

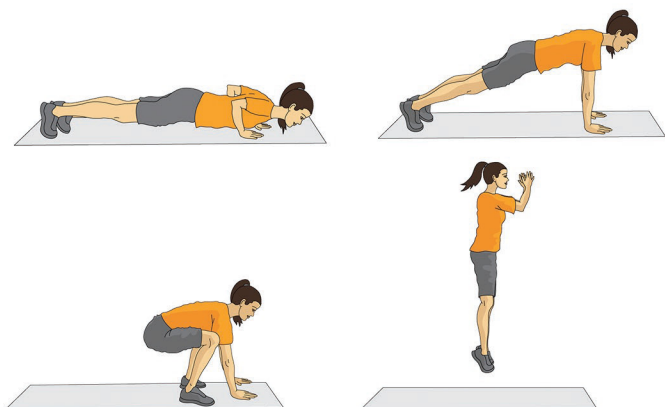


30 DAY CHALLENGE

DAY 27: CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

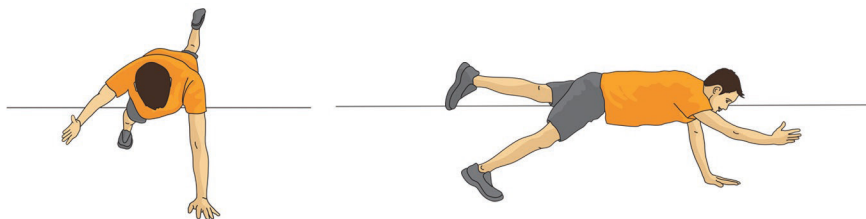
BURPEES



- 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.



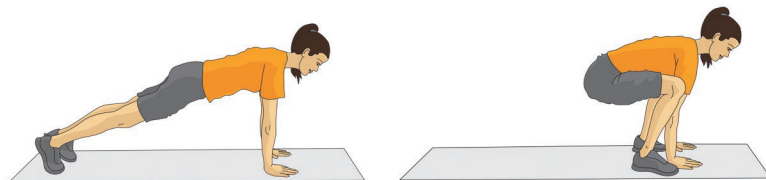
30 DAY CHALLENGE

DAY 27: CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

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.