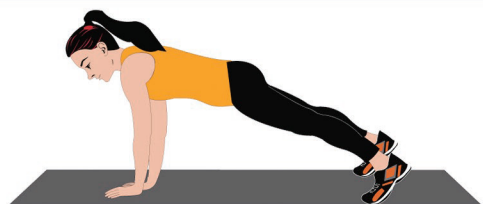
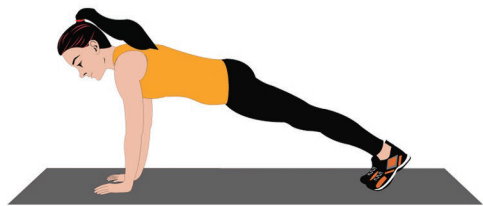




30 DAY CHALLENGE

DAY 23: UPPER BODY & CORE

3 Sets of 15-20 Reps Each

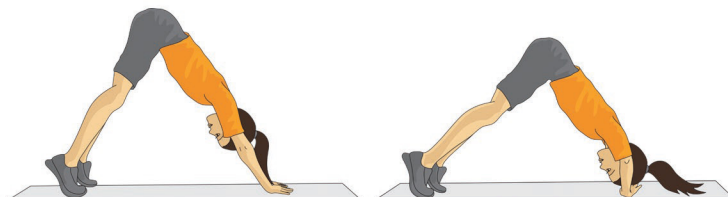


PLANK JACKS

- ① Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- ② Like the motion of a jumping jack, jump your legs wide and then back together. Keep your pelvis steady and don't let it rise toward the ceiling.
- ③ Repeat jumping feet in and out.

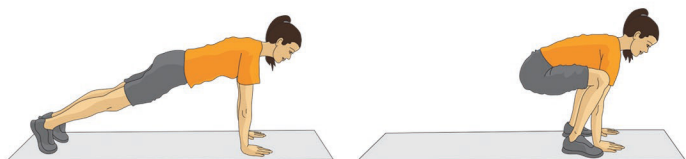
PIKE PUSH-UPS

- ① Begin in an A frame position with toes and hands on the floor, with hands touching in a diamond shape.
- ② Lower head to the floor, keeping elbows to the side of the head.
- ③ Push up to original position.
- ④ Repeat.



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.





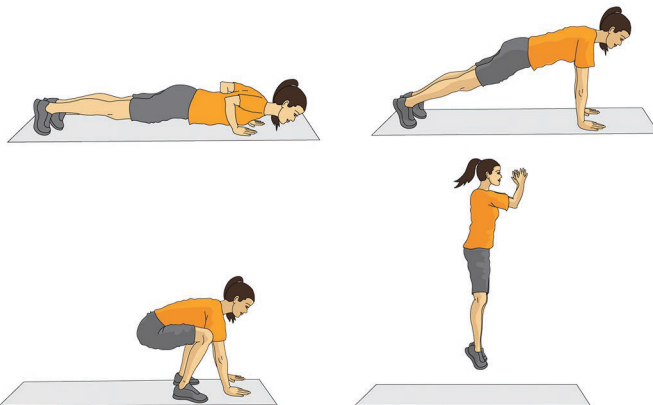
30 DAY CHALLENGE

DAY 23: UPPER BODY & 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.



CRAB TOE TOUCHES

- ① Begin in crab walk position.
- ② Extend left leg up and touch toes with right hand.
- ③ Return to crab walk.
- ④ Extend right leg up and touch toes with left hand.
- ⑤ Return to crab walk.
- ⑥ Repeat.

