



30 DAY CHALLENGE

DAY 15: SPEED & AGILITY WEEK

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

LUNGE TO HIGH SKIP



- 1 Take a large step backwards with your left foot and lower your body towards the floor into a reverse lunge. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Keep your front, right knee behind your toes.
- 2 With your core engaged, explode up, pushing off the bottoms of both feet. Drive your left knee up into a high skip position, return to starting position.
- 3 Complete 5 "High Skips" on left side, and then complete 5 "High Skips" on right side. Repeat.

LATERAL BOUND AND HOP

- 1 Start in a half squat position. Jump off your right leg and travel horizontally as far as possible, landing on your left foot.
- 2 Immediately drive your right knee into the air and "hop" as high as you can off your left foot.
- 3 Bend your left knee as you come back to the ground to prevent injury.
- 4 Explode off left leg and travel horizontally as far as possible landing on your right foot.



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.



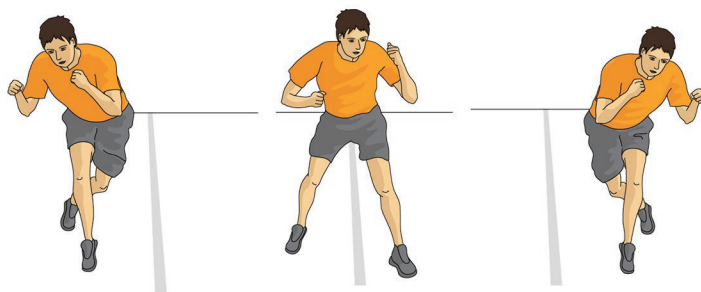
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SPEED SKATERS

- ① As you jump to the right, land on the right leg.
- ② As you land, extend the left leg out as far as possible.
- ③ While balancing on the right leg, jump off and land on the left leg.
- ④ As you land, extend the right leg out as far as possible.
- ⑤ Continue jumping from side to side.



SPLIT JUMPS

- ① Take a large step backwards with your left foot and lower your body towards the floor into a reverse lunge. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Keep your front, right knee behind your toes.
- ② With your core engaged, explode up, pushing off the bottoms of both feet jumping straight up. Switch the position of your feet in midair, landing in a low lunge position this time with your right foot back and your left foot forward.
- ③ Without rest, repeat this movement alternating legs as you jump. Make sure your back leg is bent directly underneath your body and your front leg is bent at 90 degrees at the knee and hip.

