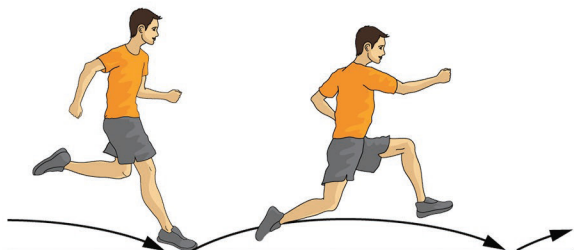




# 30 DAY CHALLENGE

## DAY 28: SPEED & AGILITY

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

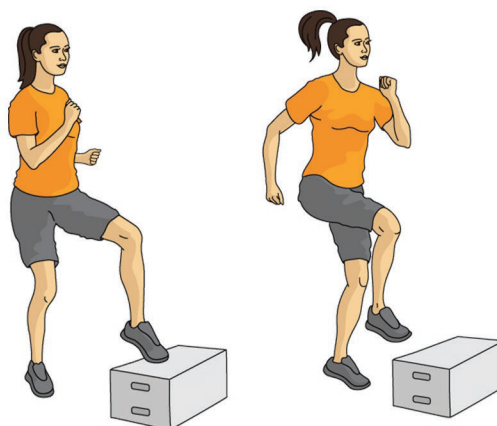


### BOUNDING FOR DISTANCE

- ① Take four bounding strides, emphasizing distance.
- ② Turn around. Repeat.

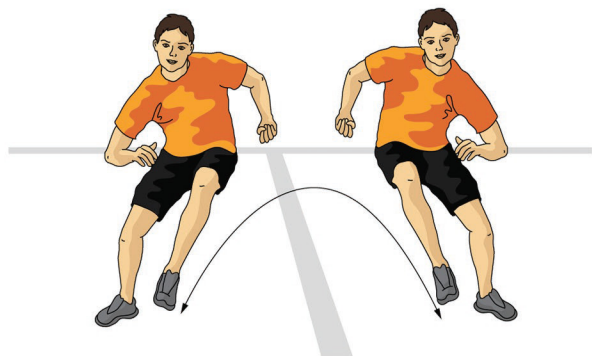
### BOX TOE TOUCHES

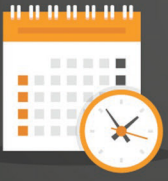
- ① Tap left toes to box.
- ② Jump to switch feet, bringing the right toes up.
- ③ Jump to switch feet, bringing the left toes up.
- ④ Repeat.



### 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 1 minute each set.





# 30 DAY CHALLENGE

## DAY 28: SPEED & AGILITY

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

### HIGH KNEES

- ① While jogging forward, bring knees up as high as possible.



### 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.

