



30 DAY CHALLENGE

DAY 9

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1
4 min



BUTT KICKERS

- 1 Begin jogging in place.
- 2 On back stride bring heel to butt.
- 3 Repeat at rapid pace.

1 Minute Rest

TABATA 2
4 min

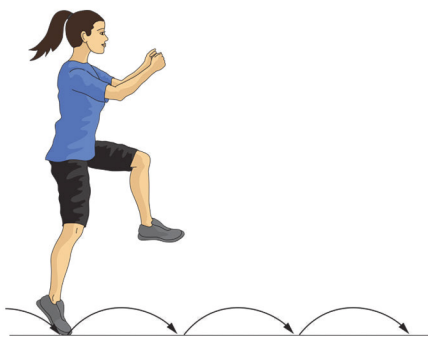


WALL SIT WITH CALF RAISE

- 1 Begin in a sitting position with back against wall.
- 2 Lift heels off floor (calf raise) with toes touching.
- 3 Repeat.

1 Minute Rest

TABATA 3
4 min



DISTANCE HOPPING

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