

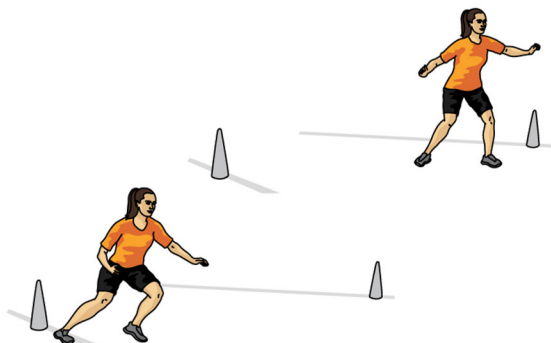


30 DAY CHALLENGE

DAY 30: LOWER BODY

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

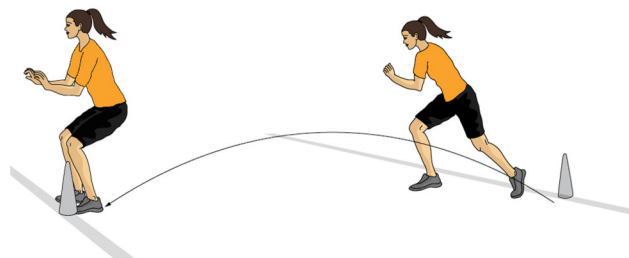
SIDE SHUFFLE & CUT



- ① Before exercise, set up 2 cones or other markers 5 yards apart.
- ② Begin in shoulder width position with slightly bend knees, one cone directly to the left, and the second cone to the right in the distance.
- ③ Side shuffle to the right, moving laterally towards the second cone.
- ④ At the second cone, perform a cutting action to switch directions.
- ⑤ Side shuffle to the left, returning to the first cone.
- ⑥ Repeat.

ACCELERATE & DECELERATE

- ① Before exercise, set up 2 cones or other markers 5 yards apart.
- ② Begin with feet in shoulder width position with slightly bend knees, arms in front in a defensive position.
- ③ Starting at one cone, accelerate quickly toward the second cone, then decelerate to stop before reaching it.
- ④ Assume the same defensive position immediately upon reaching the second cone.
- ⑤ Turn around and repeat.



SPLIT JUMPS



- ① Take a large step backwards with your left foot and lower your body towards the floor into a reverse lunge. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Keep your front, right knee behind your toes.
- ② With your core engaged, explode up, pushing off the bottoms of both feet jumping straight up. Switch the position of your feet in midair, landing in a low lunge position this time with your right foot back and your left foot forward.
- ③ Without rest, repeat this movement alternating legs as you jump. Make sure your back leg is bent directly underneath your body and your front leg is bent at 90 degrees at the knee and hip.



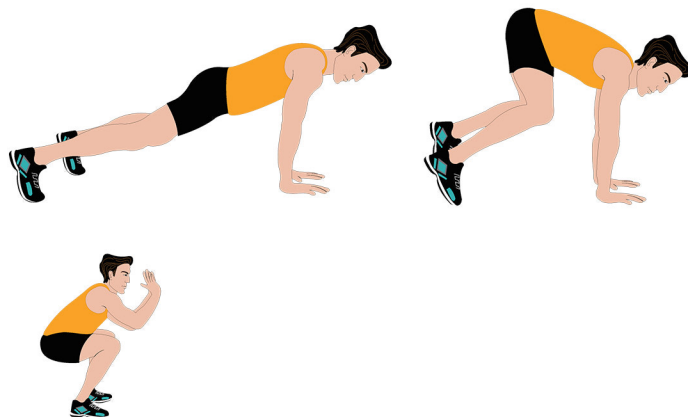
30 DAY CHALLENGE

DAY 30: LOWER BODY

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

POP JACK

- ① Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet shoulder width apart.
- ② In one strong explosive movement, jump feet forward. Land feet just outside shoulder width apart while bringing your chest up and landing in a squat position.
- ③ Place hands back on ground and jump feet back to starting plank position.



QUICK JUMP TO LONG JUMP

- ① Position three cones or hurdles in a row 3 feet apart.
- ② Stand in front of the first cone and quickly hop over each cone with two feet together, bringing legs up into a tuck jump as you pass over each cone.
- ③ After clearing the final cone, perform a final (4th) jump for distance.
- ④ Walk back to first cone and repeat exercise.

