



# 30 DAY CHALLENGE

## DAY 19: CARDIO

3 Sets of 15-20 Reps Each

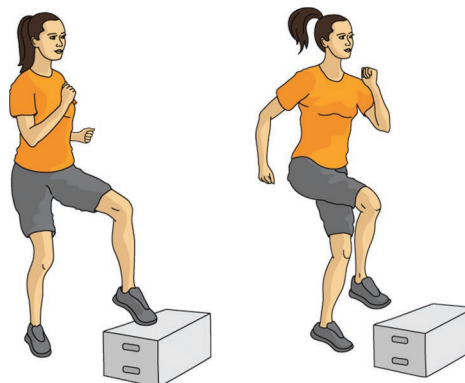


### SKIER HOPS

- ① Begin in standing position.
- ② With feet together, jump side to side.
- ③ Repeat at rapid pace.

### BOX TOE TOUCHES

- ① Tap left toes to box.
- ② Jump to switch feet, bringing the right toes up.
- ③ Jump to switch feet, bringing the left toes up.
- ④ Repeat. 1 Tap Right + 1 Tap Left= 1 Rep.



### 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.





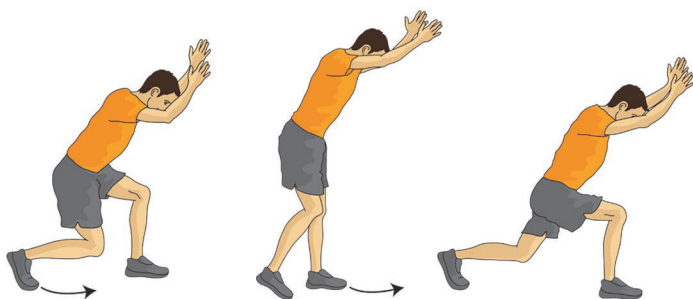
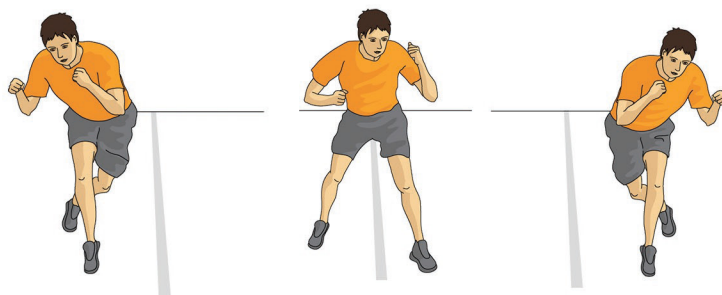
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3 Sets of 15-20 Reps Each

### 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.



### 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.