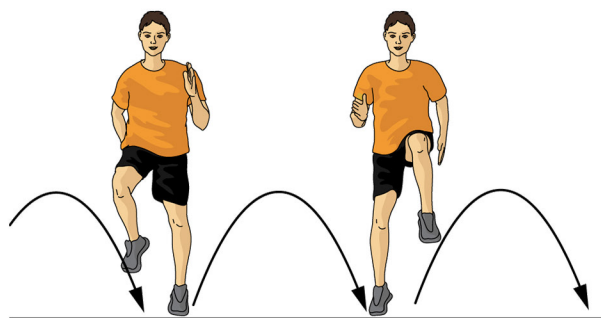




30 DAY CHALLENGE

DAY 1: CARDIO

3 Sets of 15-20 Reps Each

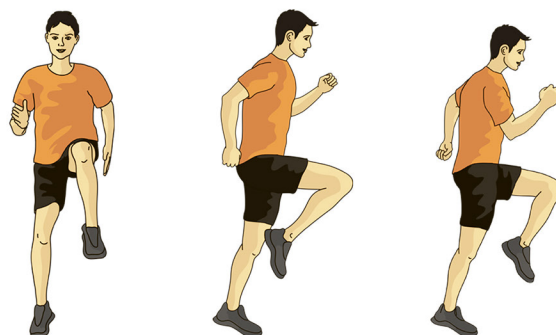


LATERAL A-SKIPS

- ① Begin in a standing position.
- ② Skip to the right, driving right knee up while swinging bent right arm upward.
- ③ Immediately repeat on opposite side, continuing to move to right.
- ④ Continue skipping for 15-20 skips in one direction, then complete 15-20 skips moving in the opposite direction.

HIGH KNEES RUN

- ① While jogging forward, bring knees up as high as possible.
- ② Bring each knee up 15-20 times per set.



RABBIT HOPS

- ① Begin in standing position.
- ② With feet together, jump forward 15-20 hops per set.



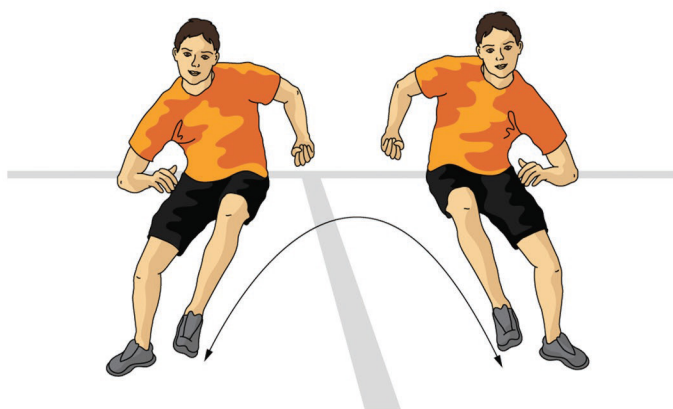
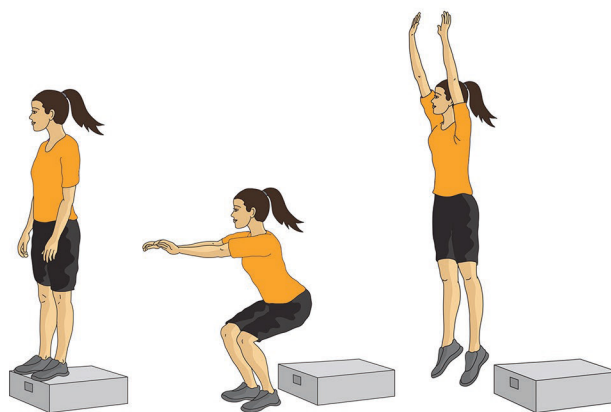
30 DAY CHALLENGE

DAY 1: CARDIO

3 Sets of 15-20 Reps Each

DROP LANDING & JUMP

- ① Begin in a standing position on a box 8-12" high.
- ② Drop to land on both feet at the same time, in a squat position with arms extended straight in front of the body.
- ③ Immediately upon landing, push up off the ground for an explosive jump and landing, stretching the arms directly overhead.



LATERAL STEPPING

- ① Begin in a standing position.
- ② Bounce from left leg to right leg, moving side to side, not forward.
- ③ Gradually increase speed to achieve additional height and distance.
- ④ Continue lateral stepping for 15-20 reps each side (total of 30-40 "Steps" per set)