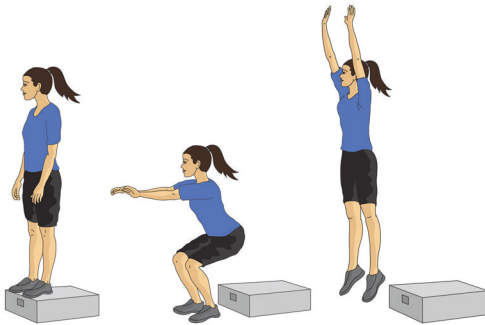


30 DAY CHALLENGE

DAY 17

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1
4 min

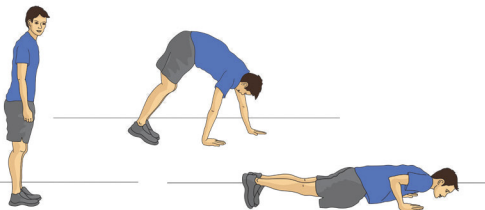


DROP LANDING & JUMP

- ① Begin in a standing position on a box 8-12" high.
- ② Drop to land on both feet at the same time, in a squat position with arms extended straight in front of the body.
- ③ Immediately upon landing, push up off the ground for an explosive jump and landing, stretching the arms directly overhead.

1 Minute Rest

TABATA 2
4 min

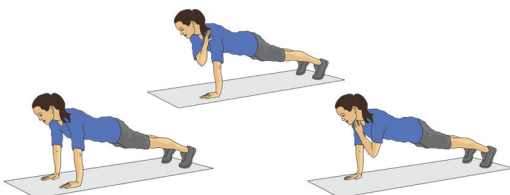


WALK OUTS

- ① Begin standing position.
- ② Bend over and walk hands out to plank.
- ③ Push-up.
- ④ Walk hands from plank back to standing.
- ⑤ Repeat.

1 Minute Rest

TABATA 3
4 min



PLANK SHOULDER TOUCH

- ① Begin in plank position.
- ② Touch left shoulder with right hand.
- ③ Return to plank.
- ④ Touch right shoulder with left hand.
- ⑤ Return to plank.
- ⑥ Repeat.