

# 30 DAY CHALLENGE

## DAY 20: LOWER BODY

3 Sets of 15-20 Reps Each



### 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.

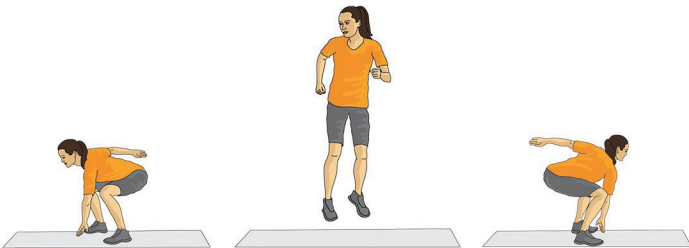
### SURRENDERS

- ① Stand with hands behind head.
- ② Lower to one knee, left knee out.
- ③ Tuck left knee back to stand on both knees.
- ④ Bring right knee out.
- ⑤ Stand to original position.
- ⑥ Repeat, alternating first knee out.



### 180 SPIDERMAN JUMPS

- ① Begin in a squat position with left hand touching the floor and right arm extended.
- ② Jump and twist 180 degrees to land with right hand touching and left arm extended.
- ③ Jump and twist 180 degrees to land in the original position.





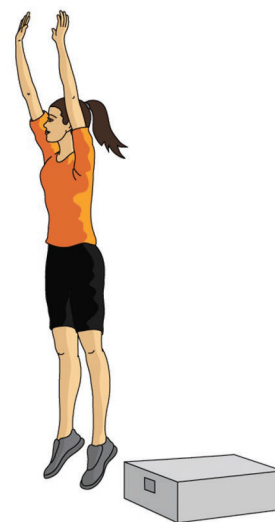
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### DEPTH JUMPS

- ① Begin in a standing position on a box 8-12" high.
- ② Drop to land on both feet at the same time, in a squat position with arms extended straight in front of the body.
- ③ Immediately upon landing, push up off the ground for an explosive jump and landing, stretching the arms directly overhead.



### KNEELING EXPLOSIONS

- ① Begin in a kneeling position with arms folded in front of your body, elbows parallel to shoulders.
- ② With your core engaged, explode up, using your core to lift legs up off the ground. Land in a squat position and hold for 2 seconds.
- ③ Return to starting kneeling position and repeat exercise.

