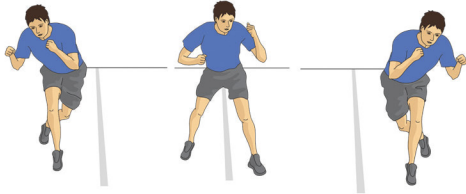


30 DAY CHALLENGE

DAY 12

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1
4 min



SPEED SKATERS

- ① As you jump to the right, land on the right leg.
- ② As you land, extend the left leg out as far as possible.
- ③ While balancing on the right leg, jump off and land on the left leg.
- ④ As you land, extend the right leg out as far as possible.
- ⑤ Continue jumping from side to side.

1 Minute Rest

TABATA 2
4 min

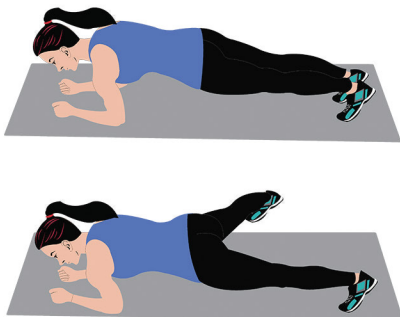


TRICEP DIPS

- 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



PENDULUM PLANK

- ① Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- ② Bring right foot out to the side in a pendulum motion about 2 feet from original position.
- ③ In an explosive motion, jump right foot back to starting position as you simultaneously jump left leg to the side. (both feet will be in the air for a split second before landing in their new positions).
- ④ Next, jump left foot back to starting position as your simultaneously jump right foot out to the side.