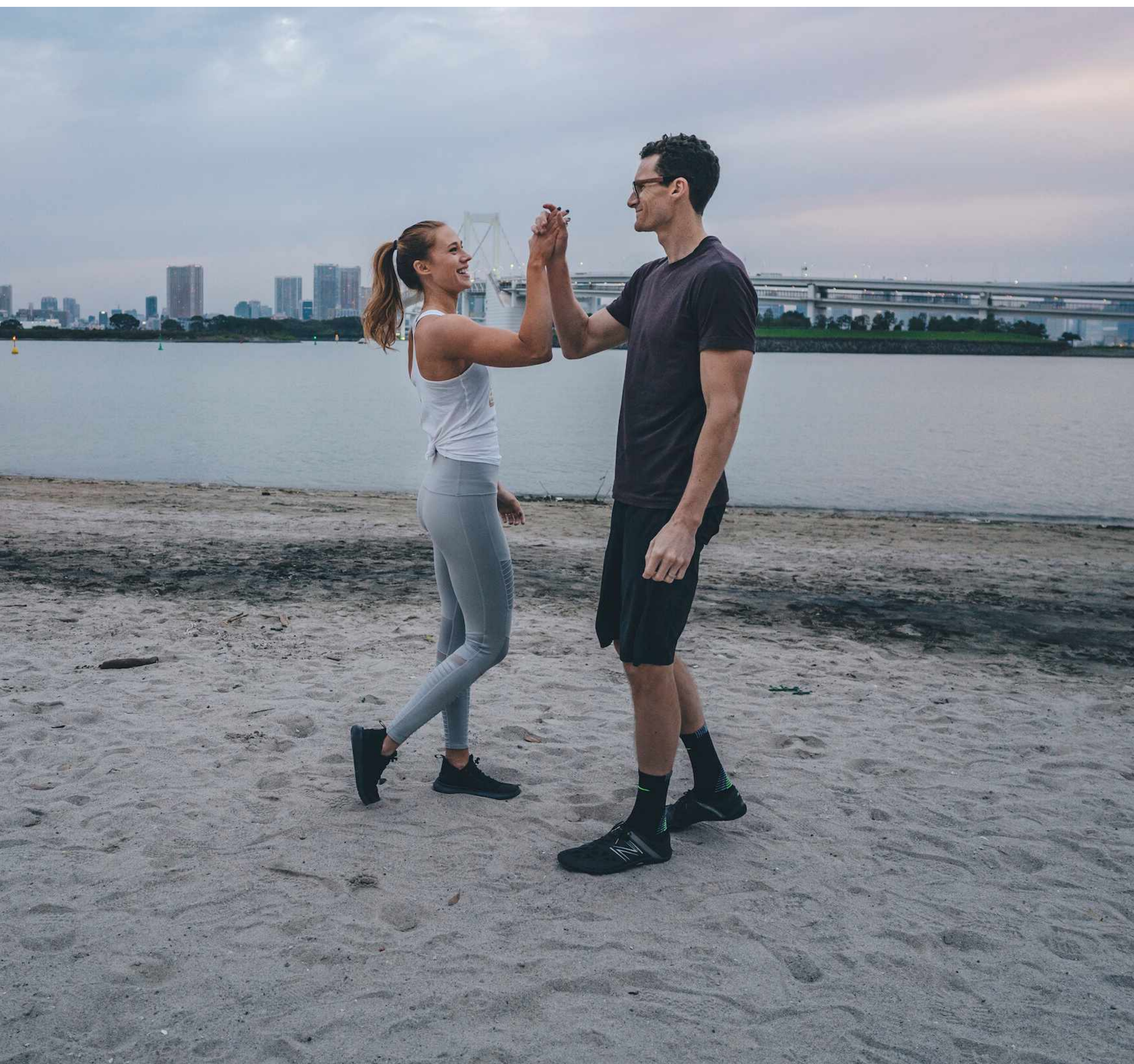


HIITBURN

14-DAY JUMPSTART



DENNIS + KELSEY HEENAN

HIITBURN.com

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Welcome to the HIITBURN 14-Day Jumpstart!

In this manual you will find all of your workouts for the challenge along with a workout calendar for when to complete the workouts.

Remember, these workouts are short, but powerful. All you need to do is show up and push hard and you'll see amazing results over these next 14-days!

Let's get started!

Accessing the Exercise Description Videos

We have two options for how you can view the exercise description videos for this challenge!

HIITBURN Website Download Page

You can view the exercise description videos on the 14-Day Challenge download page, which was sent to your email!

HIITBURN App

You can also access the full workout and nutrition plan through the HIITBURN App!

The exercise description videos and workout outline are available side-by-side in the app to make your workouts simple!

In addition, you get 60-day free access to the rest of the app programs, including HIIT On Demand, all our challenge, follow along workouts, and more!

After the 60-day trial, you can continue using the app programs for only \$19.99/month (you may cancel at any time!).

To access the challenge in the app + all the other app features, sign up for through this link:

[CLICK HERE FOR THE HIITBURN APP \(special\)](#).

| WORKOUT CALENDAR | | | | | | |
|------------------|------------------------|------------------------|--|-------------------------|-------------------------|--------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | DAY 1 WORKOUT #1 | DAY 2 WORKOUT #2 | DAY 3 WORKOUT #3 | DAY 4 WORKOUT #4 | DAY 5 WORKOUT #5 | DAY 6 REST |
| DAY 7 REST | DAY 8 WORKOUT #6 | DAY 9 WORKOUT #7 | DAY 10 <i>ACTIVE REST</i> HAVE FUN | DAY 11 WORKOUT #8 | DAY 12 WORKOUT #9 | DAY 13 WORKOUT #10 |
| DAY 14 REST | | | | | | |
| | | | | | | |
| | | | | | | |

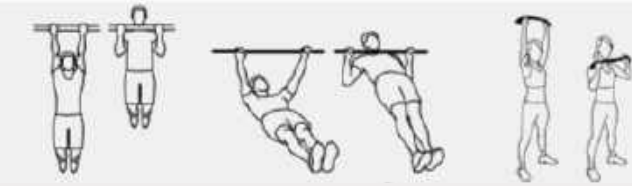
Above you will find the workout calendar for the challenge. Simply follow the outline, and get sweaty!

[CLICK HERE FOR YOUR EXERCISE DESCRIPTIONS!](#)

WORKOUT 1

Circuit #1 - Complete 30-seconds on the first exercise, followed by 15-seconds off for rest, then move on to the next exercise. Complete 3 total rounds.

Pull Ups or Towel Pull Downs



Push Ups



Leg Raise to Hip Ups



Squat Jumps

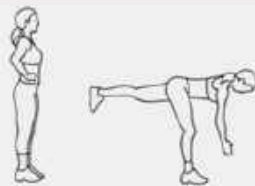


Circuit #2 - 3 rounds of 30-seconds on, 15-seconds off

Reverse Alternating Lunges



Single Leg Deadlifts (alternating legs)



Star Jumps



Sit Throughs



Circuit #3 - 3 rounds of 30-seconds on, 15-seconds off

Rocking Planks (forward and backward)



Plank Mountain Climbers



WORKOUT 2

Circuit #1 - 3 rounds of 30-seconds on, 15-seconds off

Air Squats



Burpee or Half Burpee



Circuit #2 - 3 rounds of 30-seconds on, 15-seconds off

Dips with Legs Extended or Knees Bent



In-n-Outs

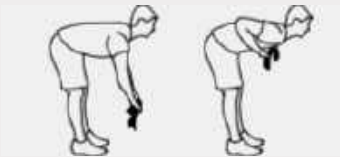


Circuit #3 - 3 rounds of 30-seconds on, 15-seconds off

Bodyweight Rows or Towel Pull Downs



Towel Bent Over Rows



WORKOUT 3

Circuit #1 - 5 rounds of 30-seconds on, 15-seconds off

Push Ups or Dive Bomber Push Ups



Pull Ups or Towel Pull Downs



Squat Hold



Squat Side Steps



Circuit #2 - 3 rounds of 30-seconds on, 15-seconds off

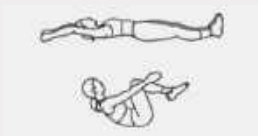
Side Plank Holds (right side)



Side Plank Holds (left side)



In-n-Outs or Modified In-n-Outs



WORKOUT 4

Circuit #1 - 3 rounds of 30-seconds on, 15-seconds off

Incline Wide Grip Push Ups



Push Ups or Knee Tricep Push Ups



Circuit #2 - 3 rounds of 30-seconds on, 15-seconds off

Chin Ups or Towel Pull Downs



Side Plank Reach Throughs (right side)



Side Plank Reach Throughs (left side)



Circuit #3 - 3 rounds of 30-seconds on, 15-seconds off

Hip Ups



Dolphin Plank



Russian Twist with Feet on the Ground



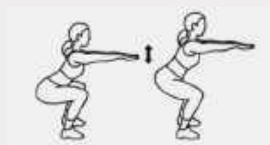
WORKOUT 5

Circuit #1 - 5 rounds of 45-seconds on, 15-seconds off

Burpees or Wall Push Up + Air Squat



Wide Stance Squat Pulsars



Leg Raise to Hip Ups



Circuit #2 - 3 rounds of 45-seconds on, 15-seconds off

Sit Back Push Ups or Wall T-Push Ups



Squat to Toes



Spiderman Planks



Circuit #3 - 2 Rounds of 60-seconds on, 30-seconds off

Single Leg Plank (alternate legs every 15-seconds for 1-minute)



WORKOUT 6

Circuit #1 - 4 rounds of 45-seconds on, 15-seconds off

Inchworm with T-Push Up



Burpees with Tuck Jump or Step Back Burpee



Prisoner Split Squat (right leg)



Prisoner Split Squat (left leg)



Plank Mountain Climbers



Circuit #2 - 2 Rounds of 60-seconds on, 30-seconds off

Pulsar Squats



Star Jumps



WORKOUT 7

Circuit #1 - 5 rounds of 45-seconds on, 15-seconds off

Ground to Sky Jumps



Front Lunges



Burpees



Rocking Planks (side to side)



Circuit #2 - 4 rounds of 45-seconds on, 15-seconds off

Leg Clams



Leap Ups



Jumping Jacks or Half Burpees



WORKOUT 8

Circuit #1 - Complete as many rounds as possible in 14-minutes, resting only when needed

10 - Squat Jumps



20 - Outside Mountain Climbers (10-each leg)



10 - T-Push Ups or Wall T-Push Ups



Circuit #2 - Complete as many rounds as possible in 6-minutes

8 - Half Burpees



10 - Sit Throughs (5 each side)



12 - Air Squats



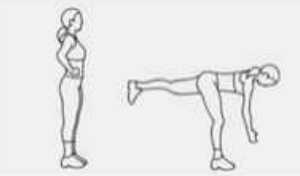

Circuit #3 - 2 Rounds of 60-seconds on, 30-seconds off

Walking Hip Stretch



WORKOUT 9

Circuit #1 - 5 rounds of 30-seconds on, 15-seconds off

| | |
|---|---|
| Side Step into a Squat |  |
| Single Leg Deadlifts (alternating legs) |  |
| Ground to Sky Jumps |  |
| Mountain Climbers |  |
| Push Ups |  |
| Leg Clams |  |
| Rest 60-seconds between rounds | |

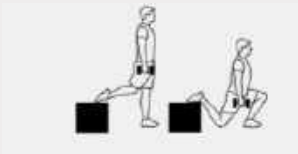
Circuit #2 - 2 rounds of 45-seconds on, 15-seconds off

| | |
|---------------------|---|
| Leg Raise to Hip Up |  |
| Plank Jacks |  |

WORKOUT 10

Circuit #1 - Complete as many rounds as possible in 6-minutes.

20 - Bulgarian Split Squats (10 each leg)



20 - Alternating Side Lunges (10 each leg)



10 - Push Ups



Circuit #2 - Complete as many rounds as possible in 6-minutes

20 - Prisoner Reverse Lunges



20 - Single Leg Glute Raises (10 each leg)



20 - Plank Mountain Climbers (10 each leg)



Circuit #3 - Complete as many rounds as possible in 6-minutes

20 - Swing Through Lunges (10 each side)



20 - Single Leg Deadlifts (10 each side)



20 - Sit Throughs (10 each side)



Circuit #4 - Complete as many rounds as possible in 3-minutes

20 - Side Plank Dips (10 each side)



20 - Hip Ups (10 each side)

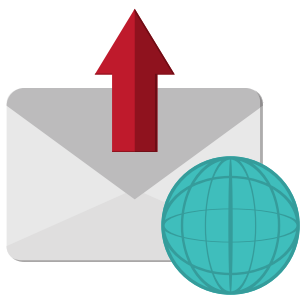


STAY CONNECTED!

Remember to connect with us on social media and that we are always only an email away!



Find more on our website: [HIITBURN.com](https://hiitburn.com)



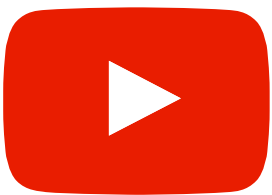
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