



# 30 DAY CHALLENGE

## DAY 9: CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

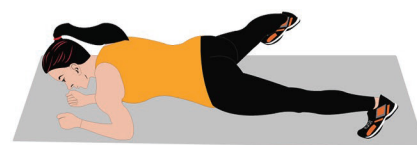
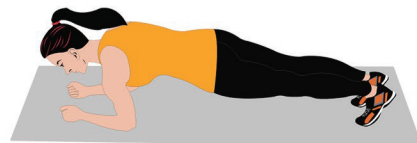
### CHAIR JUMPS



- 1 Begin in neutral standing position, feet shoulder width distance apart, arms at your sides.
- 2 As you lower down into a squat position, push your hips back like you are going to sit down on a chair. Try to keep your weight in your heels, chest lifted, core engaged and gaze forward.
- 3 Keep your arms relaxed in front of your chest, palms facing in toward one another.
- 4 At the bottom of your chair squat, drive through the bottom of your feet and explode up leaving the ground as you press your hips forward and drive your arms back behind you.
- 5 Land softly on your feet, returning to the low chair squat position.

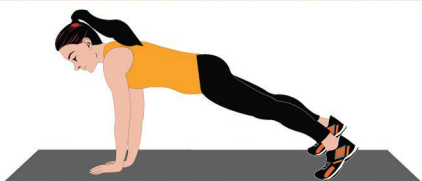
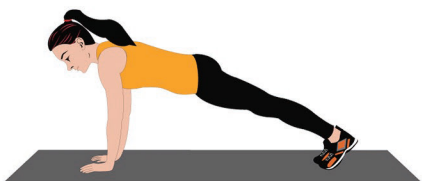
### PENDULUM PLANK

- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- 2 Bring right foot out to the side in a pendulum motion about 2 feet from original position.
- 3 In an explosive motion, jump right foot back to starting position as you simultaneously jump left leg to the side. (both feet will be in the air for a split second before landing in their new positions)
- 4 Next, jump left foot back to starting position as your simultaneously jump right foot out to the side.



### PLANK JACKS

- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- 2 Like the motion of a jumping jack, jump your legs wide and then back together. Keep your pelvis steady and don't let it rise toward the ceiling.
- 3 Repeat jumping feet in and out.





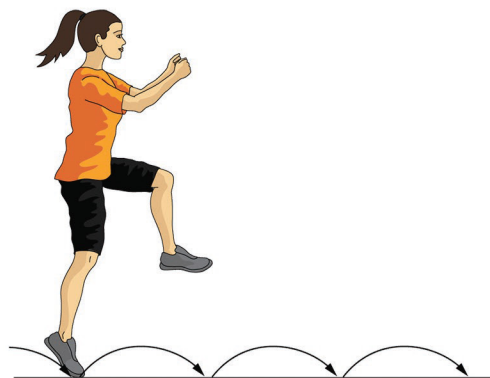
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## DAY 9: CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

### DISTANCE HOPPING

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



### PLANK KNEE TAPS

- 1 Begin in plank position.
- 2 Bring right knee up to the right armpit.
- 3 Return to plank.
- 4 Bring left knee up the left armpit.
- 5 Return to plank. Repeat.

