For detailed instructions for each move, visit www.SaraHaley.com/blog and follow @SaraHaleyFit on Instagram.

30 DAY #SayNoToCrunches CHALLENGE

SaraHaley

HIGH KNEE RUNS

PRAYING MANTIS RUNS

KNEE REPEATERS

BURPEES

SKATERS

LUNGE KICK OUTS

TUCK JUMPS

Share a photo of your favorite exercise, and remember to hashtag **#SayNoToCrunches** and tag **@SaraHaleyFit**

WEEK 4:
Finish on Your FOREARMS

Repeat each sequence 3 times and rest for 1 minute between rounds.

Day 1: 3 Forearm Plank, 30 seconds
High Knee Runs, 1 minute

Day 2: Forearm Plank Taps, 30 seconds
Forearm Plank, 30 seconds
Praying Mantis Runs, 1 minute

Day 3: Forearm Plank Rocks, 30 seconds
Forearm Plank Taps, 30 seconds
Forearm Plank, 30 seconds
Knee Repeaters, 30 seconds on each side

Day 4: Forearm Plank Reach, 30 seconds
Forearm Plank Rocks, 30 seconds
Forearm Plank Taps, 30 seconds
Forearm Plank, 30 seconds
Burpees, 1 minute

Day 5: Forearm Plank Runs, 30 seconds
Forearm Plank Reach, 30 seconds
Forearm Plank Rocks, 30 seconds
Forearm Plank Taps, 30 seconds
Forearm Plank, 30 seconds
Skaters, 1 minute

Day 6: Forearm Plank Up-Downs, 30 seconds
Forearm Plank Runs, 30 seconds
Forearm Plank Reach, 30 seconds
Forearm Plank Rocks, 30 seconds
Forearm Plank Taps, 30 seconds
Forearm Plank, 30 seconds
Lunge Kick Outs, 30 seconds on each side

Day 7: Forearm Rotation Rows, 30 seconds
Forearm Plank Up-Downs, 30 seconds
Forearm Plank Runs, 30 seconds
Forearm Plank Reach, 30 seconds
Forearm Plank Rocks, 30 seconds
Forearm Plank Taps, 30 seconds
Forearm Plank, 30 seconds
Tuck Jumps, 1 minute

FOREARM PLANK

FOREARM PLANK TAPS

FOREARM PLANK ROCKS

FOREARM PLANK REACH

FOREARM PLANK RUNS

FOREARM PLANK UP-DOWNSS

FOREARM ROTATION ROWS