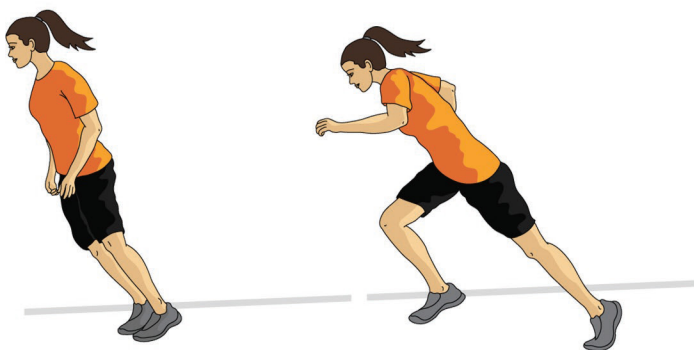




30 DAY CHALLENGE

DAY 16: SPEED & AGILITY WEEK

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



FALL-IN SPRINT

- ① Begin in a standing position, facing forward.
- ② Lean forward with the whole body, until no longer possible.
- ③ Fall into a sprint, sprint forward 10-20 meters.

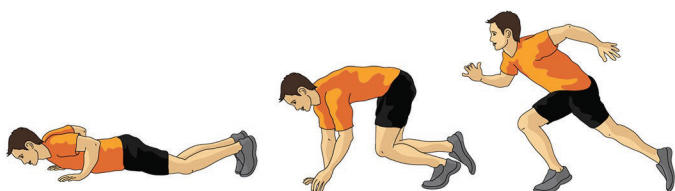
BACKWARD A-SKIPS

- ① Begin in a standing position.
- ② Skip backward, driving left knee up while swinging bent right arm upward.
- ③ Immediately repeat on opposite side.
- ④ Continue skipping for about 15 seconds.
- ⑤ Turn around and A-Skip backward to starting area.



SPRINT STARTING FROM THE GROUND

- ① Begin lying face down on the ground with palms on the ground, just to the outside of the chest.
- ② On a cue, get up and sprint forward as fast as possible 5-30 meters.



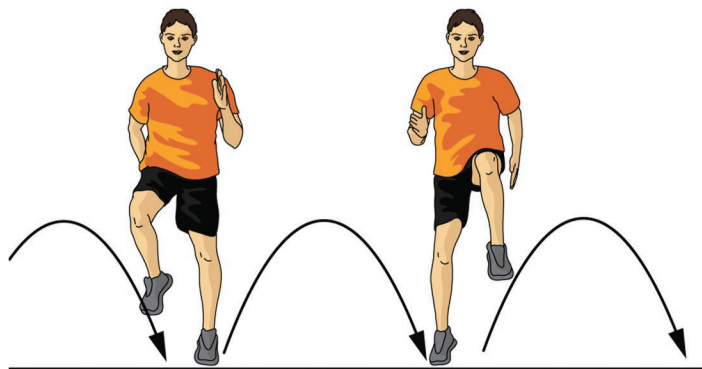


30 DAY CHALLENGE

DAY 16: SPEED & AGILITY WEEK

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

LATERAL A-SKIPS



- ① Begin in a standing position.
- ② Skip to the right, driving right knee up while swinging bent right arm upward.
- ③ Immediately repeat on opposite side, continuing to move to right.
- ④ Continue skipping for about 15 skips in one direct, then complete 15 skips moving in the opposite direction.

BACKWARD A-SKIPS

- ① Begin in shoulder width position with slightly bend knees, holding a medicine ball (or basketball) at chest level.
- ② Extend legs and arms up, throwing the ball as far as possible (similar to a chest pass).
- ③ Upon throwing, sprint forward 10-20 meters.
- ④ Turn around, pick up medicine ball, and repeat exercise.

