

30 DAY CHALLENGE

DAY 27

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1
4 min

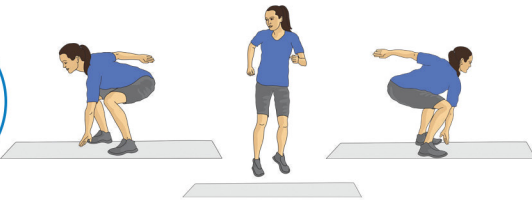


SPRINT STARTING FROM THE GROUND

- ① Begin lying face down on the ground with palms on the ground, just to the outside of the chest.
- ② Quickly get up and sprint forward as fast as possible 5-30 meters.
- ③ Repeat going other direction.

1 Minute Rest

TABATA 2
4 min

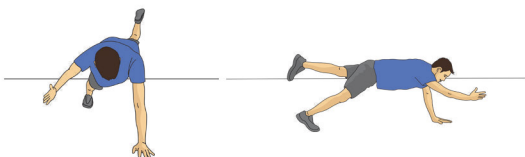


180 SPIDERMAN JUMPS

- ① Begin in a squat position with left hand touching the floor and right arm extended.
- ② Jump and twist 180 degrees to land with right hand touching and left arm extended.
- ③ Jump and twist 180 degrees to land in the original position.

1 Minute Rest

TABATA 3
4 min



SUPERMAN PLANKS

- ① Start in plank position.
- ② Lift opposite leg and arm.
- ③ Hold for 3 seconds.
- ④ Switch and repeat on other leg and arm.