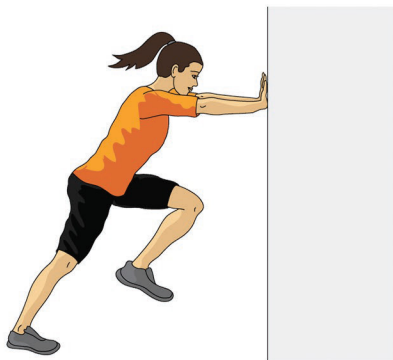




# 30 DAY CHALLENGE

## DAY 14: SPEED & AGILITY WEEK

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



### WALL DRIVE

- ① Begin by leaning against the wall with arms out and the body slightly leaned forward with weight on the balls of the feet.
- ② Alternate bringing the left and right leg forward and up (as if running).
- ③ Begin slow and controlled, gradually increasing speed.

### HIGH KNEES RUN

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



### LATERAL SHUFFLE TO FORWARD SPRINT

- ① Begin in shoulder width position with slightly bend knees, arms relaxed in front.
- ② Shuffle laterally in one direction for 5-10 meters.
- ③ Sprint forward for 10-20 meters.
- ④ Return to original position, repeat shuffling in opposite direction.





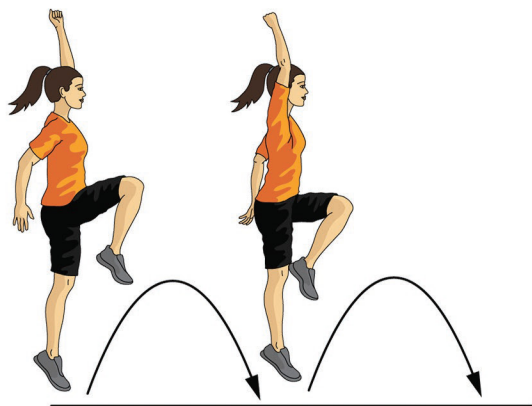
# 30 DAY CHALLENGE

## DAY 14: SPEED & AGILITY WEEK

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.



### SKIPPING FOR HEIGHT

- ① Begin in a standing position.
- ② Leading with your right leg, skip for maximum height.
- ③ Repeat on the opposite side.
- ④ Continue for 10 reps, turn around and repeat back to starting position. Continue for 1 minute.