



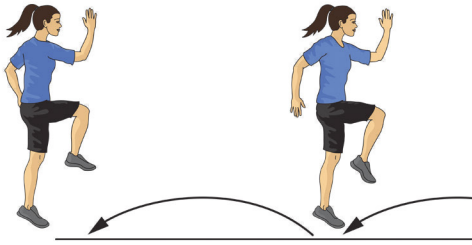
# 30 DAY CHALLENGE

## DAY 30

8 Rounds of 20 Seconds Work | 10 Seconds Rest

### BACKWARD A-SKIPS

TABATA 1  
4 min

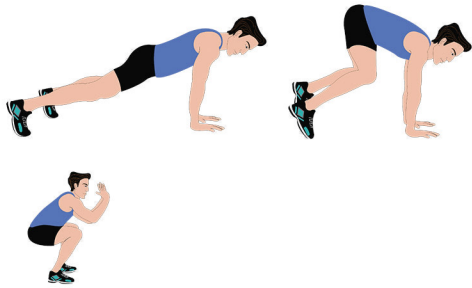


- 1 Begin in a standing position.
- 2 Skip backward, driving left knee up while swinging bent right arm upward.
- 3 Immediately repeat on opposite side.
- 4 Continue skipping for about 15 seconds.
- 5 Turn around and A-Skip backward to starting area.

1 Minute Rest

### POP JACKS

TABATA 2  
4 min

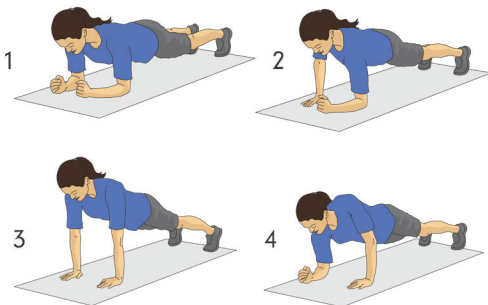


- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet shoulder width apart.
- 2 In one strong explosive movement, jump feet forward. Land feet just outside shoulder width apart while bringing your chest up and landing in a squat position.
- 3 Place hands back on ground and jump feet back to starting plank position.

1 Minute Rest

### UP-DOWN PLANKS

TABATA 3  
4 min



- 1 Begin in a forearm plank.
- 2 Push up on right arm until extended.
- 3 Push up on left arm so that both are extended in a straight arm plank.
- 4 Lower left arm to forearm plank.
- 5 Lower right arm to forearm plank.
- 6 Repeat, alternating first arm extended.