

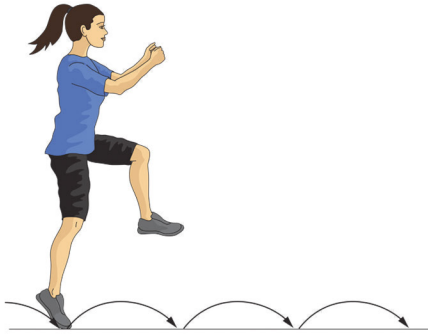


# 30 DAY CHALLENGE

## DAY 6

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1  
4 min

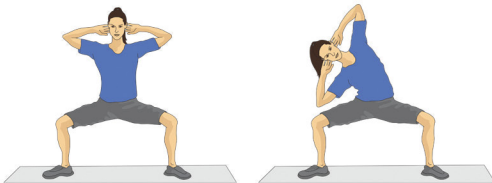


### DISTANCE HOPPING

- ① Hop three paces forward on left leg.
- ② Hop three paces forward on right leg.
- ③ Turn around, Repeat.

1 Minute Rest

TABATA 2  
4 min

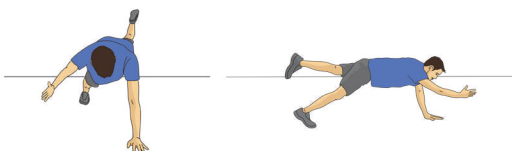


### SUMO SQUATS WITH SIDE BEND

- ① Stand in a sumo squat position with hands behind the head and elbows pointed.
- ② Bring right elbow to knee and hold.
- ③ Return to original position.
- ④ Bring left elbow to knee and hold.
- ⑤ Repeat.

1 Minute Rest

TABATA 3  
4 min



### SUPERMAN PLANKS

- ① Start in plank position.
- ② Lift opposite leg and arm.
- ③ Hold for 3 seconds.
- ④ Switch and repeat on other leg and arm.