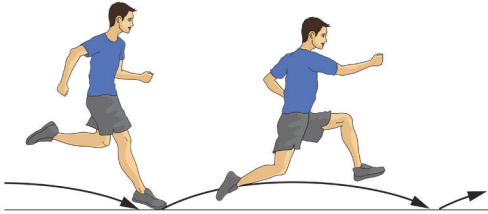


30 DAY CHALLENGE

DAY 22

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1
4 min

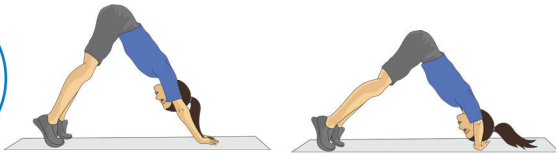


BOUNDING FOR DISTANCE

- 1 Take four bounding strides, emphasizing distance.
- 2 Turn around. Repeat.

1 Minute Rest

TABATA 2
4 min

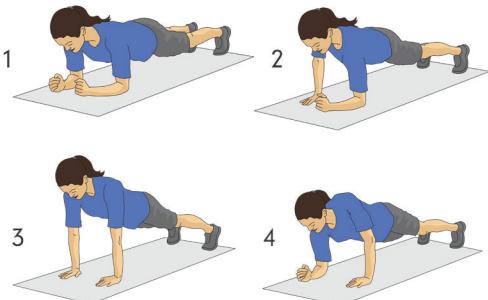


PIKE PUSH-UPS

- 1 Begin in an A frame position with toes and hands on the floor, with hands touching in a diamond shape.
- 2 Lower head to the floor, keeping elbows to the side of the head.
- 3 Push up to original position.
- 4 Repeat.

1 Minute Rest

TABATA 3
4 min



UP-DOWN PLANKS

- 1 Begin in a forearm plank.
- 2 Push up on right arm until extended.
- 3 Push up on left arm so that both are extended in a straight arm plank.
- 4 Lower left arm to forearm plank.
- 5 Lower right arm to forearm plank.
- 6 Repeat, alternating first arm extended.