



30 DAY CHALLENGE

DAY 12: LOWER BODY

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

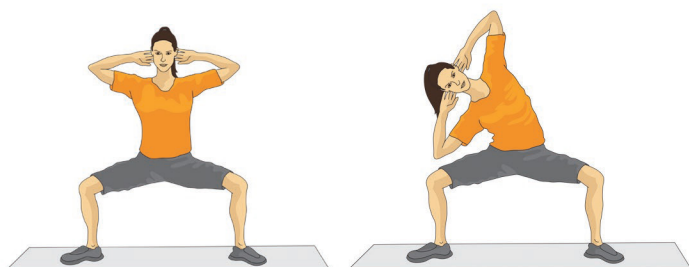


BUTT KICKERS

- ① Begin jogging in place.
- ② On back stride bring heel to butt.
- ③ Repeat at rapid pace.

WALL SIT WITH CALF RAISE

- ① Begin in a sitting position with back against wall.
- ② Lift heels off floor (calf raise) with toes touching.
- ③ Repeat.



SUMO SQUATS WITH SIDE BEND

- ① Stand in a sumo squat position with hands behind the head and elbows pointed.
- ② Bring right elbow to knee and hold.
- ③ Return to original position.
- ④ Bring left elbow to knee and hold.
- ⑤ Repeat



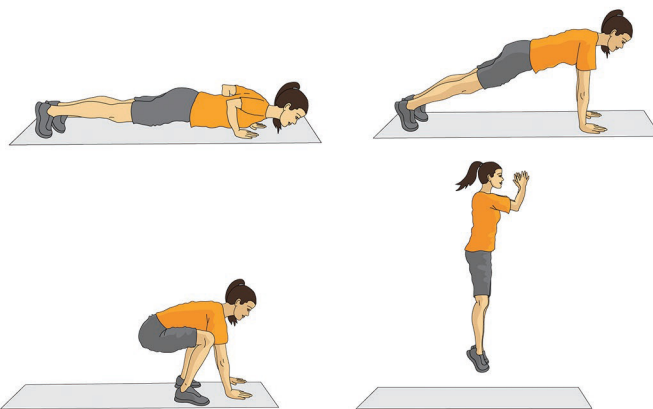
30 DAY CHALLENGE

DAY 12: LOWER BODY

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

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.



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.

