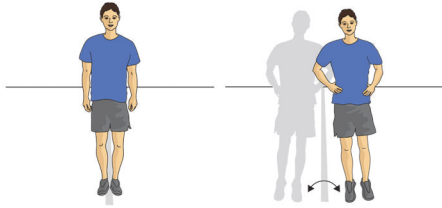


30 DAY CHALLENGE

DAY 25

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1
4 min

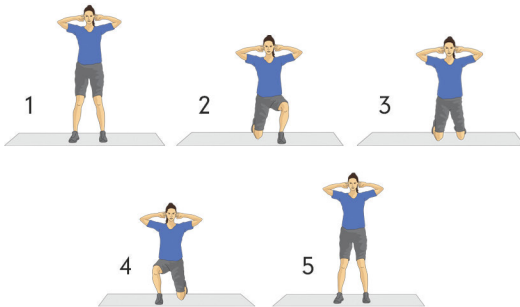


SKIER HOPS

- 1 Begin in standing position.
- 2 With feet together, jump side to side.
- 3 Repeat at rapid pace.

1 Minute Rest

TABATA 2
4 min

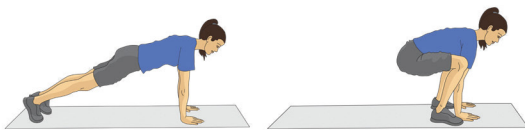


SURRENDERS

- 1 Stand with hands behind head.
- 2 Lower to one knee, left knee out.
- 3 Tuck left knee back to stand on both knees.
- 4 Bring right knee out.
- 5 Stand to original position.
- 6 Repeat, alternating first knee out.

1 Minute Rest

TABATA 3
4 min



FROGGERS

- 1 Begin in a plank position.
- 2 Jump legs up and plant feet just outside arms.
- 3 Jump back into plank position.
- 4 Repeat.