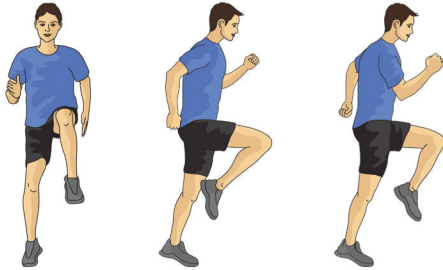


30 DAY CHALLENGE

DAY 13

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1
4 min

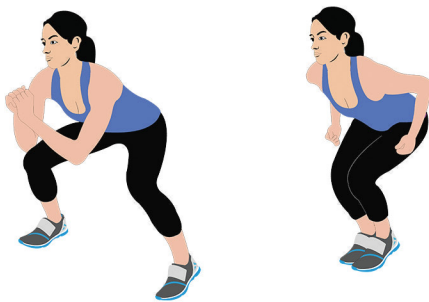


HIGH KNEES RUN

- 1 While jogging forward, bring knees up as high as possible.

1 Minute Rest

TABATA 2
4 min

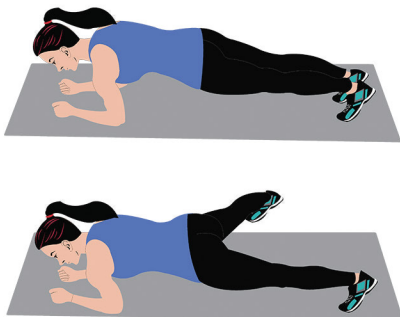


SQUAT JACKS

- 1 Begin with feet together in a half squat position, arms bent at 90 degrees by your side.
- 2 Jump feet into a wide stance position while maintaining your half squat. Feet should be wider than shoulder width, arms come forward as feet jump out.
- 3 Jump feet back together while maintaining the half squat, arms return to sides.
- 4 Repeat jacking feet in and out in half squat position.

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.