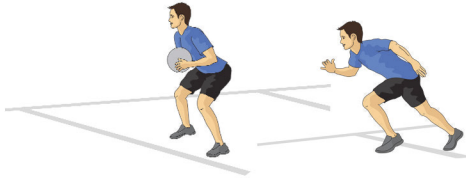


30 DAY CHALLENGE

DAY 29

8 Rounds of 20 Seconds Work | 10 Seconds Rest

TABATA 1
4 min



MEDICINE BALL SQUAT-PUSH TO SPRINT

- 1 Begin in shoulder width position with slightly bend knees, holding a medicine ball (or basketball) at chest level.
- 2 Extend legs and arms up, throwing the ball as far as possible (similar to a chest pass).
- 3 Upon throwing, sprint forward 10-20 meters.
- 4 Turn around, pick up medicine ball, and repeat exercise.

1 Minute Rest

SPLIT JUMPS

TABATA 2
4 min

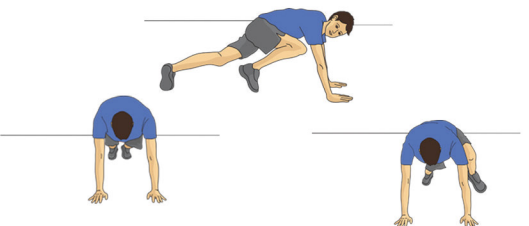


- 1 Take a large step backwards with your left foot and lower your body towards the floor into a reverse lunge. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Keep your front, right knee behind your toes.
- 2 With your core engaged, explode up, pushing off the bottoms of both feet jumping straight up. Switch the position of your feet in midair, landing in a low lunge position this time with your right foot back and your left foot forward.
- 3 Without rest, repeat this movement alternating legs as you jump. Make sure your back leg is bent directly underneath your body and your front leg is bent at 90 degrees at the knee and hip.

1 Minute Rest

PLANK KNEE TAPS

TABATA 3
4 min



- 1 Begin in plank position.
- 2 Bring right knee up to the right armpit.
- 3 Return to plank.
- 4 Bring left knee up the left armpit.
- 5 Return to plank. Repeat.