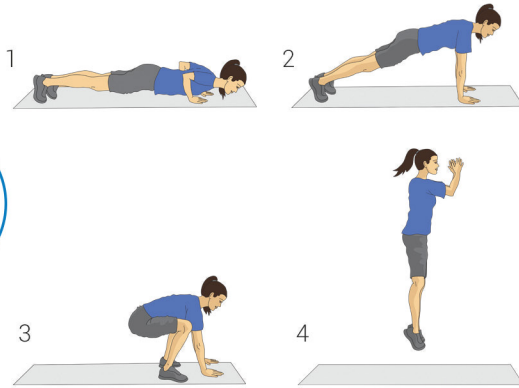


# 30 DAY CHALLENGE

## DAY 4

8 Rounds of 20 Seconds Work | 10 Seconds Rest

### BURPEES

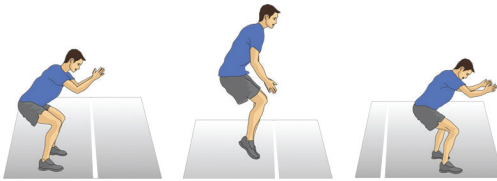


TABATA 1  
4 min

- 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.

1 Minute Rest

### FRONT-BACK JUMP SQUATS

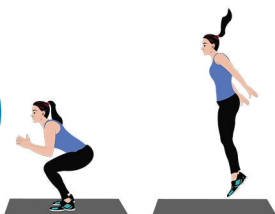


TABATA 2  
4 min

- 1 Begin in a squat.
- 2 From the squat jump forward.
- 3 Land in a squat.
- 4 Jump backward to the starting position.
- 5 Repeat.

1 Minute Rest

### CHAIR JUMPS



TABATA 3  
4 min

- 1 Begin in neutral standing position, feet shoulder width distance apart, arms at your sides.
- 2 As you lower down into a squat position, push your hips back like you are going to sit down on a chair. Try to keep your weight in your heels, chest lifted, core engaged and gaze forward.
- 3 Keep your arms relaxed in front of your chest, palms facing in toward one another.
- 4 At the bottom of your chair squat, drive through the bottom of your feet and explode up leaving the ground as you press your hips forward and drive your arms back behind you.
- 5 Land softly on your feet, returning to the low chair squat position.