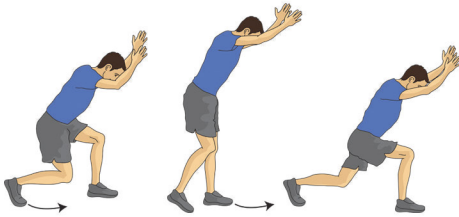


# 30 DAY CHALLENGE

## DAY 11

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1  
4 min



### LUNGE JUMPS

- ① Step forward into lunge.
- ② From the lunge position, jump and switch legs.
- ③ Land in a lunge with the opposite leg in front.
- ④ Repeat.

1 Minute Rest

### JACK IN THE BOX

TABATA 2  
4 min



- ① Begin in a wide stance standing position, feet should be wider than shoulder width apart, arms at your sides.
- ② Lower down into a squat position, butt back, weight in your heels, chest lifted, core engaged and gaze slightly forward. Lower low enough that you can touch your fingertips to the ground in between your feet.
- ③ Explode up, bring feet together at top of jump and hands overhead.
- ④ As you come back to the ground, land softly in wide stance position, keeping your knees slightly bent.

1 Minute Rest

### CRAB WALKS

TABATA 3  
4 min



- ① Begin in a crab position, with hands and feet on the ground and stomach facing up.
- ② Walk forward 5 steps.
- ③ Walk backward 5 steps.
- ④ Repeat.