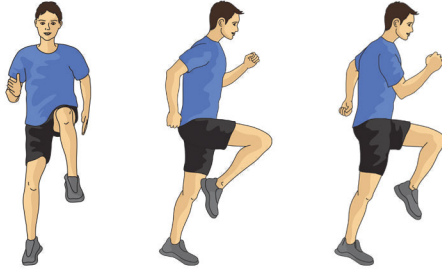


# 30 DAY CHALLENGE

## DAY 1

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1  
4 min



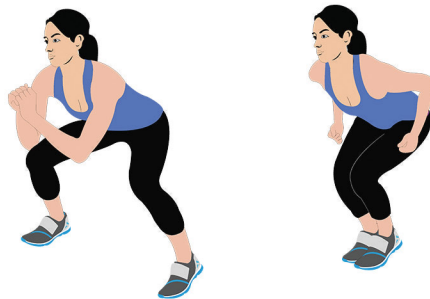
### HIGH KNEES RUN

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

1 Minute Rest

### SQUAT JACKS

TABATA 2  
4 min

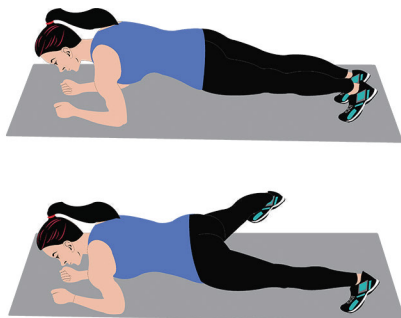


- 1 Begin with feet together in a half squat position, arms bent at 90 degrees by your side.
- 2 Jump feet into a wide stance position while maintaining your half squat. Feet should be wider than shoulder width, arms come forward as feet jump out.
- 3 Jump feet back together while maintaining the half squat, arms return to sides.
- 4 Repeat jacking feet in and out in half squat position.

1 Minute Rest

### PENDULUM PLANK

TABATA 3  
4 min



- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet.
- 2 Bring right foot out to the side in a pendulum motion about 2 feet from original position.
- 3 In an explosive motion, jump right foot back to starting position as you simultaneously jump left leg to the side. (both feet will be in the air for a split second before landing in their new positions).
- 4 Next, jump left foot back to starting position as your simultaneously jump right foot out to the side.