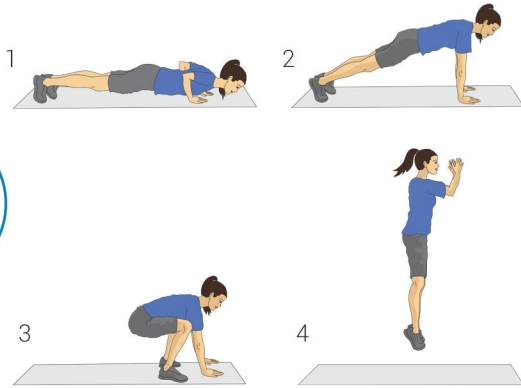


# 30 DAY CHALLENGE

## DAY 19

8 Rounds of 20 Seconds Work | 10 Seconds Rest

### BURPEES

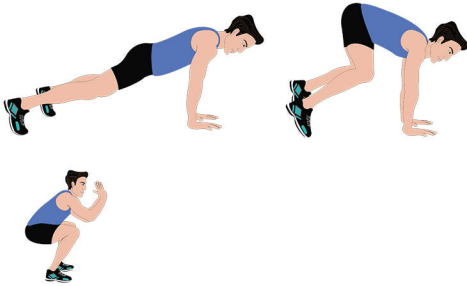


TABATA 1  
4 min

- ① Begin standing.
- ② Drop down to a plank.
- ③ Do a push-up.
- ④ Bring legs to arms.
- ⑤ From the ground jump up.
- ⑥ Repeat.

1 Minute Rest

### POP JACKS

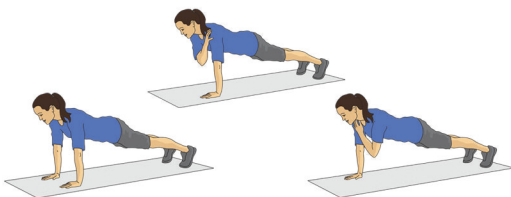


TABATA 2  
4 min

- ① Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet shoulder width apart.
- ② In one strong explosive movement, jump feet forward. Land feet just outside shoulder width apart while bringing your chest up and landing in a squat position.
- ③ Place hands back on ground and jump feet back to starting plank position.

1 Minute Rest

### PLANK SHOULDER TOUCH



TABATA 3  
4 min

- 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.