

30 DAY CHALLENGE

DAY 4: SPEED & AGILITY

3 Sets of 15-20 Reps Each

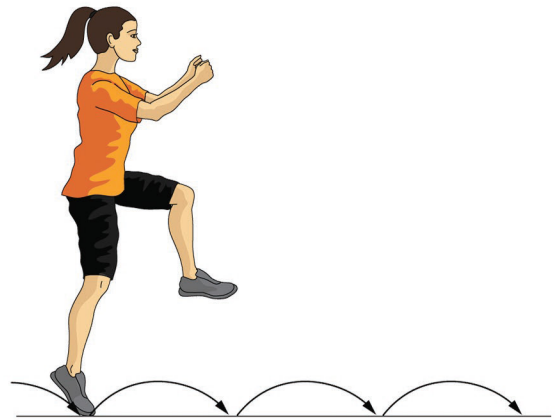


FRONT BACK JUMP SQUATS

- ① Begin in a squat.
- ② From the squat jump forward.
- ③ Land in a squat.
- ④ Jump backward to the starting position.
- ⑤ Repeat.

DISTANCE HOPPING

- ① Hop three paces forward on left leg.
- ② Hop three paces forward on right leg.
- ③ Turn around, Repeat. 3 Hops on 1 leg = 1 Rep.



180 DEGREE JUMP SQUATS

- ① Begin in a squat position with left hand touching the floor and right arm extended.
- ② Jump and twist 180 degrees to land with right hand touching and left arm extended.
- ③ Jump and twist 180 degrees to land in the original position.





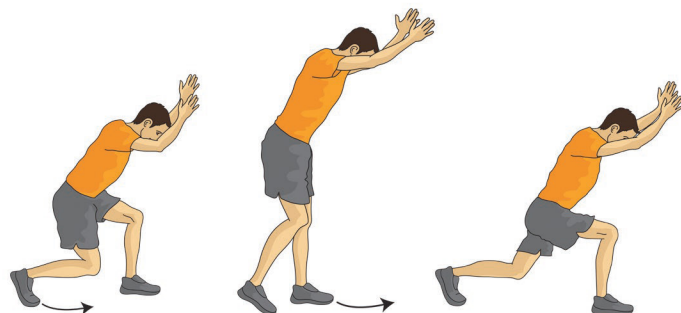
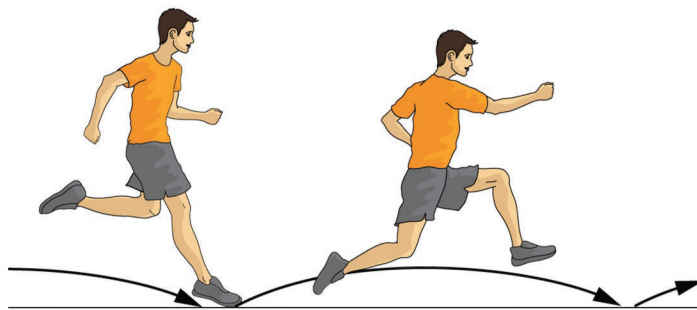
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BOUNDING FOR DISTANCE

- ① Take four bounding strides, emphasizing distance. This counts as 1 Rep.
- ② Turn around. Repeat.



LUNGE JUMPS

- ① Step forward into lunge
- ② From the lunge position, jump and switch legs
- ③ Land in a lunge with the opposite leg in front
- ④ Repeat.