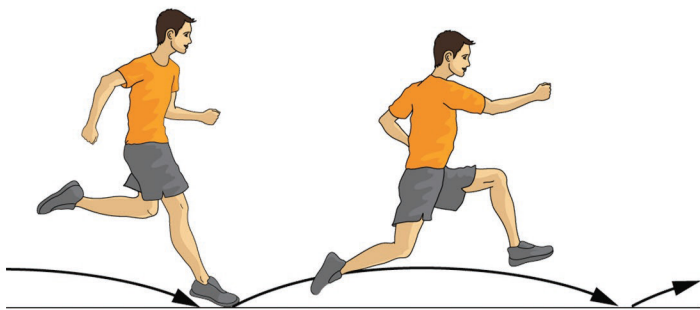




30 DAY CHALLENGE

DAY 22: SPEED & AGILITY

3 Sets of 15-20 Reps Each

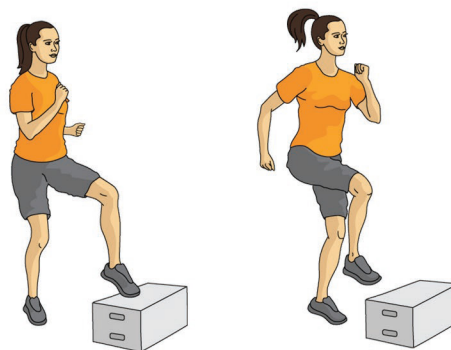


BOUNDING FOR DISTANCE

- 1 Take four bounding strides, emphasizing distance. This counts as 1 Rep.
- 2 Turn around. Repeat.

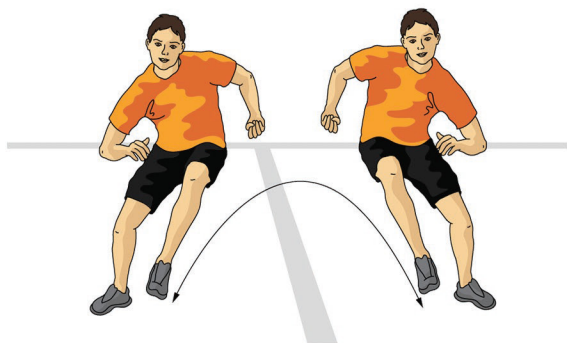
BOX TOE TOUCHES

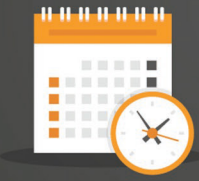
- 1 Tap left toes to box.
- 2 Jump to switch feet, bringing the right toes up.
- 3 Jump to switch feet, bringing the left toes up.
- 4 Repeat. 1 Tap Right + 1 Tap Left= 1 Rep.



LATERAL STEPPING

- 1 Begin in a standing position.
- 2 Bounce from left leg to right leg, moving side to side, not forward.
- 3 Gradually increase speed to achieve additional height and distance.
- 4 Continue lateral stepping for 15-20 reps each side (total of 30-40 "Steps" per set).





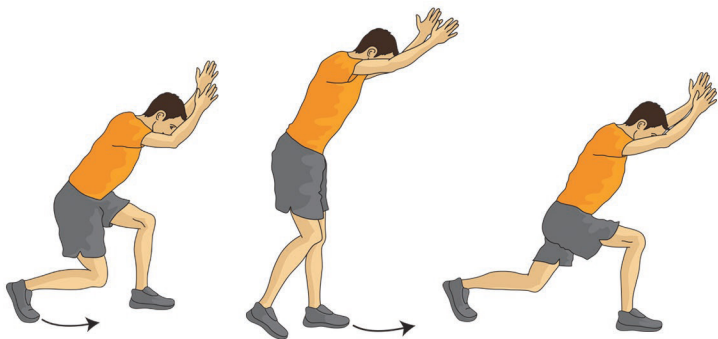
30 DAY CHALLENGE

DAY 22: SPEED & AGILITY

3 Sets of 15-20 Reps Each

HIGH KNEES

- ① While jogging forward, bring knees up as high as possible.
- ② Bring each knee up 15-20 times per set.



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.