



# 30 DAY CHALLENGE

## DAY 10 : SPEED & AGILITY

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

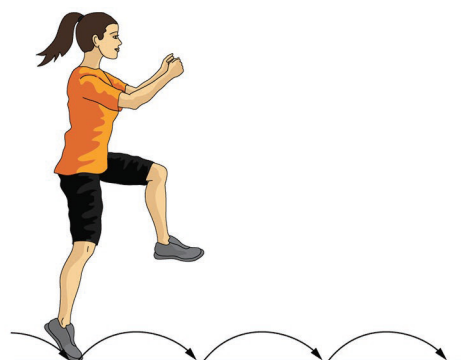


### FRONT BACK JUMP SQUATS

- 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.

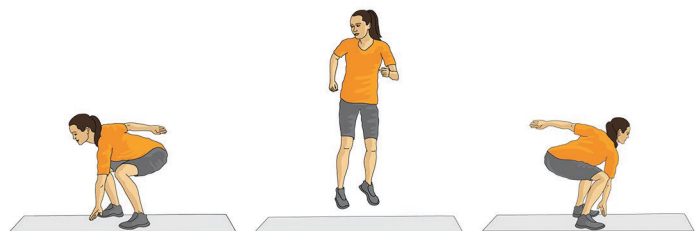
### DISTANCE HOPPING

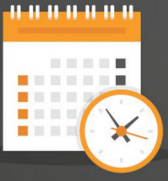
- ① Hop three paces forward on left leg.
- ② Hop three paces forward on right leg.
- ③ Turn around, Repeat.



### 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.





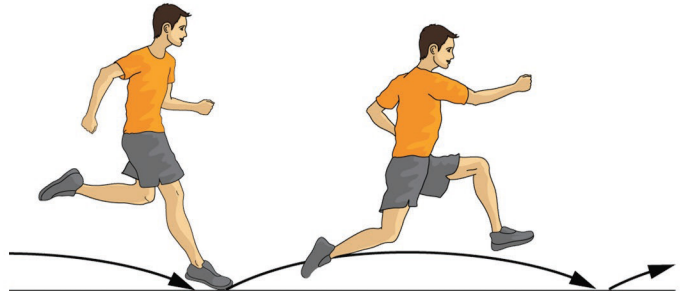
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### BOUNDING FOR DISTANCE

- ① Take four bounding strides, emphasizing distance.
- 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.

