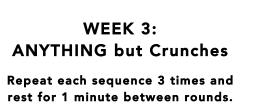


CHALLENGE

HIGH KNEE RUN







Day 1: 3 Tier Bike, 30 seconds High Knee Runs, 1 minute

Day 2: Dead Bug, 30 seconds 3 Tier Bike, 30 seconds Praying Mantis Runs, 1 minute

Day 3: Extended Dead Bug, 15 seconds on each side Dead Bug, 30 seconds 3 Tier Bike, 30 seconds Knee Repeaters, 30 seconds on each side

Day 4: Falling Dead Bug, 15 seconds on each side Extended Dead Bug, 15 seconds on each side Dead Bug, 30 seconds 3 Tier Bike, 30 seconds Burpees, 1 minute

Day 5: Side Rocks, 30 seconds Falling Dead Bug, 15 seconds on each side Extended Dead Bug, 15 seconds on each side Dead Bug, 30 seconds 3 Tier Bike, 30 seconds Skaters, 1 minute

Day 6: Seated Twist, 30 seconds Side Rocks, 30 seconds Falling Dead Bug, 15 seconds on each side Extended Dead Bug, 15 seconds on each side Dead Bug, 30 seconds 3 Tier Bike, 30 seconds Lunge Kick Outs, 30 seconds on each side

Day 7: Soaring Bird, 30 seconds Seated Twist, 30 seconds Side Rocks, 30 seconds Falling Dead Bug, 15 seconds on each side Extended Dead Bug, 15 seconds on each side Dead Bug, 30 seconds 3 Tier Bike, 30 seconds Tuck Jumps, 1 minute

















KNEE REPEATERS













LUNGE KICK OUTS

#SayNoToCrunches

@SaraHaleyFit