

30 DAY CHALLENGE

DAY 28

8 Rounds of 20 Seconds Work | 10 Seconds Rest

FRONT-BACK JUMP SQUATS

TABATA 1
4 min

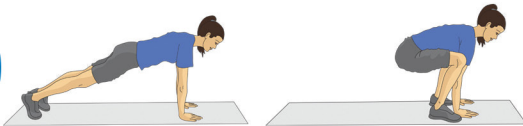


- 1 Begin in a squat.
- 2 From the squat jump forward.
- 3 Land in a squat.
- 4 Jump backward to the starting position.
- 5 Repeat.

1 Minute Rest

FROGGERS

TABATA 2
4 min

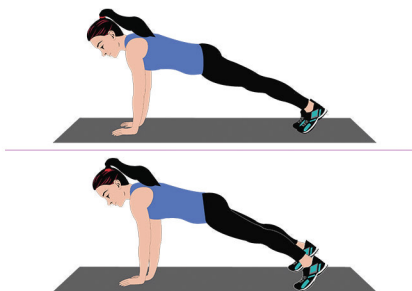


- 1 Begin in a plank position.
- 2 Jump legs up and plant feet just outside arms.
- 3 Jump back into plank position.
- 4 Repeat.

1 Minute Rest

PLANK JACKS

TABATA 3
4 min



- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- 2 Like the motion of a jumping jack, jump your legs wide and then back together. Keep your pelvis steady and don't let it rise toward the ceiling.
- 3 Repeat jumping feet in and out.