



30 DAY CHALLENGE

DAY 11: UPPER BODY & CORE

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

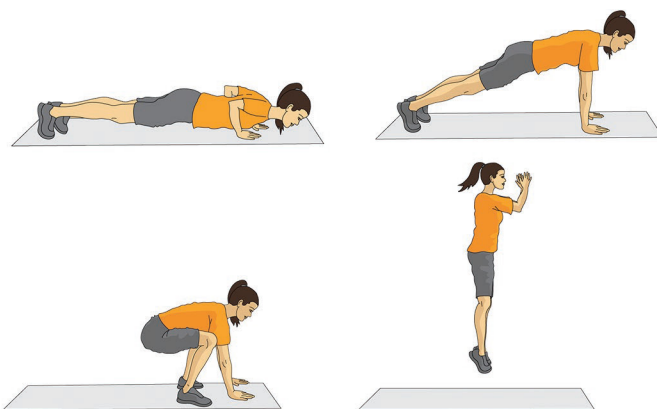
WALK OUTS



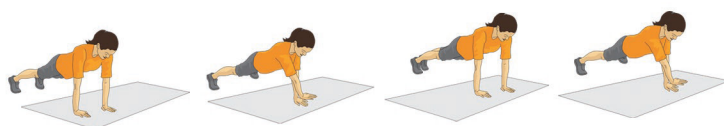
- ① Begin standing position.
- ② Bend over and walk hands out to plank.
- ③ Push-up.
- ④ Walk hands from plank back to standing.
- ⑤ Repeat.

BURPEES

- ① Begin standing.
- ② Drop down to a plank.
- ③ Do a push-up.
- ④ Bring legs to arms.
- ⑤ From the ground jump up.
- ⑥ Repeat.



SIDE WALK PLANK



- ① Begin in a plank position.
- ② Step left foot over, crossing right arm over the left simultaneously.
- ③ Bring left arm out, while moving right foot left to return to plank position.
- ④ Repeat.



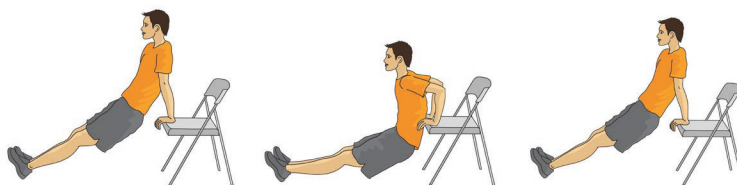
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TRICEP DIPS

- ① Begin with hands shoulder width apart on a chair or bench.
- ② Lower body until shoulders are level with elbows.
- ③ Push body up to starting position.
- ④ Repeat.



PLANK SHOULDER TOUCH



- ① Begin in plank position.
- ② Touch left shoulder with right hand.
- ③ Return to plank.
- ④ Touch right shoulder with left hand.
- ⑤ Return to plank.
- ⑥ Repeat.