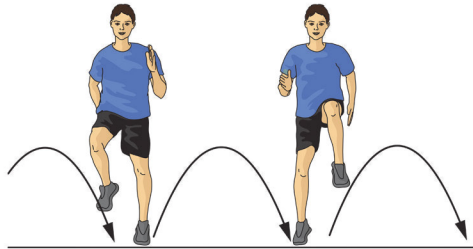


30 DAY CHALLENGE

DAY 3

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1
4 min

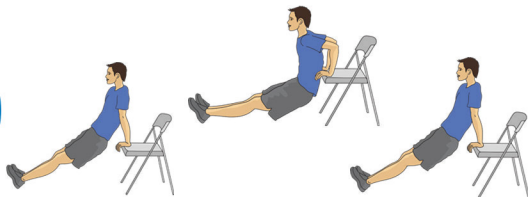


LATERAL A-SKIPS

- 1 Begin in a standing position.
- 2 Skip to the right, driving right knee up while swinging bent right arm upward.
- 3 Immediately repeat on opposite side, continuing to move to right.
- 4 During next Tabata round, skip to the left, continue to alternate right & left each round.

1 Minute Rest

TABATA 2
4 min

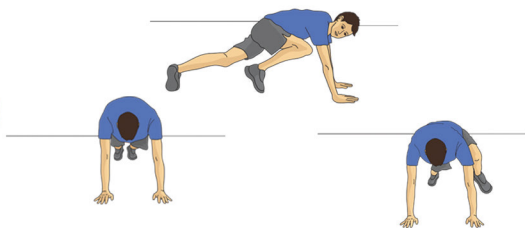


TRICEP DIPS

- 1 Begin with hands shoulder width apart on a chair or bench.
- 2 Lower body until shoulders are level with elbows.
- 3 Push body up to starting position.
- 4 Repeat.

1 Minute Rest

TABATA 3
4 min



PLANK KNEE TAPS

- 1 Begin in plank position.
- 2 Bring right knee up to the right armpit.
- 3 Return to plank.
- 4 Bring left knee up the left armpit.
- 5 Return to plank. Repeat.