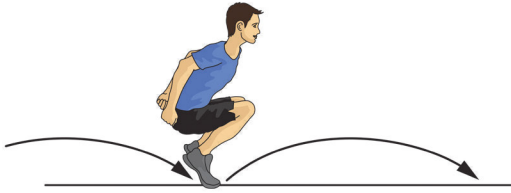


# 30 DAY CHALLENGE

## DAY 14

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1  
4 min



### RABBIT HOPS

- 1 Begin in standing position.
- 2 With feet together, jump forward 3 jumps.
- 3 Turn around, jump forward 3 jumps.

1 Minute Rest

### SPLIT JUMPS

TABATA 2  
4 min

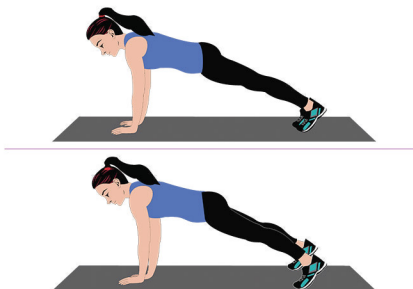


- 1 Take a large step backwards with your left foot and lower your body towards the floor into a reverse lunge. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Keep your front, right knee behind your toes.
- 2 With your core engaged, explode up, pushing off the bottoms of both feet jumping straight up. Switch the position of your feet in midair, landing in a low lunge position this time with your right foot back and your left foot forward.
- 3 Without rest, repeat this movement alternating legs as you jump. Make sure your back leg is bent directly underneath your body and your front leg is bent at 90 degrees at the knee and hip.

1 Minute Rest

### PLANK JACKS

TABATA 3  
4 min



- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- 2 Like the motion of a jumping jack, jump your legs wide and then back together. Keep your pelvis steady and don't let it rise toward the ceiling.
- 3 Repeat jumping feet in and out.