

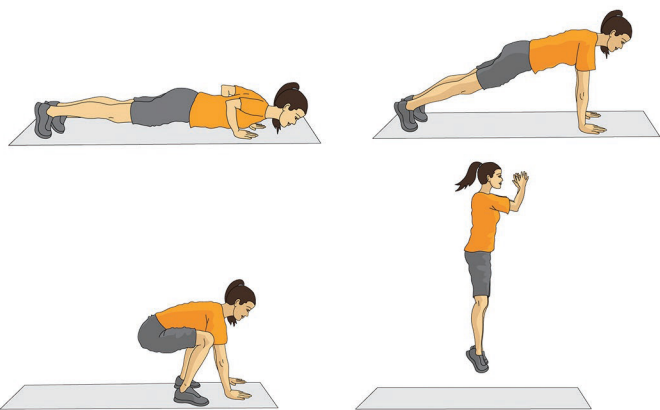


# 30 DAY CHALLENGE

## DAY 21: CORE

3 Sets of 15-20 Reps Each

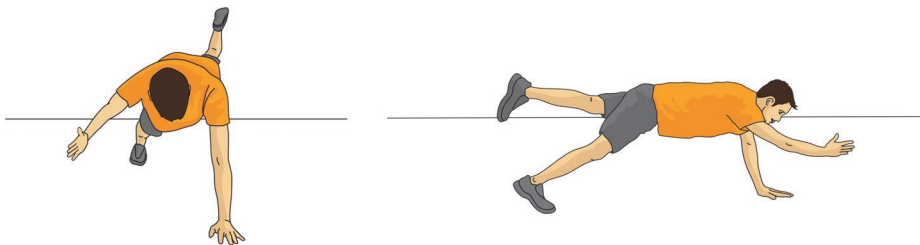
### BURPEES



- ① Begin standing.
- ② Drop down to a plank.
- ③ Do a push-up.
- ④ Bring legs to arms.
- ⑤ From the ground jump up.
- ⑥ Repeat.

### SUPERMAN PLANKS

- ① Start in plank position.
- ② Lift opposite leg and arm.
- ③ Hold for 3 seconds.
- ④ Switch and repeat on other leg and arm.



### CRAB WALKS



- ① Begin in a crab position, with hands and feet on the ground and stomach facing up.
- ② Walk forward 10 steps.
- ③ Walk backward 10 steps.
- ④ Repeat.



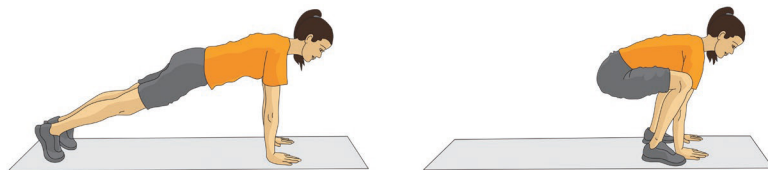
# 30 DAY CHALLENGE

## DAY 21: CORE

3 Sets of 15-20 Reps Each

### FROGGERS

- ① Begin in a plank position.
- ② Jump legs up and plant feet just outside arms.
- ③ Jump back into plank position.
- ④ Repeat.



### UP-DOWN PLANKS

- ① Begin in a forearm plank.
- ② Push up on right arm until extended.
- ③ Push up on left arm so that both are extended in a straight arm plank.
- ④ Lower left arm to forearm plank.
- ⑤ Lower right arm to forearm plank.
- ⑥ Repeat, alternating first arm extended.

