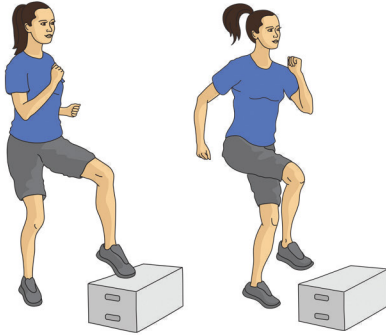


30 DAY CHALLENGE

DAY 26

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1
4 min

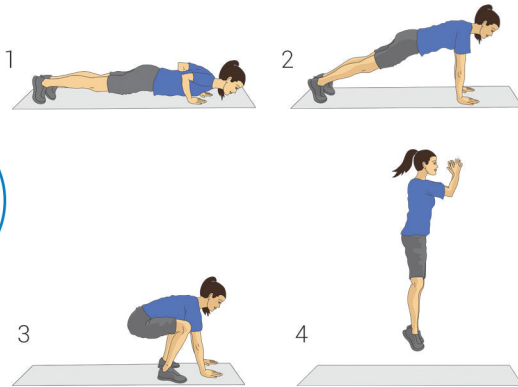


BOX TOE TOUCHES

- 1 Tap left toes to box.
- 2 Jump to switch feet, bringing the right toes up.
- 3 Jump to switch feet, bringing the left toes up.
- 4 Repeat.

1 Minute Rest

TABATA 2
4 min

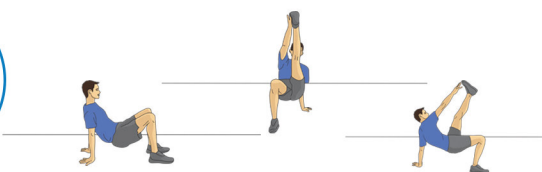


BURPEES

- 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

TABATA 3
4 min



CRAB TOE TOUCHES

- 1 Begin in crab walk position.
- 2 Extend left leg up and touch toes with right hand.
- 3 Return to crab walk.
- 4 Extend right leg up and touch toes with left hand.
- 5 Return to crab walk.
- 6 Repeat.