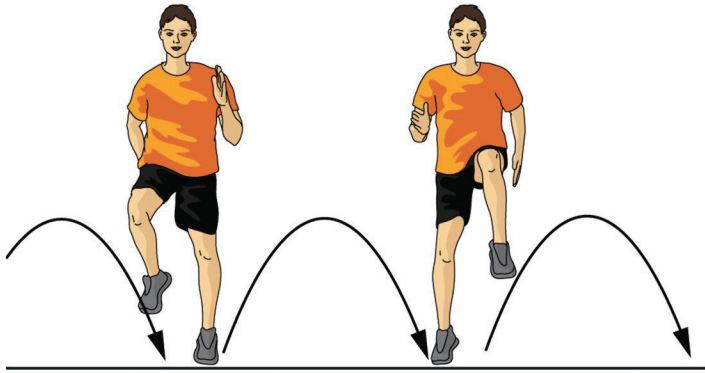


# 30 DAY CHALLENGE

## DAY 7: 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 about 15 skips in one direct, then complete 15 skips moving in the opposite direction.

### HIGH KNEES RUN

- ① While jogging forward, bring knees up as high as possible.



### RABBIT HOPS

- ① Begin in standing position.
- ② With feet together, jump forward 3 jumps.
- ③ Turn around, jump forward 3 jumps.





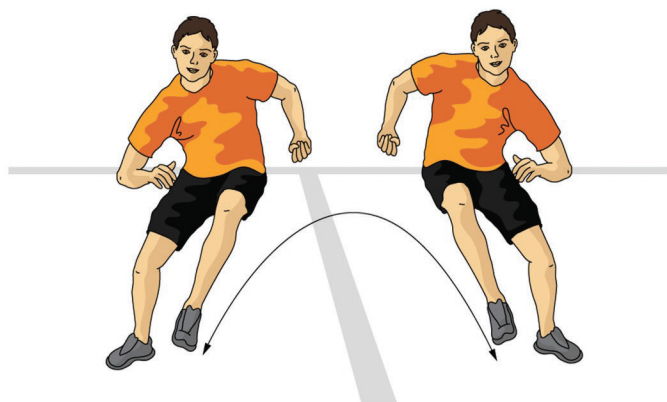
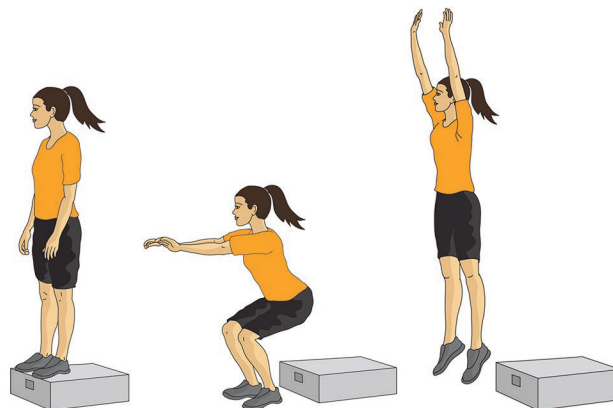
# 30 DAY CHALLENGE

## DAY 7: 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.