

30 DAY CHALLENGE

VERTICAL JUMP TRAINING

30 Quick Daily Workouts Guaranteed to Improve Vertical Jumps

GREAT FOR INDIVIDUAL OR TEAM TRAINING

**NO EQUIPMENT
NEEDED!**



30 DAY CHALLENGE

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30 DAY CHALLENGE

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30 DAY CHALLENGE

WELCOME!

This 30-day challenge is designed to improve an athlete's overall fitness performance. The program's design includes a mix between set repetitions and max interval training that focus on increasing an athlete's cardiovascular fitness, lower and upper body strength, core strength, speed and agility; and above all, improving their vertical jump.

Each day consists of five exercises; sets and repetitions for each exercise are assigned at the beginning of each week. The repetition variations are key to improving one's fitness capability and capacity. In addition, it prevents one's fitness plateau effect. The foundation of this challenge is subject to change for each individual, number of sets and repetitions can be modified if needed. Athletes may use the program and exercise logs attached to increase and track one's progress each week.

Ready to get started?

MEASURE YOUR VERTICAL JUMP

We recommend beginning the challenge by measuring a baseline vertical jump using the included Progress Tracker chart. You should re-visit this assessment on Day 15, and Day 30.

DAILY WORKOUT PLANS

When you are ready to begin the challenge, you can begin with Day #1's Workout. Follow our printable calendar and daily workout plans throughout the challenge.

The workouts follow two different templates, as explained in detail below:

Template 1: 5 exercises, 3 sets of 15-20 repetitions

Complete each of the five exercises, 3 times through, at 15-20 repetitions.

This meaning:

1st set- all five exercises through at 15-20 repetitions each.

2nd set- same five exercises through at 15-20 repetitions each, repeat for 3rd set.

Template 2: 5 exercises, 3 sets of 1 minute Max repetitions

Complete each of the five exercises, 3 times through, at your max amount of repetitions.

This meaning:

1st set- complete all five exercises, each for one minute at as many repetitions as you can!

2nd set- complete the same five exercises, each for one minute at max amount of repetitions. Repeat 3rd set.

Rest for 10-30 seconds in between each exercise.

A Note About "Sunday Rest Day": We've built in a day of rest on Sunday for athletes following our challenge. This is OPTIONAL. If you'd prefer to complete the 30 days in a row without any days off, simply follow the workouts 1-30 in order.



30 DAY CHALLENGE

PROGRESS TRACKER

How to Measure Your Vertical Jump

Step 1: Stand with your side to a wall.

Step 2: With your feet flat on the ground, reach the arm closest to the wall as high as possible.

Step 3: Mark the highest spot you can reach. Put chalk on your fingertips or have someone mark the spot with tape. The distance between the floor and this spot is your "standing reach".

Step 4: From the same standing position, jump and hit the wall at the highest point of your jump. Mark the spot the same way you did earlier (chalk works best). The distance between the floor and this spot is your "jumping reach".

Step 5: Try three jumps, and record your jumping reach for each one in the table below.

Step 6: Subtract your standing reach from your best jumping reach to get your vertical jump.

Complete this assessment on Day 1, Day 15, & Day 30 of the challenge.

	Standing Reach	Jumping Reach			Vertical Jump
		Attempt 1	Attempt 2	Attempt 3	Best Jumping Reach Attempt - Standing Reach
Day 1					
Day 2					
Day 3					



30 DAY CHALLENGE

VERTICAL JUMP TRAINING

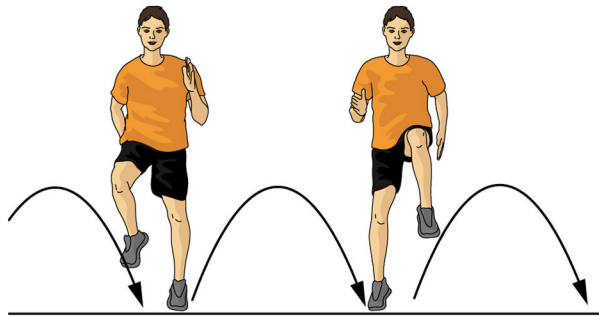
SUNDAY	MONDAY (CARDIO)	TUESDAY (LOWER BODY)	WEDNESDAY (CORE)	THURSDAY (SPEED & AGILITY)	FRIDAY (UPPER BODY & CORE)	SATURDAY (LOWER BODY)
<p>WEEK 1:</p> <p>5 exercises 3 sets of 15-20 repetitions</p> <p>Rest</p>	<p>1</p> <ul style="list-style-type: none"> - lateral a-skips - high knees run - rabbit hops - drop landing & jump - lateral stepping 	<p>2</p> <ul style="list-style-type: none"> - jack in the box - plyo tuck jumps - squat jacks - split jumps - pop jacks 	<p>3</p> <ul style="list-style-type: none"> - chair jumps - pendulum plank - plank jacks - distance hopping - plank knee taps 	<p>4</p> <ul style="list-style-type: none"> - front back jump squats - distance hopping - 180 degree jump squats - bounding for distance - lunge jumps 	<p>5</p> <ul style="list-style-type: none"> - walk outs - burpees - side walk plank - tricep dips - plank shoulder touch 	<p>6</p> <ul style="list-style-type: none"> - butt kickers - wall sit with calf raise - sumo squats with side bend - burpees - lunge jumps
<p>WEEK 2:</p> <p>5 exercises 3 sets of 1 minute max repetitions W/ only 30 seconds rest</p> <p>Rest</p>	<p>7</p> <ul style="list-style-type: none"> - lateral a-skips - high knees run - rabbit hops - drop landing & jump - lateral stepping 	<p>8</p> <ul style="list-style-type: none"> - jack in the box - plyo tuck jumps - squat jacks - split jumps - pop jacks 	<p>9</p> <ul style="list-style-type: none"> - chair jumps - pendulum plank - plank jacks - distance hopping - plank knee taps 	<p>10</p> <ul style="list-style-type: none"> - front back jump squats - distance hopping - 180 degree jump squats - bounding for distance - lunge jumps 	<p>11</p> <ul style="list-style-type: none"> - walk outs - burpees - side walk plank - tricep dips - plank shoulder touch 	<p>12</p> <ul style="list-style-type: none"> - butt kickers - wall sit with calf raise - sumo squats with side bend - burpees - lunge jumps
<p>WEEK 3:</p> <p>5 exercises 3 sets of 1 minute max repetitions W/ only 30 seconds rest</p> <p>Rest</p>	<p>13</p> <ul style="list-style-type: none"> - fall-in sprint - backward a-skips - sprint starting from the ground - lateral a-skips - medicine ball squat-push to sprint 	<p>14</p> <ul style="list-style-type: none"> - wall drive - high knees run - lateral shuffle to forward sprint - front back jump squats - skipping for height 	<p>15</p> <ul style="list-style-type: none"> - lunge to high skip - lateral bound and hop - chair jumps - speed skaters - split jumps 	<p>16</p> <ul style="list-style-type: none"> - fall-in sprint - backward a-skips - sprint starting from the ground - lateral a-skips - medicine ball squat-push to sprint 	<p>17</p> <ul style="list-style-type: none"> - wall drive - high knees run - lateral shuffle to forward sprint - front back jump squats - skipping for height 	<p>18</p> <ul style="list-style-type: none"> - lunge to high skip - lateral bound and hop - chair jumps - speed skaters - split jumps
<p>WEEK 4:</p> <p>5 exercises 3 sets of 15-20 repetitions</p> <p>Rest</p>	<p>19</p> <ul style="list-style-type: none"> - skier hops - box toe touches - front/back jump squats - speed skaters - lunge jump 	<p>20</p> <ul style="list-style-type: none"> - wall sit with calf raises - surrenders - 180 spiderman jumps - depth jumps - kneeling explosions 	<p>21</p> <ul style="list-style-type: none"> - burpees - superman planks - crab walks - froggers - up-down planks 	<p>22</p> <ul style="list-style-type: none"> - bounding for distance - box toe-touches - lateral stepping - high knees - lunge jumps 	<p>23</p> <ul style="list-style-type: none"> - plank jacks - pike push-ups - froggers - burpees - crab toe touches 	<p>24</p> <ul style="list-style-type: none"> - side shuffle & cut - accelerate & decelerate - split jumps - pop jack - quick jump to long jump
<p>WEEK 5:</p> <p>5 exercises 3 sets of 1 minute max repetitions W/ only 30 seconds rest</p> <p>Rest</p>	<p>25</p> <ul style="list-style-type: none"> - skier hops - box toe touches - front/back jump squats - speed skaters - lunge jump 	<p>26</p> <ul style="list-style-type: none"> - wall sit with calf raises - surrenders - 180 spiderman jumps - depth jumps - kneeling explosions 	<p>27</p> <ul style="list-style-type: none"> - burpees - superman planks - crab walks - froggers - up-down planks 	<p>28</p> <ul style="list-style-type: none"> - bounding for distance - box toe-touches - lateral stepping - high knees - lunge jumps 	<p>29</p> <ul style="list-style-type: none"> - plank jacks - pike push-ups - froggers - burpees - crab toe touches 	<p>30</p> <ul style="list-style-type: none"> - side shuffle & cut - accelerate & decelerate - split jumps - pop jack - quick jump to long jump



30 DAY CHALLENGE

DAY 1: CARDIO

3 Sets of 15-20 Reps Each

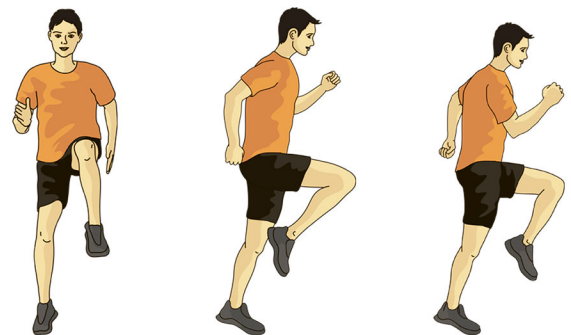


LATERAL A-SKIPS

- ① Begin in a standing position.
- ② Skip to the right, driving right knee up while swinging bent right arm upward.
- ③ Immediately repeat on opposite side, continuing to move to right.
- ④ Continue skipping for 15-20 skips in one direction, then complete 15-20 skips moving in the opposite direction.

HIGH KNEES RUN

- ① While jogging forward, bring knees up as high as possible.
- ② Bring each knee up 15-20 times per set.



RABBIT HOPS

- ① Begin in standing position.
- ② With feet together, jump forward 15-20 hops per set.





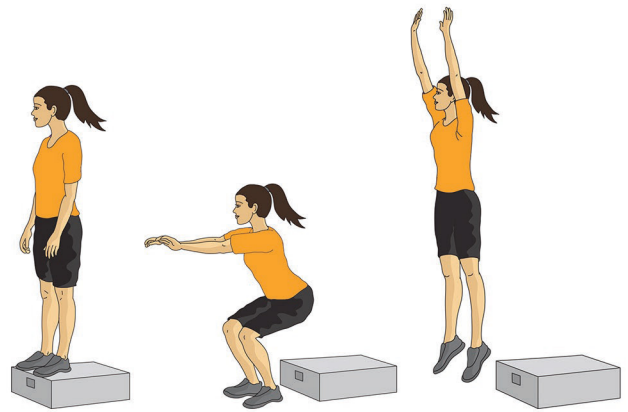
30 DAY CHALLENGE

DAY 1: CARDIO

3 Sets of 15-20 Reps Each

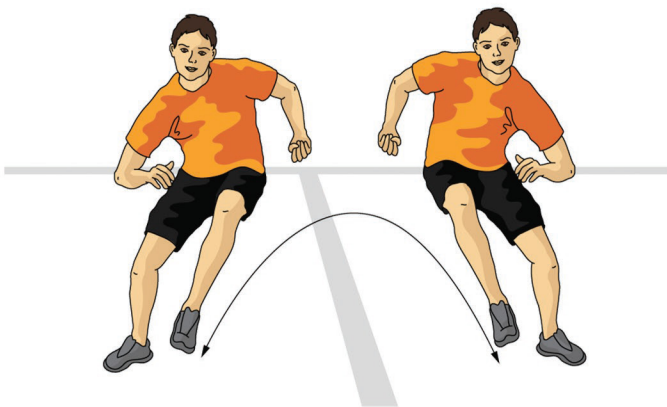
DROP LANDING & JUMP

- 1 Begin in a standing position on a box 8-12" high.
- 2 Drop to land on both feet at the same time, in a squat position with arms extended straight in front of the body.
- 3 Immediately upon landing, push up off the ground for an explosive jump and landing, stretching the arms directly overhead.



LATERAL STEPPING

- 1 Begin in a standing position.
- 2 Bounce from left leg to right leg, moving side to side, not forward.
- 3 Gradually increase speed to achieve additional height and distance.
- 4 Continue lateral stepping for 15-20 reps each side (total of 30-40 "Steps" per set)





30 DAY CHALLENGE

DAY 2: LOWER BODY

3 Sets of 15-20 Reps Each

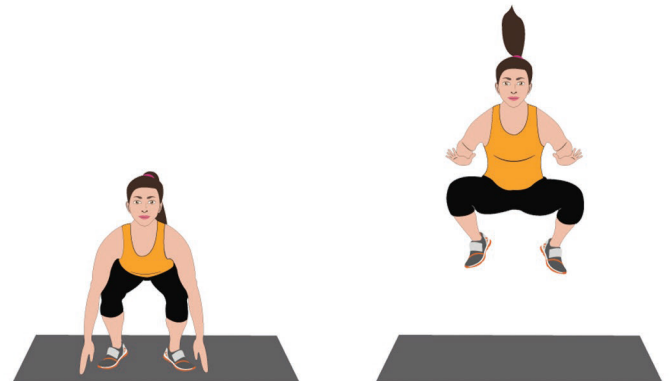


JACK IN THE BOX

- ① Begin in a wide stance standing position, feet should be wider than shoulder width apart, arms at your sides.
- ② Lower down into a squat position, butt back, weight in your heels, chest lifted, core engaged and gaze slightly forward. Lower low enough that you can touch your fingertips to the ground in between your feet.
- ③ Explode up, bring feet together at top of jump and hands overhead.
- ④ As you come back to the ground, land softly in wide stance position, keeping your knees slightly bent.

PLYO TUCK JUMPS

- ① Begin in a neutral standing position, feet shoulder width distance apart, arms at your sides.
- ② Lower down into a squat position, butt back, weight in your heels, chest lifted, core engaged and gaze slightly forward. Try to lower low enough that you can touch your fingertips to the ground at your sides.
- ③ Explode up, driving your knees towards your chest, attempting to touch them to the palms of your hands as you perform a tuck jump.
- ④ As you come back to the ground, land softly, keeping your knees slightly bent.





30 DAY CHALLENGE

DAY 2: LOWER BODY

3 Sets of 15-20 Reps Each

SQUAT JACKS

- 1 Begin with feet together in a half squat position, arms bent at 90 degrees by your side.
- 2 Jump feet into a wide stance position while maintaining your half squat. Feet should be wider than shoulder width, arms come forward as feet jump out.
- 3 Jump feet back together while maintaining the half squat, arms return to sides.
- 4 Repeat jacking feet in and out in half squat position.



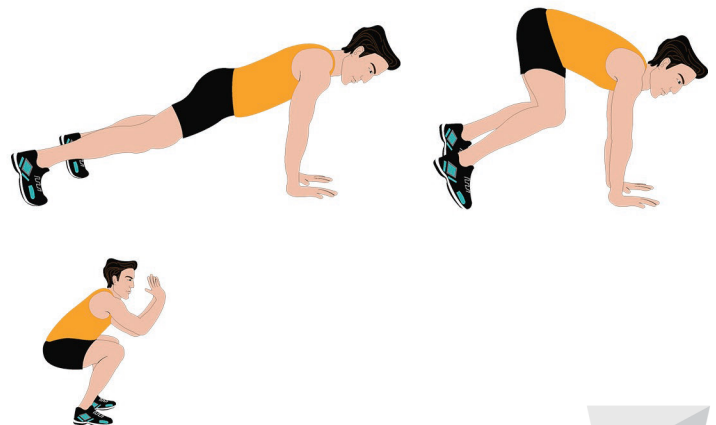
SPLIT JUMPS

- 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.



POP JACKS

- 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.





30 DAY CHALLENGE

DAY 3: CORE

3 Sets of 15-20 Reps Each

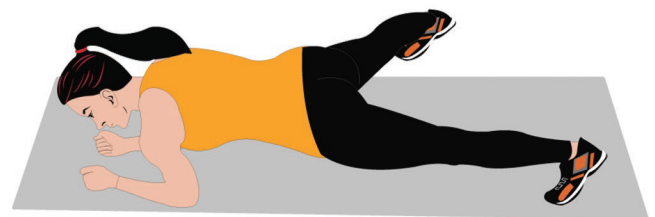
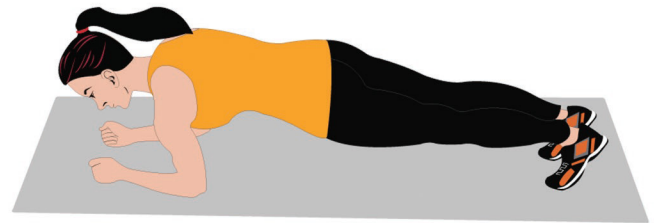
CHAIR JUMPS

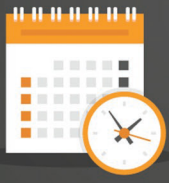


- ① Begin in neutral standing position, feet shoulder width distance apart, arms at your sides.
- ② As you lower down into a squat position, push your hips back like you are going to sit down on a chair. Try to keep your weight in your heels, chest lifted, core engaged and gaze forward.
- ③ Keep your arms relaxed in front of your chest, palms facing in toward one another.
- ④ At the bottom of your chair squat, drive through the bottom of your feet and explode up leaving the ground as you press your hips forward and drive your arms back behind you.
- ⑤ Land softly on your feet, returning to the low chair squat position.

PENDULUM PLANK

- ① Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- ② Bring right foot out to the side in a pendulum motion about 2 feet from original position.
- ③ In an explosive motion, jump right foot back to starting position as you simultaneously jump left leg to the side. (both feet will be in the air for a split second before landing in their new positions)
- ④ Next, jump left foot back to starting position as your simultaneously jump right foot out to the side.





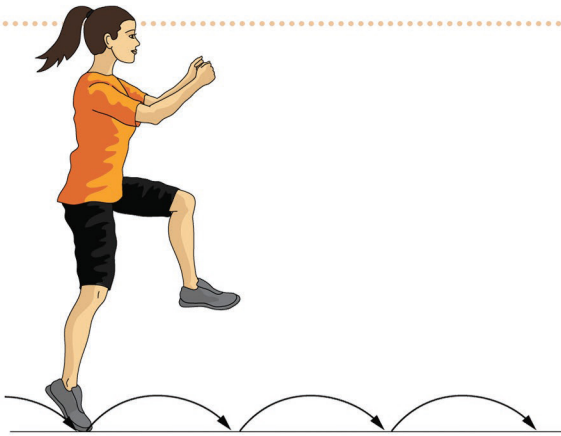
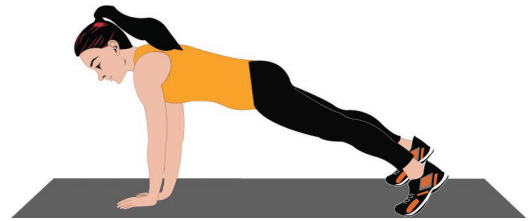
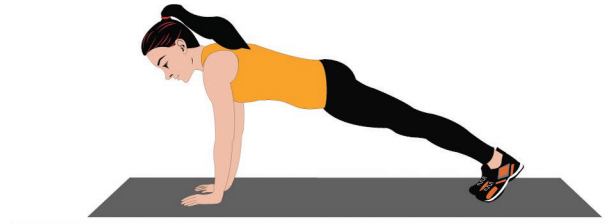
30 DAY CHALLENGE

DAY 3: CORE

3 Sets of 15-20 Reps Each

PLANK JACKS

- 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.

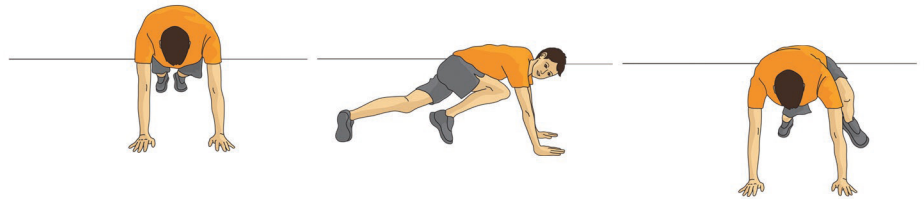


DISTANCE HOPPING

- 1 Hop three paces forward on left leg.
- 2 Hop three paces forward on right leg.
- 3 Turn around, Repeat. 3 Hops on 1 leg = 1 Rep.

PLANK KNEE TAPS

- 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.
- 6 (The above series equals 1 Rep) Repeat 15-20 Reps.





30 DAY CHALLENGE

DAY 4: SPEED & AGILITY

3 Sets of 15-20 Reps Each

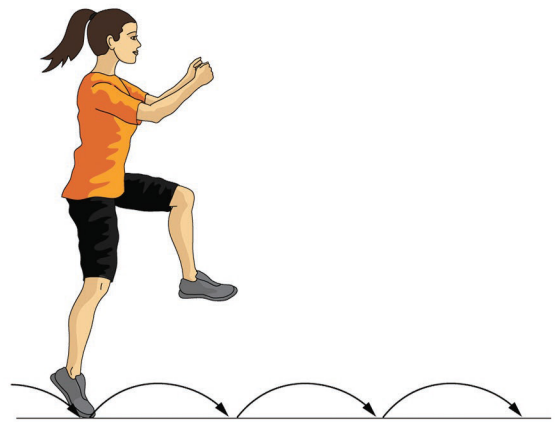


FRONT BACK JUMP SQUATS

- 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.

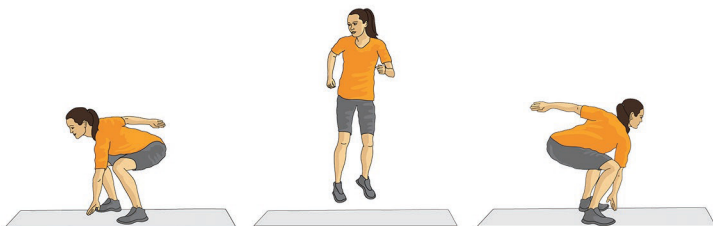
DISTANCE HOPPING

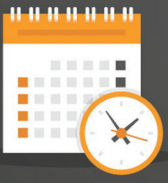
- ① Hop three paces forward on left leg.
- ② Hop three paces forward on right leg.
- ③ Turn around, Repeat. 3 Hops on 1 leg = 1 Rep.



180 DEGREE JUMP SQUATS

- ① Begin in a squat position with left hand touching the floor and right arm extended.
- ② Jump and twist 180 degrees to land with right hand touching and left arm extended.
- ③ Jump and twist 180 degrees to land in the original position.





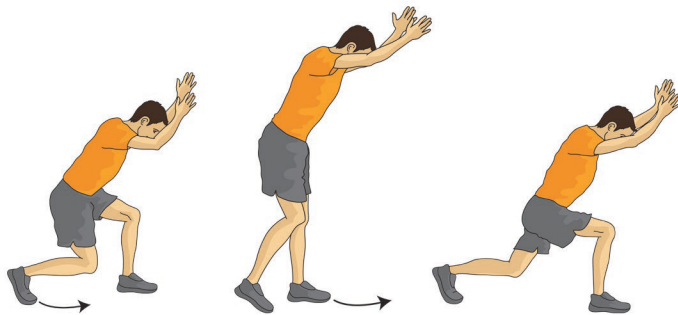
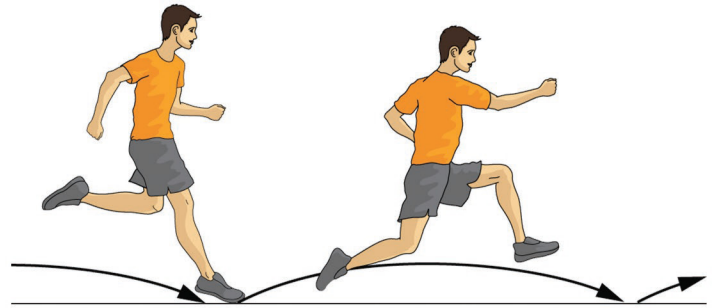
30 DAY CHALLENGE

DAY 4: SPEED & AGILITY

3 Sets of 15-20 Reps Each

BOUNDING FOR DISTANCE

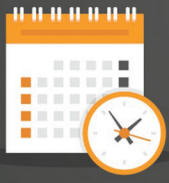
- ① Take four bounding strides, emphasizing distance. This counts as 1 Rep.
- ② Turn around. Repeat.



LUNGE JUMPS

- ① Step forward into lunge
- ② From the lunge position, jump and switch legs
- ③ Land in a lunge with the opposite leg in front
- ④ Repeat.





30 DAY CHALLENGE

DAY 5: UPPER BODY & CORE

3 Sets of 15-20 Reps Each

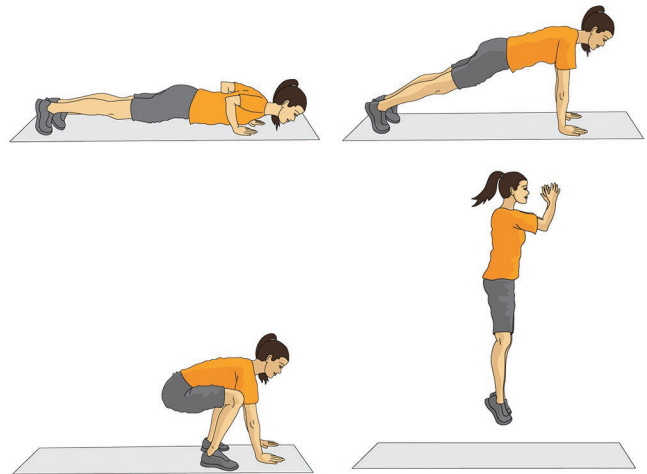
WALK OUTS



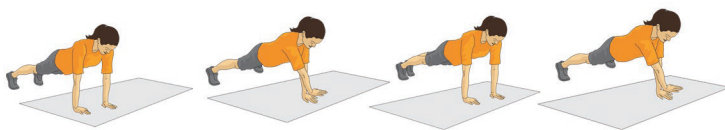
- 1 Begin standing position.
- 2 Bend over and walk hands out to plank.
- 3 Push-up.
- 4 Walk hands from plank back to standing.
- 5 Repeat.

BURPEES

- 1 Begin standing.
- 2 Drop down to a plank.
- 3 Do a push-up.
- 4 Bring legs to arms.
- 5 From the ground jump up.
- 6 Repeat.



SIDE WALK PLANK



- 1 Begin in a plank position.
- 2 Step left foot over, crossing right arm over the left simultaneously.
- 3 Bring left arm out, while moving right foot left to return to plank position.
- 4 Repeat.



30 DAY CHALLENGE

DAY 5: UPPER BODY & CORE

3 Sets of 15-20 Reps Each

TRICEP DIPS

- 1 Begin with hands shoulder width apart on a chair or bench.
- 2 Lower body until shoulders are level with elbows.
- 3 Push body up to starting position.
- 4 Repeat.



PLANK SHOULDER TOUCH



- 1 Begin in plank position.
- 2 Touch left shoulder with right hand.
- 3 Return to plank.
- 4 Touch right shoulder with left hand.
- 5 Return to plank.
- 6 Repeat.



30 DAY CHALLENGE

DAY 6: LOWER BODY

3 Sets of 15-20 Reps Each



BUTT KICKERS

- ① Begin jogging in place.
- ② On back stride bring heel to butt.
- ③ Repeat at rapid pace. Both legs to butt = 1 Rep.

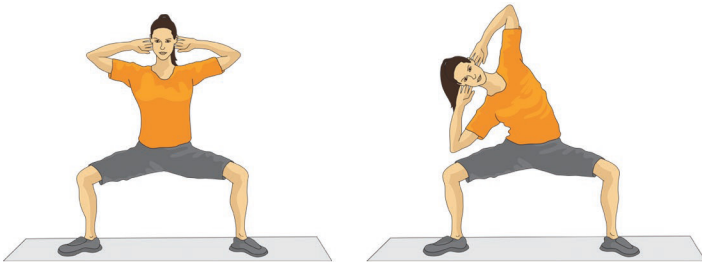
WALL SIT WITH CALF RAISE

- ① Begin in a sitting position with back against wall
- ② Lift heels off floor (calf raise) with toes touching
- ② Repeat



SUMO SQUATS WITH SIDE BEND

- ① Stand in a sumo squat position with hands behind the head and elbows pointed.
- ② Bring right elbow to knee and hold.
- ③ Return to original position.
- ④ Bring left elbow to knee and hold.
- ⑤ Repeat.





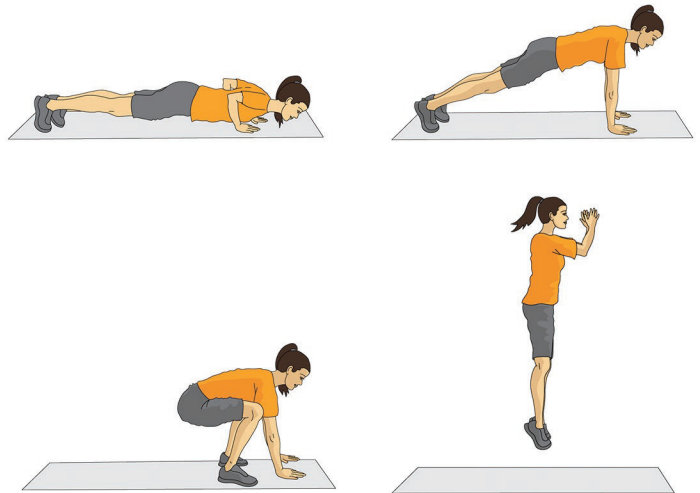
30 DAY CHALLENGE

DAY 6: LOWER BODY

3 Sets of 15-20 Reps Each

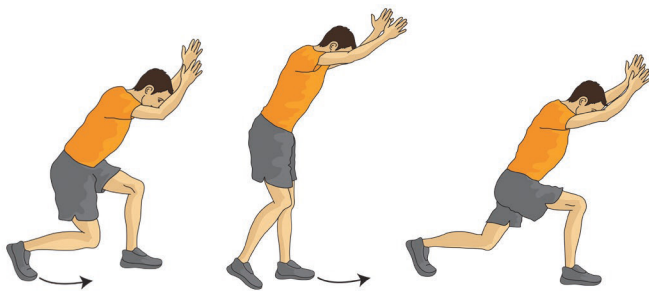
BURPEES

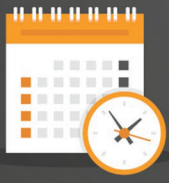
- 1 Begin standing.
- 2 Drop down to a plank.
- 3 Do a push-up.
- 4 Bring legs to arms.
- 5 From the ground jump up.
- 6 Repeat.



LUNGE JUMPS

- 1 Step forward into lunge.
- 2 From the lunge position, jump and switch legs.
- 3 Land in a lunge with the opposite leg in front.
- 4 Repeat.

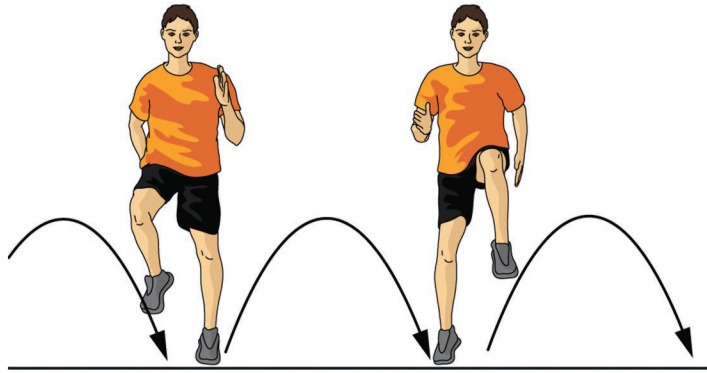




30 DAY CHALLENGE

DAY 7: CARDIO

3 Sets of 15-20 Reps Each



LATERAL A-SKIPS

- 1 Begin in a standing position.
- 2 Skip to the right, driving right knee up while swinging bent right arm upward.
- 3 Immediately repeat on opposite side, continuing to move to right.
- 4 Continue skipping for about 15 skips in one direction, then complete 15 skips moving in the opposite direction.

HIGH KNEES RUN

- 1 While jogging forward, bring knees up as high as possible.



RABBIT HOPS

- 1 Begin in standing position.
- 2 With feet together, jump forward 3 jumps.
- 3 Turn around, jump forward 3 jumps.





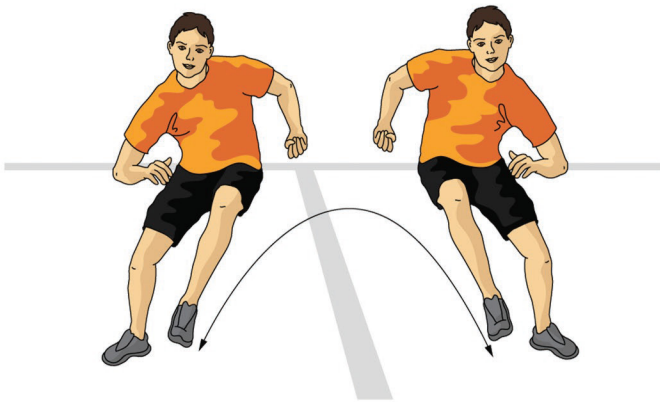
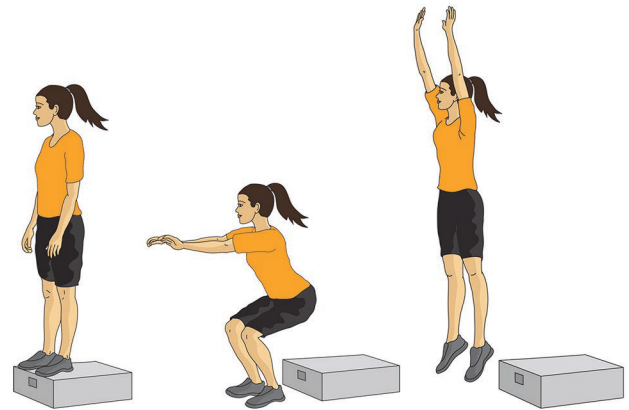
30 DAY CHALLENGE

DAY 7: CARDIO

3 Sets of 15-20 Reps Each

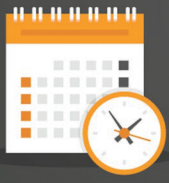
DROP LANDING & JUMP

- 1 Begin in a standing position on a box 8-12" high.
- 2 Drop to land on both feet at the same time, in a squat position with arms extended straight in front of the body.
- 3 Immediately upon landing, push up off the ground for an explosive jump and landing, stretching the arms directly overhead.



LATERAL STEPPING

- 1 Begin in a standing position.
- 2 Bounce from left leg to right leg, moving side to side, not forward.
- 3 Gradually increase speed to achieve additional height and distance.



30 DAY CHALLENGE

DAY 8: LOWER BODY

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

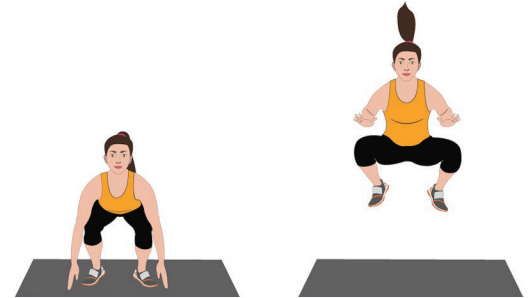
JACK IN THE BOX



- 1 Begin in a **wide stance** standing position, feet should be wider than shoulder width apart, arms at your sides.
- 2 Lower down into a squat position, butt back, weight in your heels, chest lifted, core engaged and gaze slightly forward. Lower low enough that you can touch your fingertips to the ground in between your feet.
- 3 Explode up, bring feet together at top of jump and hands overhead.
- 4 As you come back to the ground, land softly in wide stance position, keeping your knees slightly bent.

PLYO TUCK JUMPS

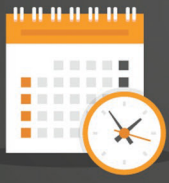
- 1 Begin in a neutral standing position, feet shoulder width distance apart, arms at your sides.
- 2 Lower down into a squat position, butt back, weight in your heels, chest lifted, core engaged and gaze slightly forward. Try to lower low enough that you can touch your fingertips to the ground at your sides.
- 3 Explode up, driving your knees towards your chest, attempting to touch them to the palms of your hands as you perform a tuck jump.
- 4 As you come back to the ground, land softly, keeping your knees slightly bent.



SQUAT JACKS



- 1 Begin with feet together in a half squat position, arms bent at 90 degrees by your side.
- 2 Jump feet into a wide stance position while **maintaining** your half squat. Feet should be wider than shoulder width, arms come forward as feet jump out.
- 3 Jump feet back together while maintaining the half squat, arms return to sides.
- 4 Repeat jacking feet in and out in half squat position.



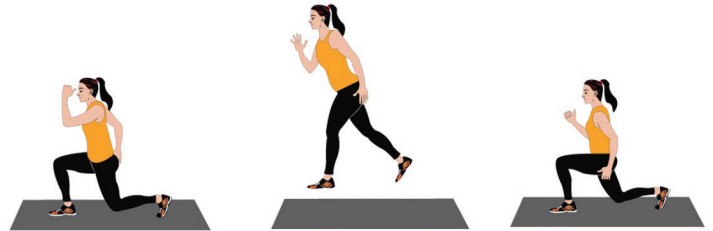
30 DAY CHALLENGE

DAY 8: LOWER BODY

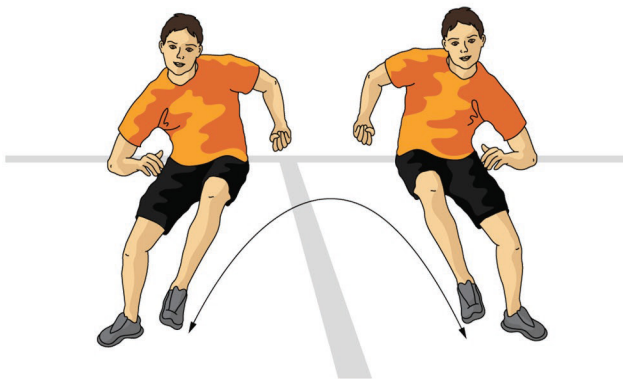
3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

SPLIT JUMPS

- 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.



LATERAL STEPPING



- 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.

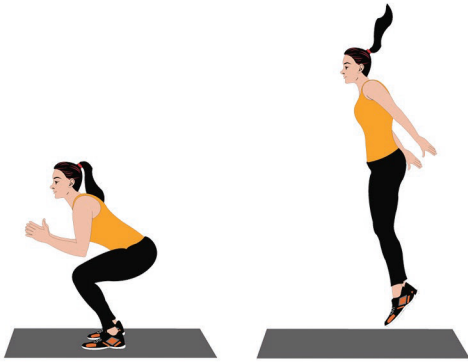


30 DAY CHALLENGE

DAY 9: CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

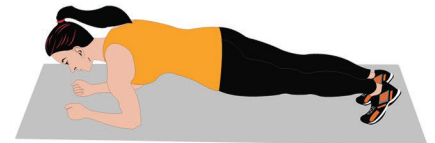
CHAIR JUMPS



- 1 Begin in neutral standing position, feet shoulder width distance apart, arms at your sides.
- 2 As you lower down into a squat position, push your hips back like you are going to sit down on a chair. Try to keep your weight in your heels, chest lifted, core engaged and gaze forward.
- 3 Keep your arms relaxed in front of your chest, palms facing in toward one another.
- 4 At the bottom of your chair squat, drive through the bottom of your feet and explode up leaving the ground as you press your hips forward and drive your arms back behind you.
- 5 Land softly on your feet, returning to the low chair squat position.

PENDULUM PLANK

- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- 2 Bring right foot out to the side in a pendulum motion about 2 feet from original position.
- 3 In an explosive motion, jump right foot back to starting position as you simultaneously jump left leg to the side. (both feet will be in the air for a split second before landing in their new positions)
- 4 Next, jump left foot back to starting position as your simultaneously jump right foot out to the side.



PLANK JACKS

- 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.





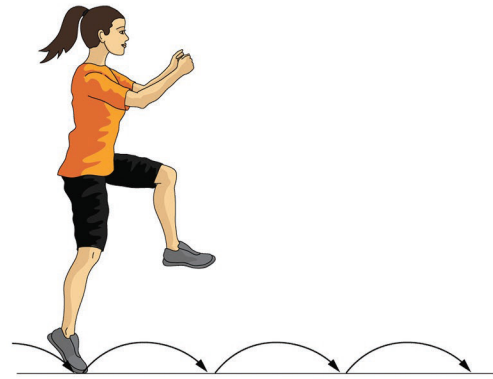
30 DAY CHALLENGE

DAY 9: CORE

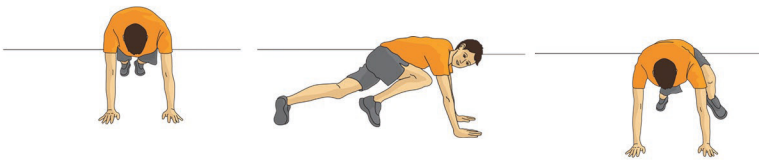
3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

DISTANCE HOPPING

- 1 Hop three paces forward on left leg.
- 2 Hop three paces forward on right leg.
- 3 Turn around, Repeat.



PLANK KNEE TAPS



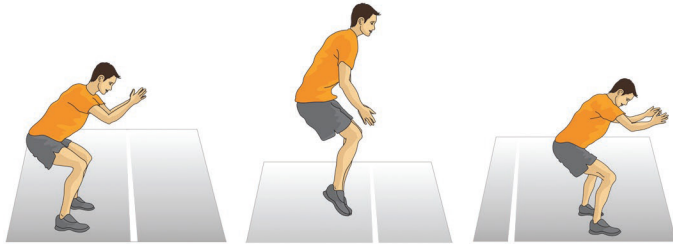
- 1 Begin in plank position.
- 2 Bring right knee up to the right armpit.
- 3 Return to plank.
- 4 Bring left knee up the left armpit.
- 5 Return to plank. Repeat.



30 DAY CHALLENGE

DAY 10 : SPEED & AGILITY

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

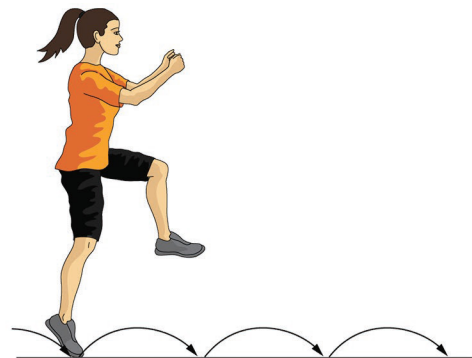


FRONT BACK JUMP SQUATS

- 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.

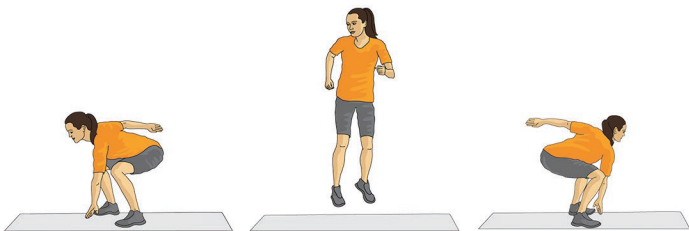
DISTANCE HOPPING

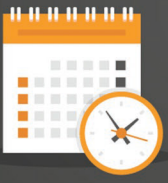
- 1 Hop three paces forward on left leg.
- 2 Hop three paces forward on right leg.
- 3 Turn around, Repeat.



180 DEGREE JUMP SQUATS

- 1 Begin in a squat position with left hand touching the floor and right arm extended.
- 2 Jump and twist 180 degrees to land with right hand touching and left arm extended.
- 3 Jump and twist 180 degrees to land in the original position.





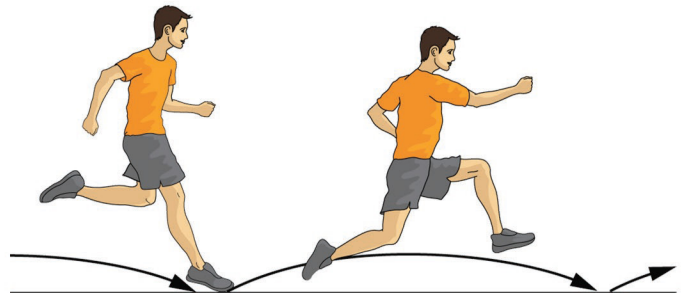
30 DAY CHALLENGE

DAY 10 : SPEED & AGILITY

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

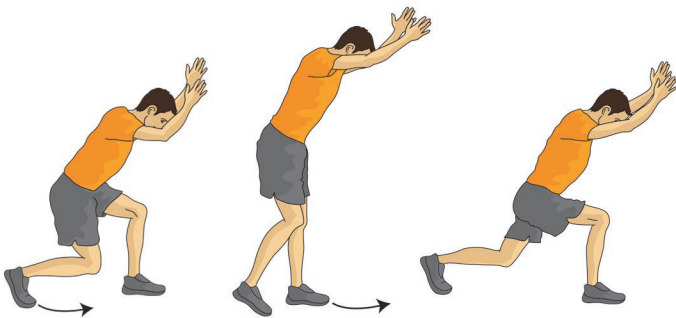
BOUNDRING FOR DISTANCE

- ① Take four bounding strides, emphasizing distance.
- ② Turn around. Repeat.



LUNGE JUMPS

- ① Step forward into lunge.
- ② From the lunge position, jump and switch legs.
- ③ Land in a lunge with the opposite leg in front.
- ④ Repeat.



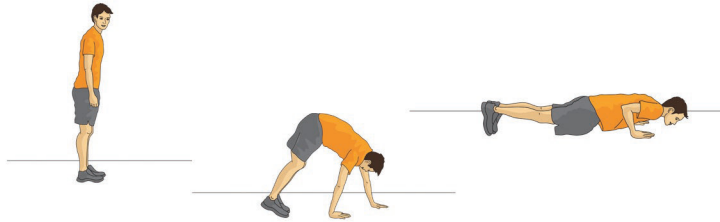


30 DAY CHALLENGE

DAY 11: UPPER BODY & CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

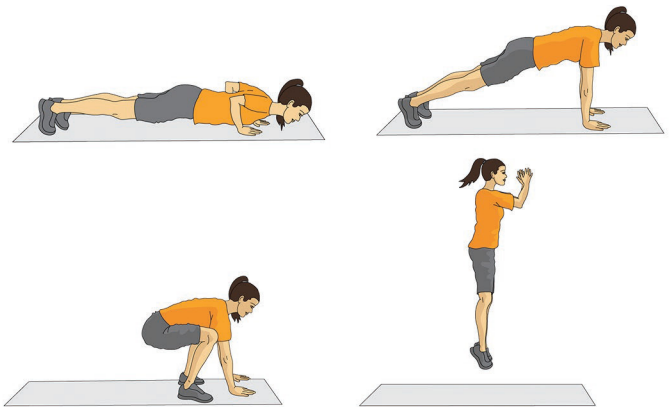
WALK OUTS



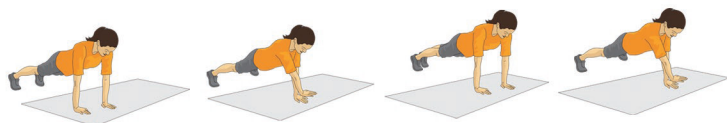
- ① Begin standing position.
- ② Bend over and walk hands out to plank.
- ③ Push-up.
- ④ Walk hands from plank back to standing.
- ⑤ Repeat.

BURPEES

- ① Begin standing.
- ② Drop down to a plank.
- ③ Do a push-up.
- ④ Bring legs to arms.
- ⑤ From the ground jump up.
- ⑥ Repeat.



SIDE WALK PLANK



- ① Begin in a plank position.
- ② Step left foot over, crossing right arm over the left simultaneously.
- ③ Bring left arm out, while moving right foot left to return to plank position.
- ④ Repeat.



30 DAY CHALLENGE

DAY 11: UPPER BODY & CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

TRICEP DIPS

- 1 Begin with hands shoulder width apart on a chair or bench.
- 2 Lower body until shoulders are level with elbows.
- 3 Push body up to starting position.
- 4 Repeat.



PLANK SHOULDER TOUCH



- 1 Begin in plank position.
- 2 Touch left shoulder with right hand.
- 3 Return to plank.
- 4 Touch right shoulder with left hand.
- 5 Return to plank.
- 6 Repeat.



30 DAY CHALLENGE

DAY 12: LOWER BODY

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)



BUTT KICKERS

- ① Begin jogging in place.
- ② On back stride bring heel to butt.
- ③ Repeat at rapid pace.

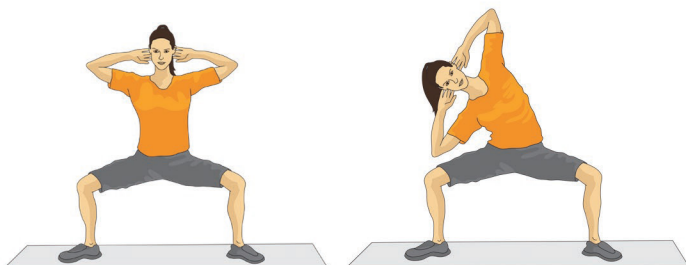
WALL SIT WITH CALF RAISE

- ① Begin in a sitting position with back against wall.
- ② Lift heels off floor (calf raise) with toes touching.
- ③ Repeat.



SUMO SQUATS WITH SIDE BEND

- ① Stand in a sumo squat position with hands behind the head and elbows pointed.
- ② Bring right elbow to knee and hold.
- ③ Return to original position.
- ④ Bring left elbow to knee and hold.
- ⑤ Repeat





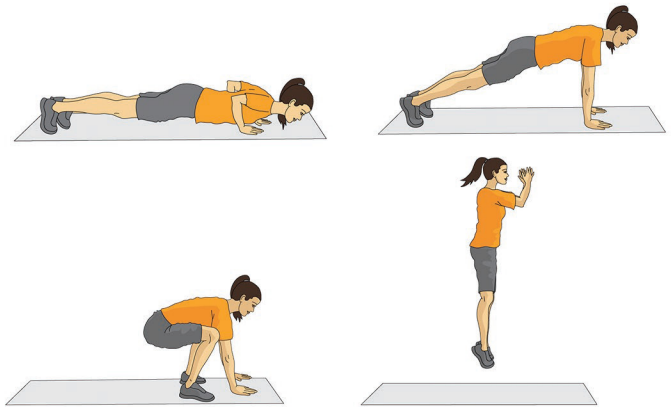
30 DAY CHALLENGE

DAY 12: LOWER BODY

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

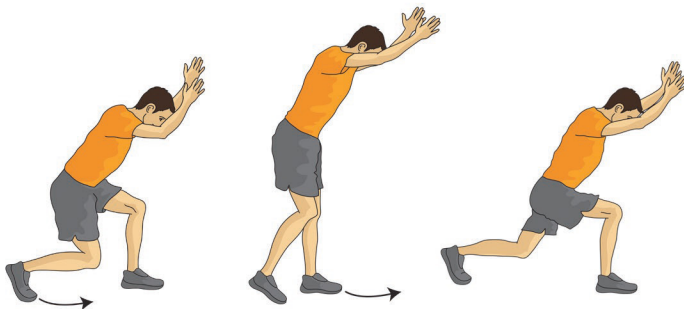
BURPEES

- 1 Begin standing.
- 2 Drop down to a plank.
- 3 Do a push-up.
- 4 Bring legs to arms.
- 5 From the ground jump up.
- 6 Repeat.



LUNGE JUMPS

- 1 Step forward into lunge.
- 2 From the lunge position, jump and switch legs.
- 3 Land in a lunge with the opposite leg in front.
- 4 Repeat.

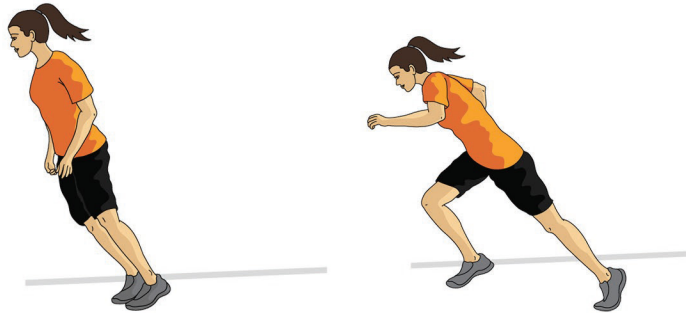




30 DAY CHALLENGE

DAY 13: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)



FALL-IN SPRINT

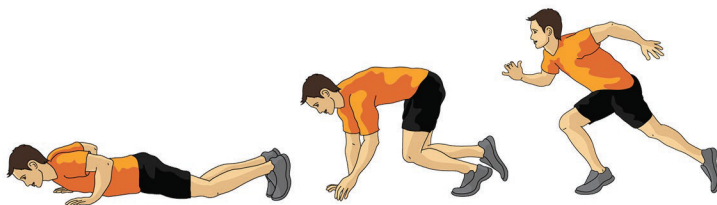
- 1 Begin in a standing position, facing forward.
- 2 Lean forward with the whole body, until no longer possible.
- 3 Fall into a sprint, sprint forward 10-20 meters.

BACKWARD A-SKIPS

- 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.



SPRINT STARTING FROM THE GROUND



- 1 Begin lying face down on the ground with palms on the ground, just to the outside of the chest.
- 2 On a cue, get up and sprint forward as fast as possible 5-30 meters.



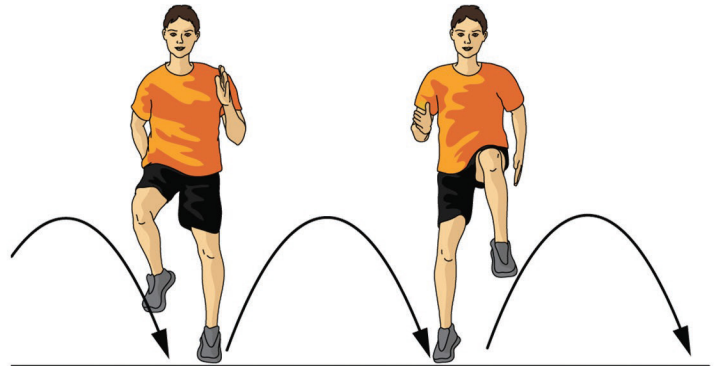
30 DAY CHALLENGE

DAY 13: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

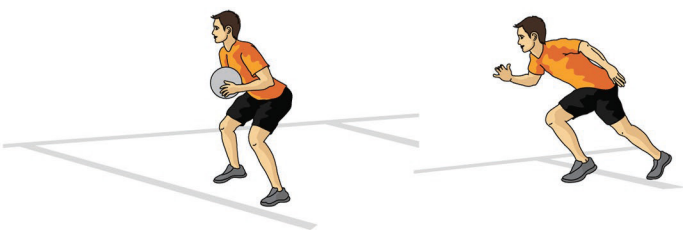
LATERAL A-SKIPS

- 1 Begin in a standing position.
- 2 Skip to the right, driving right knee up while swinging bent right arm upward.
- 3 Immediately repeat on opposite side, continuing to move to right.
- 4 Continue skipping for about 15 skips in one direction, then complete 15 skips moving in the opposite direction.



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.

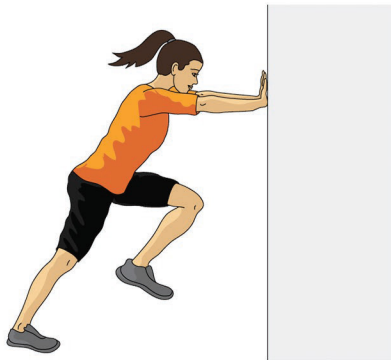




30 DAY CHALLENGE

DAY 14: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

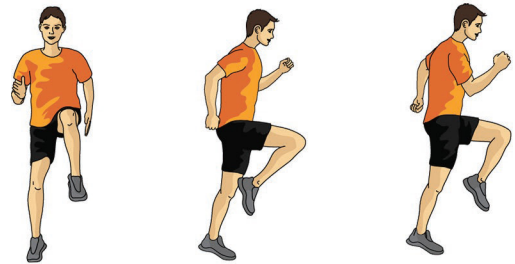


WALL DRIVE

- 1 Begin by leaning against the wall with arms out and the body slightly leaned forward with weight on the balls of the feet.
- 2 Alternate bringing the left and right leg forward and up (as if running).
- 3 Begin slow and controlled, gradually increasing speed.

HIGH KNEES RUN

- 1 While jogging forward, bring knees up as high as possible.



LATERAL SHUFFLE TO FORWARD SPRINT

- 1 Begin in shoulder width position with slightly bend knees, arms relaxed in front.
- 2 Shuffle laterally in one direction for 5-10 meters.
- 3 Sprint forward for 10-20 meters.
- 4 Return to original position, repeat shuffling in opposite direction.





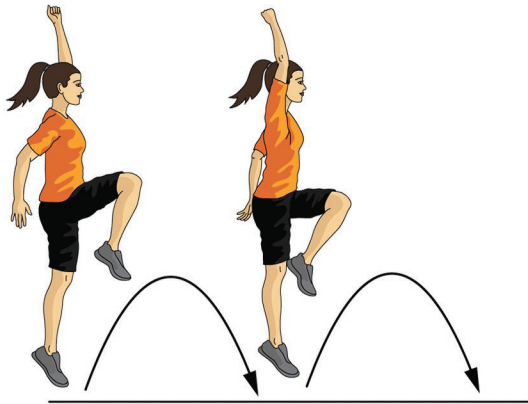
30 DAY CHALLENGE

DAY 14: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

FRONT BACK JUMP SQUATS

- 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.



SKIPPING FOR HEIGHT

- 1 Begin in a standing position.
- 2 Leading with your right leg, skip for maximum height.
- 3 Repeat on the opposite side.
- 4 Continue for 10 reps, turn around and repeat back to starting position. Continue for 1 minute.

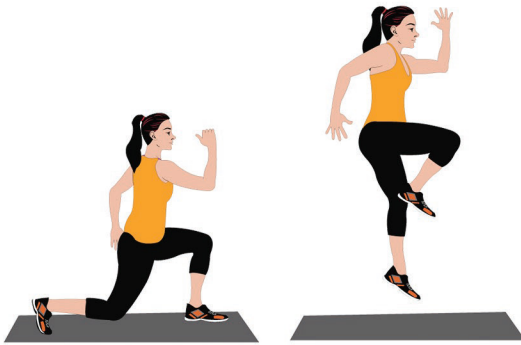


30 DAY CHALLENGE

DAY 15: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

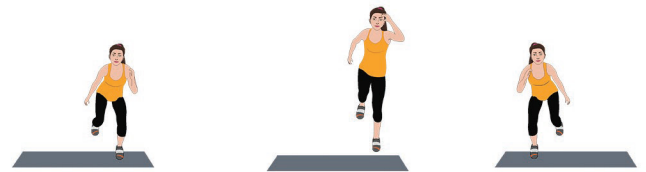
LUNGE TO HIGH SKIP



- 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. Drive your left knee up into a high skip position, return to starting position.
- 3 Complete 5 "High Skips" on left side, and then complete 5 "High Skips" on right side. Repeat.

LATERAL BOUND AND HOP

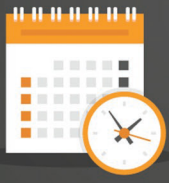
- 1 Start in a half squat position. Jump off your right leg and travel horizontally as far as possible, landing on your left foot.
- 2 Immediately drive your right knee into the air and "hop" as high as you can off your left foot.
- 3 Bend your left knee as you come back to the ground to prevent injury.
- 4 Explode off left leg and travel horizontally as far as possible landing on your right foot.



CHAIR JUMPS



- 1 Begin in neutral standing position, feet shoulder width distance apart, arms at your sides.
- 2 As you lower down into a squat position, push your hips back like you are going to sit down on a chair. Try to keep your weight in your heels, chest lifted, core engaged and gaze forward.
- 3 Keep your arms relaxed in front of your chest, palms facing in toward one another.
- 4 At the bottom of your chair squat, drive through the bottom of your feet and explode up leaving the ground as you press your hips forward and drive your arms back behind you.
- 5 Land softly on your feet, returning to the low chair squat position.



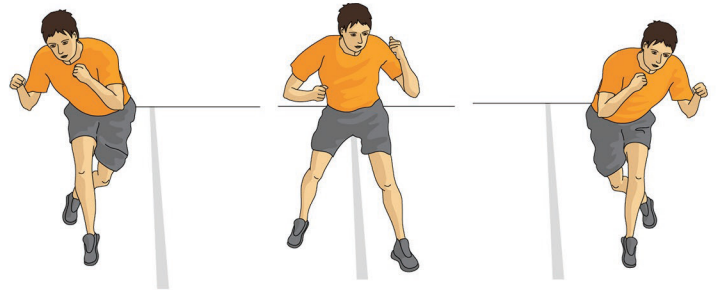
30 DAY CHALLENGE

DAY 15: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

SPEED SKATERS

- ① As you jump to the right, land on the right leg.
- ② As you land, extend the left leg out as far as possible.
- ③ While balancing on the right leg, jump off and land on the left leg.
- ④ As you land, extend the right leg out as far as possible.
- ⑤ Continue jumping from side to side.



SPLIT JUMPS

- 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.

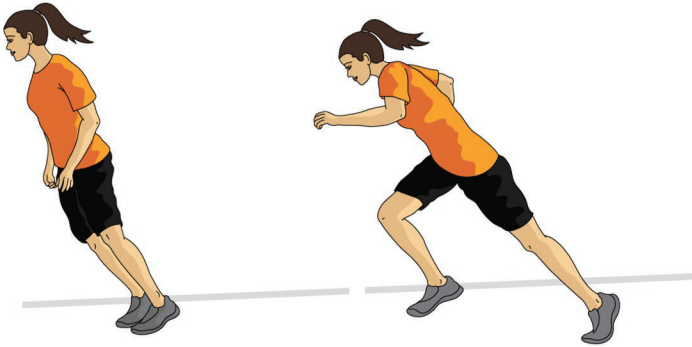




30 DAY CHALLENGE

DAY 16: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

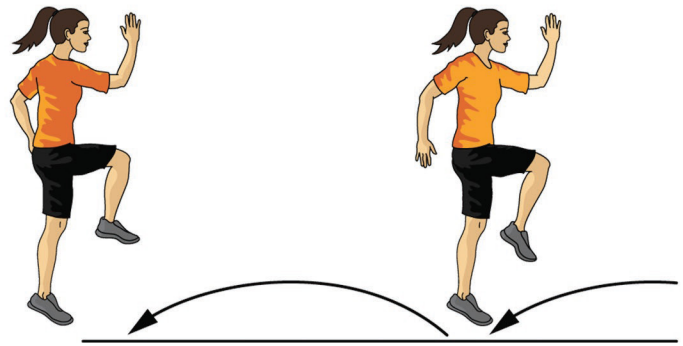


FALL-IN SPRINT

- 1 Begin in a standing position, facing forward.
- 2 Lean forward with the whole body, until no longer possible.
- 3 Fall into a sprint, sprint forward 10-20 meters.

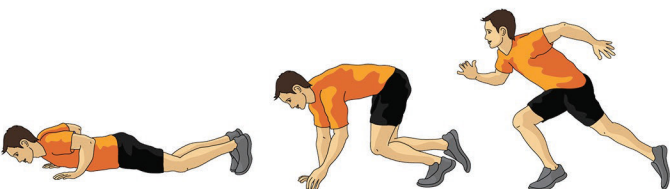
BACKWARD A-SKIPS

- 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.



SPRINT STARTING FROM THE GROUND

- 1 Begin lying face down on the ground with palms on the ground, just to the outside of the chest.
- 2 On a cue, get up and sprint forward as fast as possible 5-30 meters.



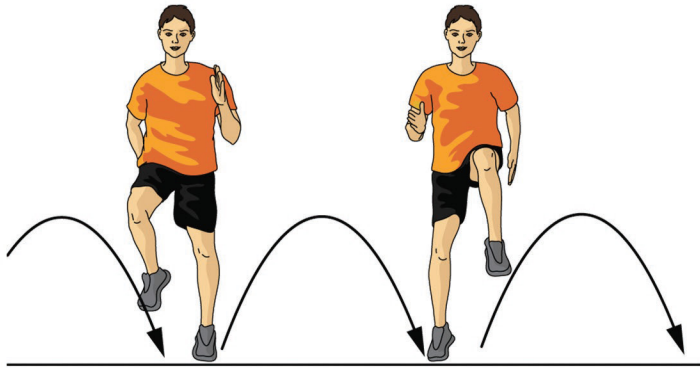


30 DAY CHALLENGE

DAY 16: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

LATERAL A-SKIPS



- 1 Begin in a standing position.
- 2 Skip to the right, driving right knee up while swinging bent right arm upward.
- 3 Immediately repeat on opposite side, continuing to move to right.
- 4 Continue skipping for about 15 skips in one direction, then complete 15 skips moving in the opposite direction.

BACKWARD A-SKIPS

- 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.

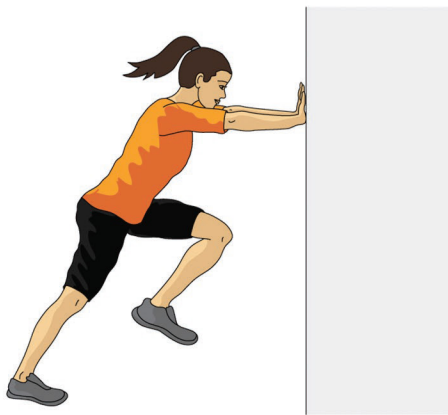




30 DAY CHALLENGE

DAY 17: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)



WALL DRIVE

- 1 Begin by leaning against the wall with arms out and the body slightly leaned forward with weight on the balls of the feet.
- 2 Alternate bringing the left and right leg forward and up (as if running).
- 3 Begin slow and controlled, gradually increasing speed.

HIGH KNEES RUN

- 1 While jogging forward, bring knees up as high as possible.



LATERAL SHUFFLE TO FORWARD SPRINT



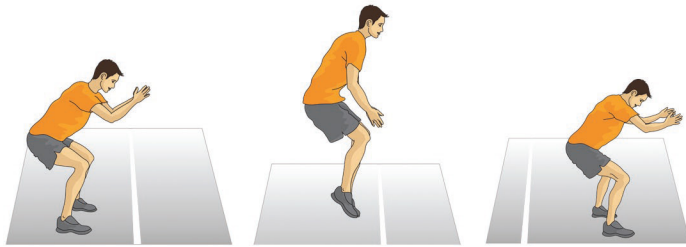
- 1 Begin in shoulder width position with slightly bend knees, arms relaxed in front.
- 2 Shuffle laterally in one direction for 5-10 meters.
- 3 Sprint forward for 10-20 meters.
- 4 Return to original position, repeat shuffling in opposite direction.



30 DAY CHALLENGE

DAY 17: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

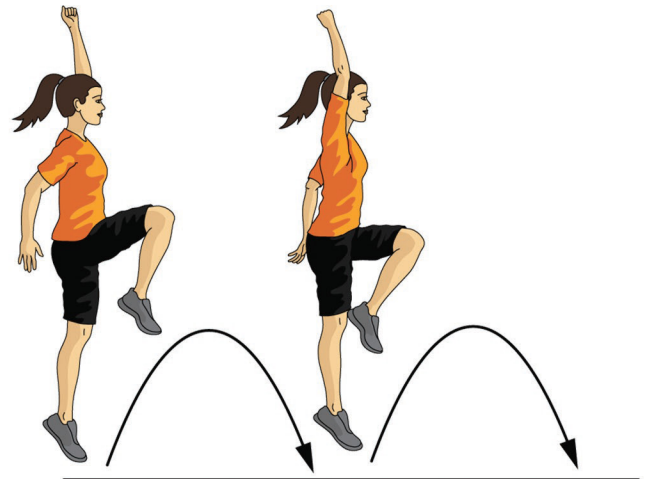


FRONT BACK JUMP SQUATS

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

SKIPPING FOR HEIGHT

- ① Begin in a standing position.
- ② Leading with your right leg, skip for maximum height.
- ③ Repeat on the opposite side.
- ④ Continue for 10 reps, turn around and repeat back to starting position. Continue for 1 minute.



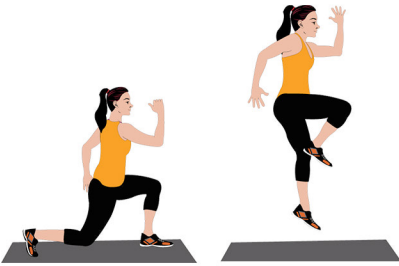


30 DAY CHALLENGE

DAY 18: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

LUNGE TO HIGH SKIP



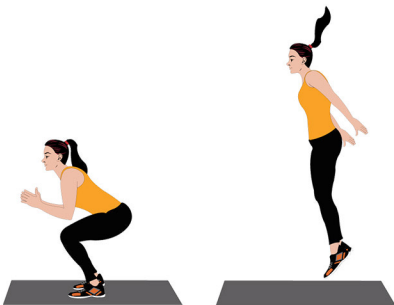
- 1 Take a large step backwards with your left foot and lower your body towards the floor into a reverse lunge. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Keep your front, right knee behind your toes.
- 2 With your core engaged, explode up, pushing off the bottoms of both feet. Drive your left knee up into a high skip position, return to starting position.
- 3 Complete 5 "High Skips" on left side, and then complete 5 "High Skips" on right side. Repeat.

LATERAL BOUND AND HOP

- 1 Start in a half squat position. Jump off your right leg and travel horizontally as far as possible, landing on your left foot.
- 2 Immediately drive your right knee into the air and "hop" as high as you can off your left foot.
- 3 Bend your left knee as you come back to the ground to prevent injury.
- 4 Explode off left leg and travel horizontally as far as possible landing on your right foot.
- 5 Drive left knee into air and "hop" off right foot.
- 6 Repeat performing the lateral bound and hop side to side for 1 minute.



CHAIR JUMPS



- 1 Begin in neutral standing position, feet shoulder width distance apart, arms at your sides.
- 2 As you lower down into a squat position, push your hips back like you are going to sit down on a chair. Try to keep your weight in your heels, chest lifted, core engaged and gaze forward.
- 3 Keep your arms relaxed in front of your chest, palms facing in toward one another.
- 4 At the bottom of your chair squat, drive through the bottom of your feet and explode up leaving the ground as you press your hips forward and drive your arms back behind you.
- 5 Land softly on your feet, returning to the low chair squat position.



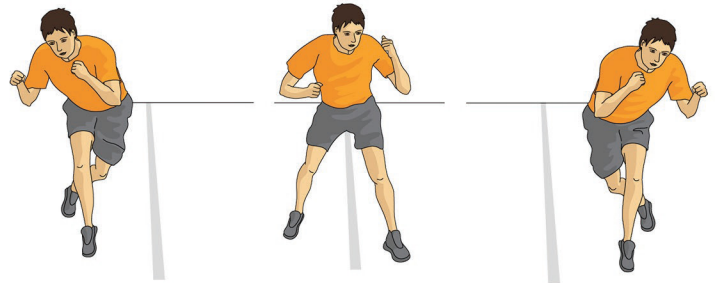
30 DAY CHALLENGE

DAY 18: SPEED & AGILITY WEEK

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

SPEED SKATERS

- 1 As you jump to the right, land on the right leg.
- 2 As you land, extend the left leg out as far as possible.
- 3 While balancing on the right leg, jump off and land on the left leg.
- 4 As you land, extend the right leg out as far as possible.
- 5 Continue jumping from side to side.



SPLIT JUMPS

- 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.

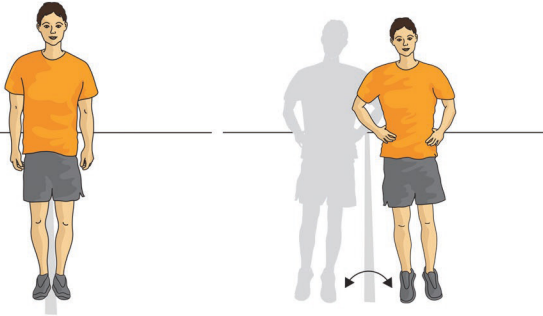




30 DAY CHALLENGE

DAY 19: CARDIO

3 Sets of 15-20 Reps Each

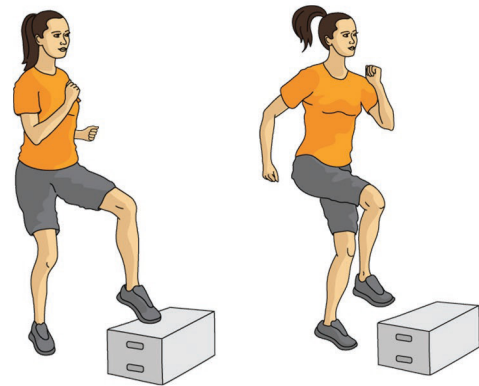


SKIER HOPS

- 1 Begin in standing position.
- 2 With feet together, jump side to side.
- 3 Repeat at rapid pace.

BOX TOE TOUCHES

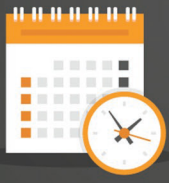
- 1 Tap left toes to box.
- 2 Jump to switch feet, bringing the right toes up.
- 3 Jump to switch feet, bringing the left toes up.
- 4 Repeat. 1 Tap Right + 1 Tap Left= 1 Rep.



FRONT BACK JUMP SQUATS

- 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.





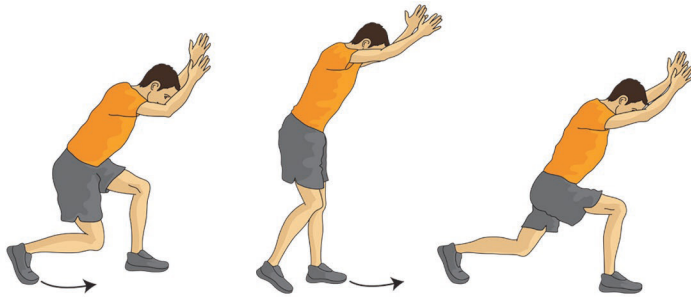
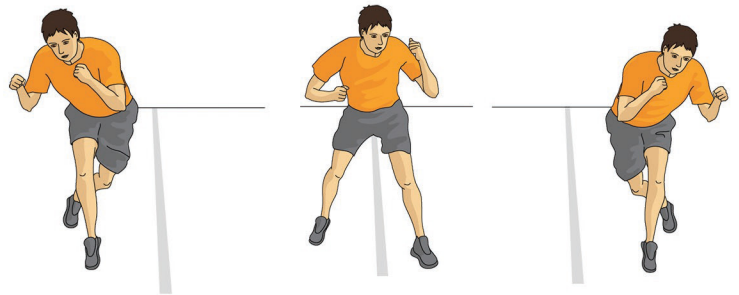
30 DAY CHALLENGE

DAY 19: CARDIO

3 Sets of 15-20 Reps Each

SPEED SKATERS

- 1 As you jump to the right, land on the right leg.
- 2 As you land, extend the left leg out as far as possible.
- 3 While balancing on the right leg, jump off and land on the left leg.
- 4 As you land, extend the right leg out as far as possible.
- 5 Continue jumping from side to side.



LUNGE JUMPS

- 1 Step forward into lunge
- 2 From the lunge position, jump and switch legs
- 3 Land in a lunge with the opposite leg in front
- 4 Repeat.



30 DAY CHALLENGE

DAY 20: LOWER BODY

3 Sets of 15-20 Reps Each



WALL SIT WITH CALF RAISE

- 1 Begin in a sitting position with back against wall.
- 2 Lift heels off floor (calf raise) with toes touching.
- 3 Repeat.

SURRENDERS

- 1 Stand with hands behind head.
- 2 Lower to one knee, left knee out.
- 3 Tuck left knee back to stand on both knees.
- 4 Bring right knee out.
- 5 Stand to original position.
- 6 Repeat, alternating first knee out.



180 SPIDERMAN JUMPS

- 1 Begin in a squat position with left hand touching the floor and right arm extended.
- 2 Jump and twist 180 degrees to land with right hand touching and left arm extended.
- 3 Jump and twist 180 degrees to land in the original position.





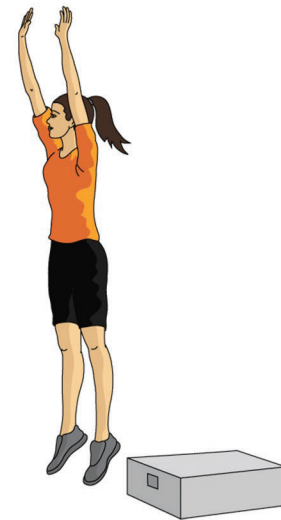
30 DAY CHALLENGE

DAY 20: LOWER BODY

3 Sets of 15-20 Reps Each

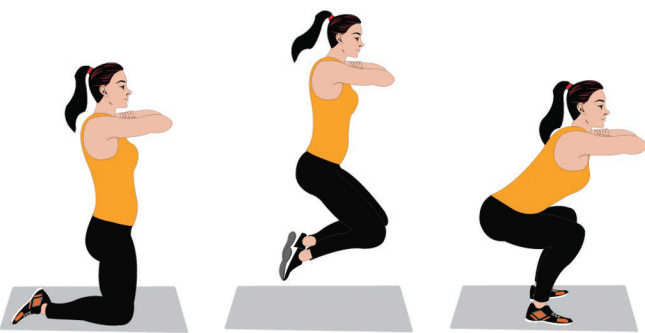
DEPTH JUMPS

- 1 Begin in a standing position on a box 8-12" high.
- 2 Drop to land on both feet at the same time, in a squat position with arms extended straight in front of the body.
- 3 Immediately upon landing, push up off the ground for an explosive jump and landing, stretching the arms directly overhead.



KNEELING EXPLOSIONS

- 1 Begin in a kneeling position with arms folded in front of your body, elbows parallel to shoulders.
- 2 With your core engaged, explode up, using your core to lift legs up off the ground. Land in a squat position and hold for 2 seconds.
- 3 Return to starting kneeling position and repeat exercise.



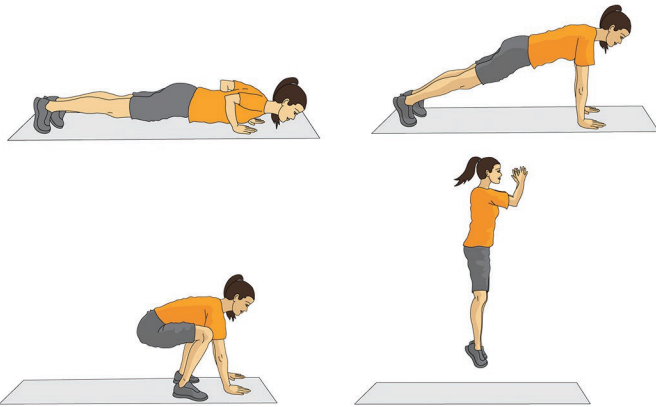


30 DAY CHALLENGE

DAY 21: CORE

3 Sets of 15-20 Reps Each

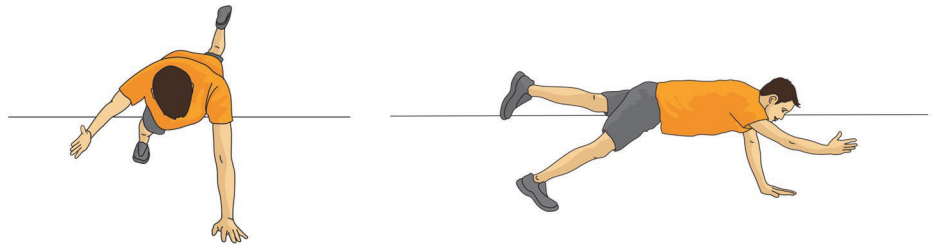
BURPEES



- 1 Begin standing.
- 2 Drop down to a plank.
- 3 Do a push-up.
- 4 Bring legs to arms.
- 5 From the ground jump up.
- 6 Repeat.

SUPERMAN PLANKS

- 1 Start in plank position.
- 2 Lift opposite leg and arm.
- 3 Hold for 3 seconds.
- 4 Switch and repeat on other leg and arm.



CRAB WALKS



- 1 Begin in a crab position, with hands and feet on the ground and stomach facing up.
- 2 Walk forward 10 steps.
- 3 Walk backward 10 steps.
- 4 Repeat.



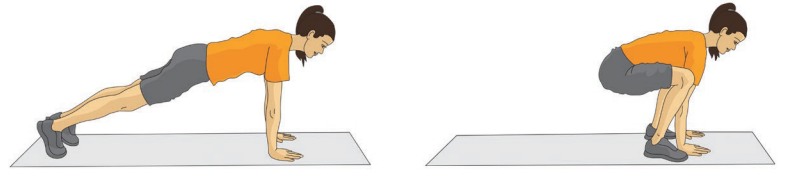
30 DAY CHALLENGE

DAY 21: CORE

3 Sets of 15-20 Reps Each

FROGGERS

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



UP-DOWN PLANKS

- 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.

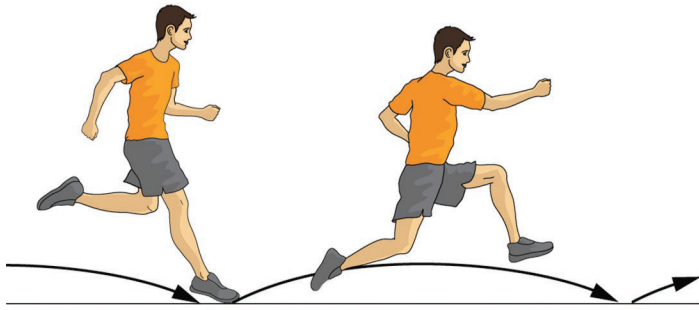




30 DAY CHALLENGE

DAY 22: SPEED & AGILITY

3 Sets of 15-20 Reps Each

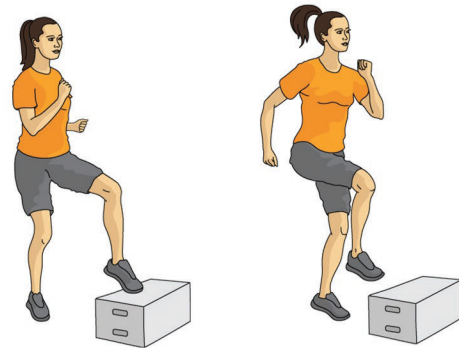


BOUNDING FOR DISTANCE

- 1 Take four bounding strides, emphasizing distance. This counts as 1 Rep.
- 2 Turn around. Repeat.

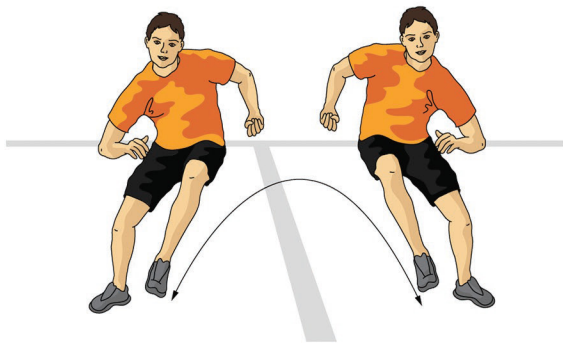
BOX TOE TOUCHES

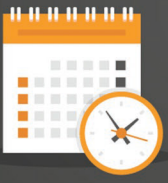
- 1 Tap left toes to box.
- 2 Jump to switch feet, bringing the right toes up.
- 3 Jump to switch feet, bringing the left toes up.
- 4 Repeat. 1 Tap Right + 1 Tap Left= 1 Rep.



LATERAL STEPPING

- 1 Begin in a standing position.
- 2 Bounce from left leg to right leg, moving side to side, not forward.
- 3 Gradually increase speed to achieve additional height and distance.
- 4 Continue lateral stepping for 15-20 reps each side (total of 30-40 "Steps" per set).





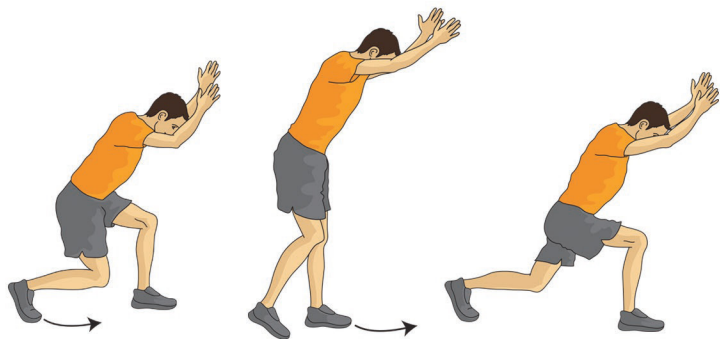
30 DAY CHALLENGE

DAY 22: SPEED & AGILITY

3 Sets of 15-20 Reps Each

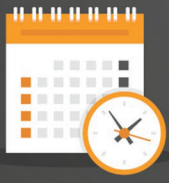
HIGH KNEES

- 1 While jogging forward, bring knees up as high as possible.
- 2 Bring each knee up 15-20 times per set.



LUNGE JUMPS

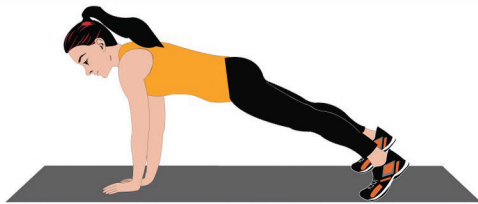
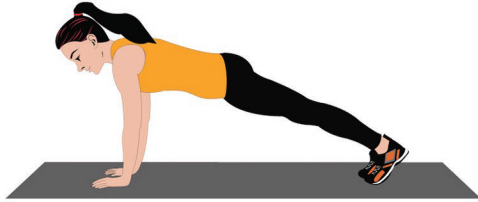
- 1 Step forward into lunge.
- 2 From the lunge position, jump and switch legs.
- 3 Land in a lunge with the opposite leg in front.
- 4 Repeat.



30 DAY CHALLENGE

DAY 23: UPPER BODY & CORE

3 Sets of 15-20 Reps Each

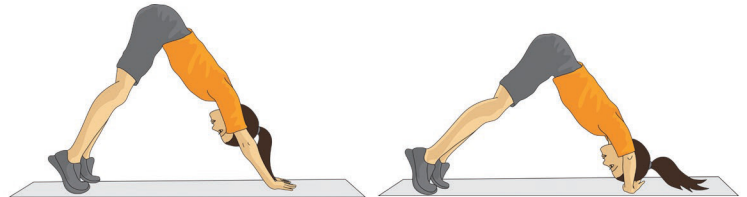


PLANK JACKS

- 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.

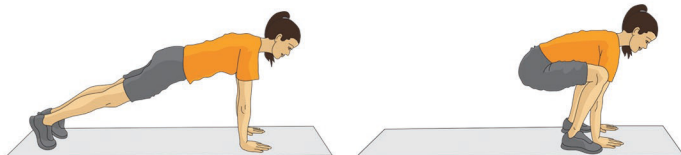
PIKE PUSH-UPS

- ① Begin in an A frame position with toes and hands on the floor, with hands touching in a diamond shape.
- ② Lower head to the floor, keeping elbows to the side of the head.
- ③ Push up to original position.
- ④ Repeat.



FROGGERS

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





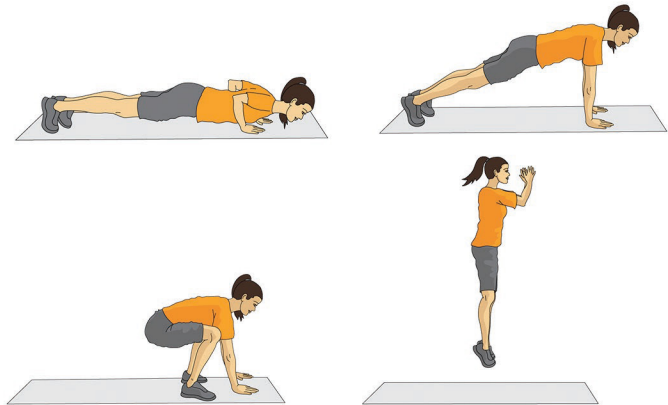
30 DAY CHALLENGE

DAY 23: UPPER BODY & CORE

3 Sets of 15-20 Reps Each

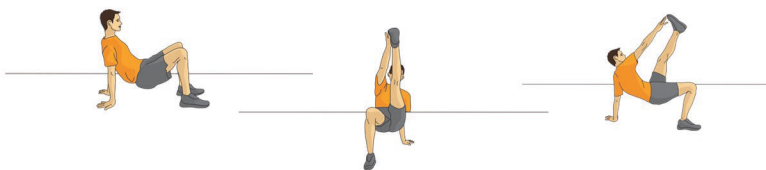
BURPEES

- 1 Begin standing.
- 2 Drop down to a plank.
- 3 Do a push-up.
- 4 Bring legs to arms.
- 5 From the ground jump up.
- 6 Repeat.



CRAB TOE TOUCHES

- 1 Begin in crab walk position.
- 2 Extend left leg up and touch toes with right hand.
- 3 Return to crab walk.
- 4 Extend right leg up and touch toes with left hand.
- 5 Return to crab walk.
- 6 Repeat.



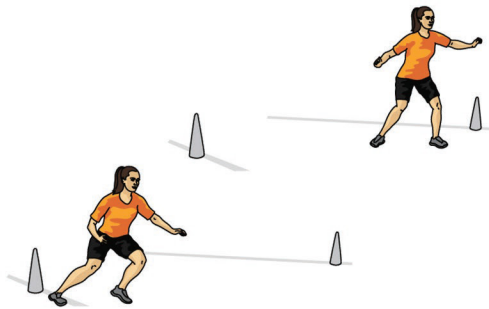


30 DAY CHALLENGE

DAY 24: LOWER BODY

3 Sets of 15-20 Reps Each

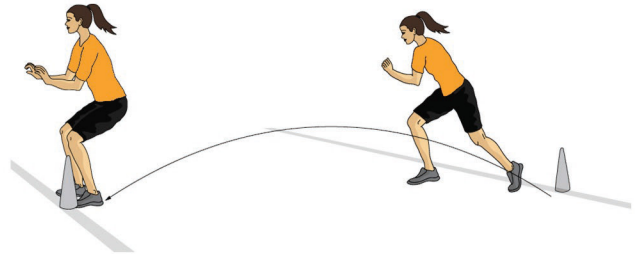
SIDE SHUFFLE & CUT



- 1 Before exercise, set up 2 cones or other markers 5 yards apart.
- 2 Begin in shoulder width position with slightly bend knees, one cone directly to the left, and the second cone to the right in the distance.
- 3 Side shuffle to the right, moving laterally towards the second cone.
- 4 At the second cone, perform a cutting action to switch directions.
- 5 Side shuffle to the left, returning to the first cone.
- 6 Repeat.

ACCELERATE & DECELERATE

- 1 Before exercise, set up 2 cones or other markers 5 yards apart.
- 2 Begin with feet in shoulder width position with slightly bend knees, arms in front in a defensive position.
- 3 Starting at one cone, accelerate quickly toward the second cone, then decelerate to stop before reaching it.
- 4 Assume the same defensive position immediately upon reaching the second cone.
- 5 Turn around and repeat.



SPLIT JUMPS

- 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.





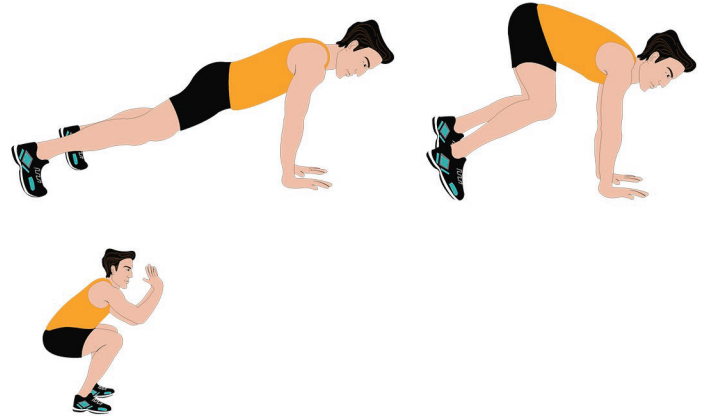
30 DAY CHALLENGE

DAY 24: LOWER BODY

3 Sets of 15-20 Reps Each

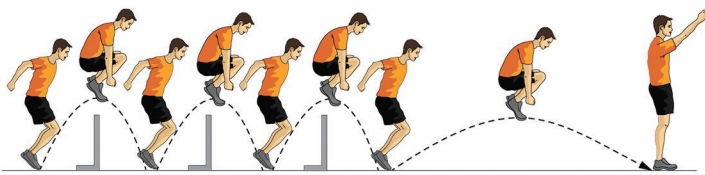
POP JACK

- 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.



QUICK JUMP TO LONG JUMP

- 1 Position three cones or hurdles in a row 3 feet apart.
- 2 Stand in front of the first cone and quickly hop over each cone with two feet together, bringing legs up into a tuck jump as you pass over each cone.
- 3 After clearing the final cone, perform a final (4th) jump for distance.
- 4 Walk back to first cone and repeat exercise.

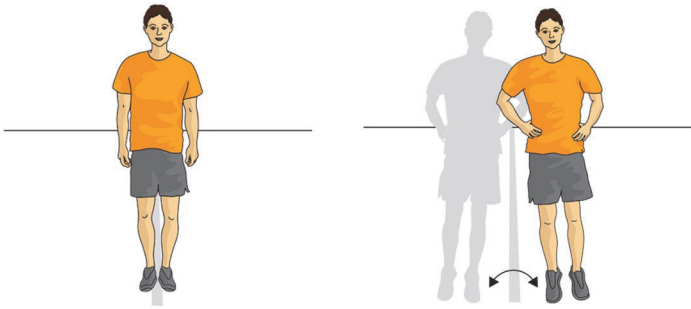




30 DAY CHALLENGE

DAY 25: CARDIO

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

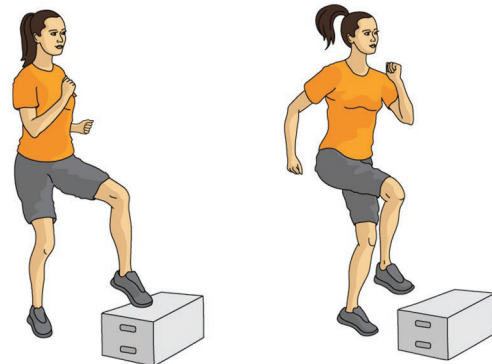


SKIER HOPS

- ① Begin in standing position.
- ② With feet together, jump side to side.
- ③ Repeat at rapid pace.

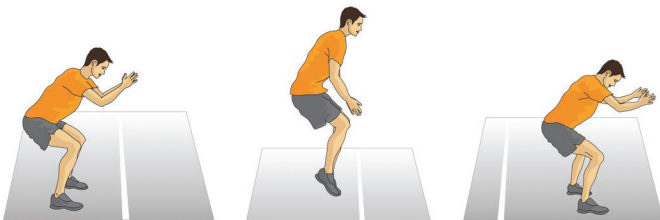
BOX TOE TOUCHES

- ① Tap left toes to box.
- ② Jump to switch feet, bringing the right toes up.
- ③ Jump to switch feet, bringing the left toes up.
- ④ Repeat.



FRONT BACK JUMP SQUATS

- 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.





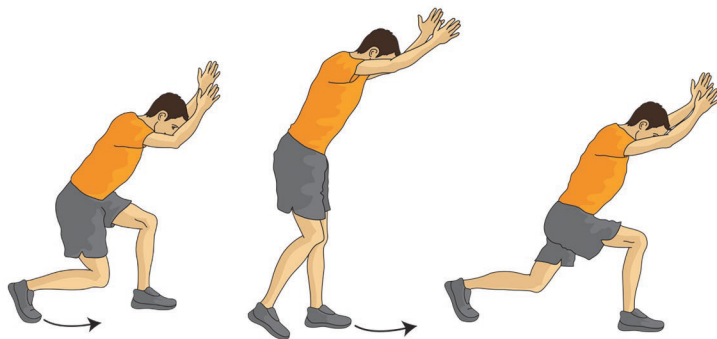
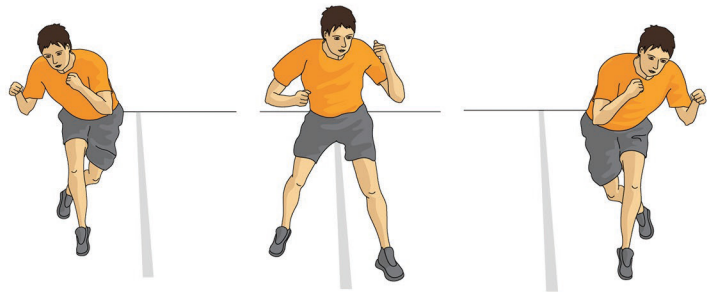
30 DAY CHALLENGE

DAY 25: CARDIO

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

SPEED SKATERS

- ① As you jump to the right, land on the right leg.
- ② As you land, extend the left leg out as far as possible.
- ③ While balancing on the right leg, jump off and land on the left leg.
- ③ As you land, extend the right leg out as far as possible.
- ③ Continue jumping from side to side.



LUNGE JUMPS

- ① Step forward into lunge.
- ② From the lunge position, jump and switch legs.
- ③ Land in a lunge with the opposite leg in front.
- ④ Repeat.



30 DAY CHALLENGE

DAY 26: LOWER BODY

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)



WALL SIT WITH CALF RAISE

- 1 Begin in a sitting position with back against wall.
- 2 Lift heels off floor (calf raise) with toes touching.
- 3 Repeat.

SURRENDERS

- 1 Stand with hands behind head.
- 2 Lower to one knee, left knee out.
- 3 Tuck left knee back to stand on both knees.
- 4 Bring right knee out.
- 5 Stand to original position.
- 6 Repeat, alternating first knee out.



180 SPIDERMAN JUMPS

- 1 Begin in a squat position with left hand touching the floor and right arm extended.
- 2 Jump and twist 180 degrees to land with right hand touching and left arm extended.
- 3 Jump and twist 180 degrees to land in the original position.



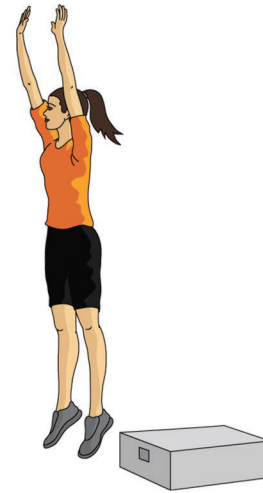
30 DAY CHALLENGE

DAY 26: LOWER BODY

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

DEPTH JUMPS

- 1 Begin in a standing position on a box 8-12" high.
- 2 Drop to land on both feet at the same time, in a squat position with arms extended straight in front of the body.
- 3 Immediately upon landing, push up off the ground for an explosive jump and landing, stretching the arms directly overhead



KNEELING EXPLOSIONS

- 1 Begin in a kneeling position with arms folded in front of your body, elbows parallel to shoulders.
- 2 With your core engaged, explode up, using your core to lift legs up off the ground. Land in a squat position and hold for 2 seconds.
- 3 Return to starting kneeling position and repeat exercise.

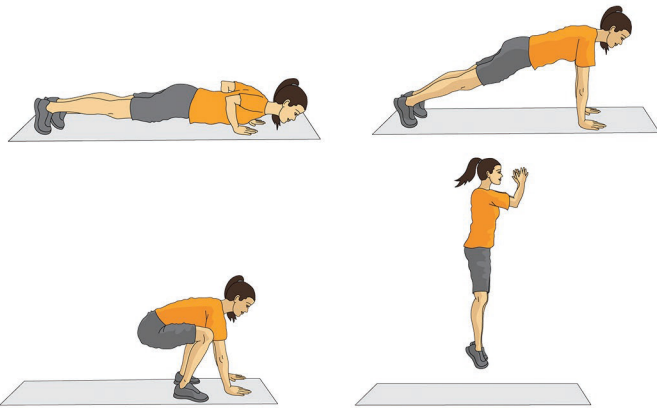


30 DAY CHALLENGE

DAY 27: CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

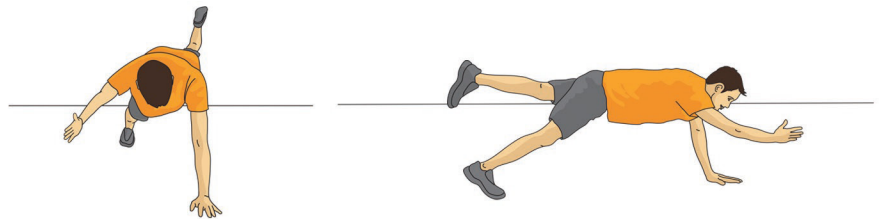
BURPEES



- ① Begin standing.
- ② Drop down to a plank.
- ③ Do a push-up.
- ④ Bring legs to arms.
- ⑤ From the ground jump up.
- ⑥ Repeat.

SUPERMAN PLANKS

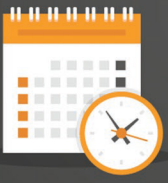
- ① Start in plank position.
- ② Lift opposite leg and arm.
- ③ Hold for 3 seconds.
- ④ Switch and repeat on other leg and arm.



CRAB WALKS



- ① Begin in a crab position, with hands and feet on the ground and stomach facing up.
- ② Walk forward 10 steps.
- ③ Walk backward 10 steps.
- ④ Repeat.



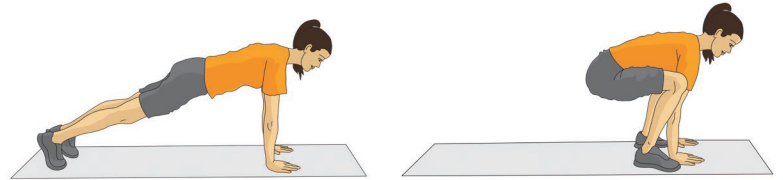
30 DAY CHALLENGE

DAY 27: CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

FROGGERS

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



UP-DOWN PLANKS

- 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.

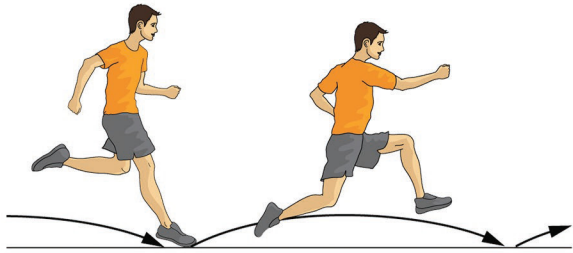




30 DAY CHALLENGE

DAY 28: SPEED & AGILITY

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

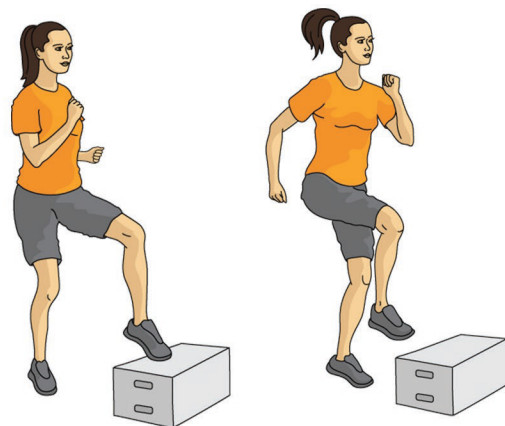


BOUNDING FOR DISTANCE

- ① Take four bounding strides, emphasizing distance.
- ② Turn around. Repeat.

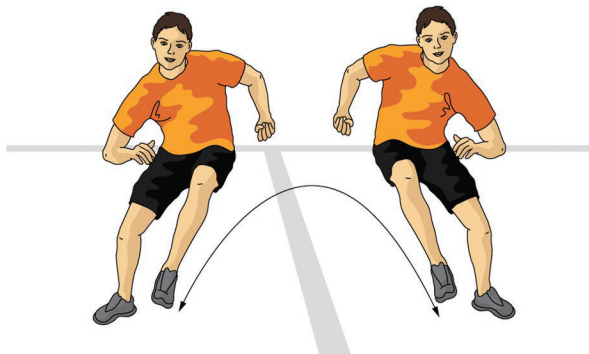
BOX TOE TOUCHES

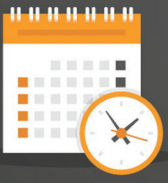
- ① Tap left toes to box.
- ② Jump to switch feet, bringing the right toes up.
- ③ Jump to switch feet, bringing the left toes up.
- ④ Repeat.



LATERAL STEPPING

- ① Begin in a standing position.
- ② Bounce from left leg to right leg, moving side to side, not forward.
- ③ Gradually increase speed to achieve additional height and distance.
- ④ Continue lateral stepping for 1 minute each set.





30 DAY CHALLENGE

DAY 28: SPEED & AGILITY

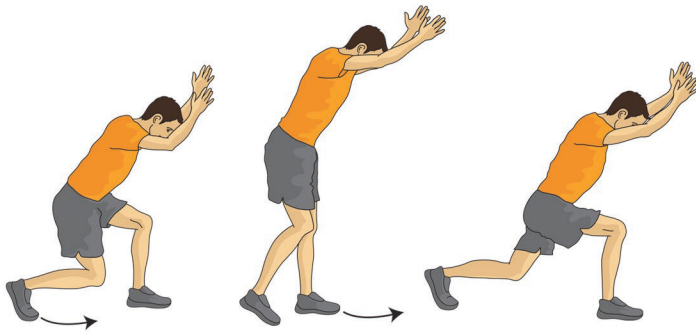
3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

HIGH KNEES

- ① While jogging forward, bring knees up as high as possible.



LUNGE JUMPS



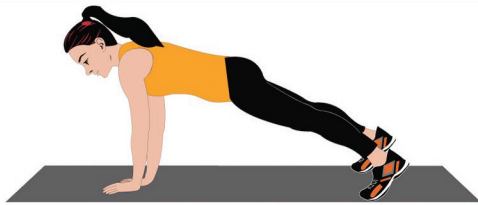
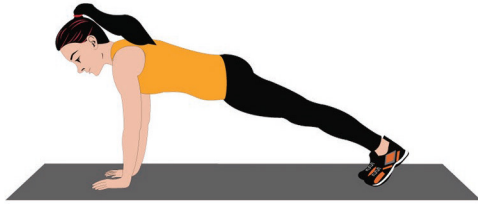
- ① Step forward into lunge.
- ② From the lunge position, jump and switch legs.
- ③ Land in a lunge with the opposite leg in front.
- ④ Repeat.



30 DAY CHALLENGE

DAY 29: UPPER BODY & CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

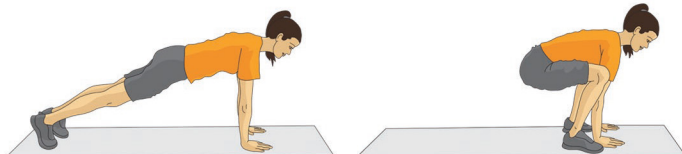
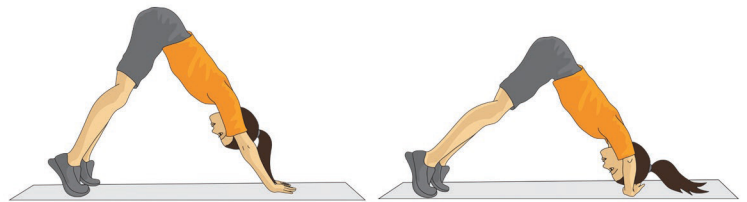


PLANK JACKS

- 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.

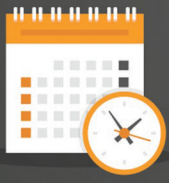
PIKE PUSH-UPS

- 1 Begin in an A frame position with toes and hands on the floor, with hands touching in a diamond shape.
- 2 Lower head to the floor, keeping elbows to the side of the head.
- 3 Push up to original position.
- 4 Repeat.



FROGGERS

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



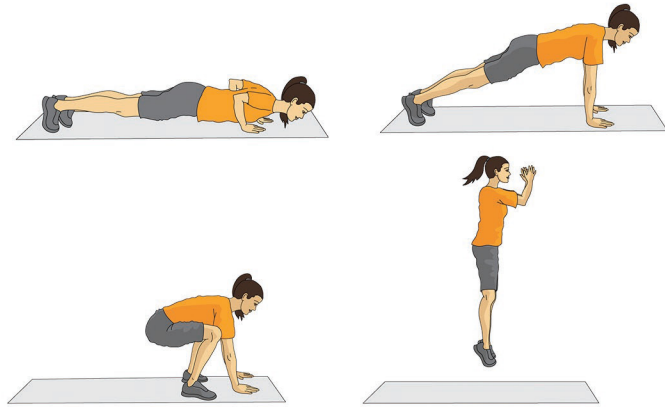
30 DAY CHALLENGE

DAY 29: UPPER BODY & CORE

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

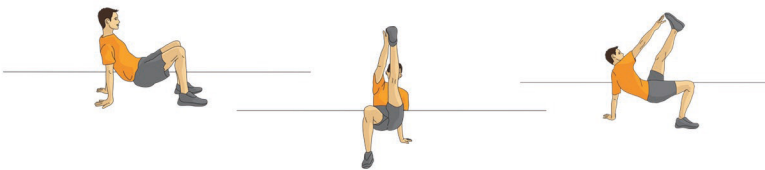
BURPEES

- 1 Begin standing.
- 2 Drop down to a plank.
- 3 Do a push-up.
- 4 Bring legs to arms.
- 5 From the ground jump up.
- 6 Repeat.



CRAB TOE TOUCHES

- 1 Begin in crab walk position.
- 2 Extend left leg up and touch toes with right hand.
- 3 Return to crab walk.
- 4 Extend right leg up and touch toes with left hand.
- 5 Return to crab walk.
- 6 Repeat.



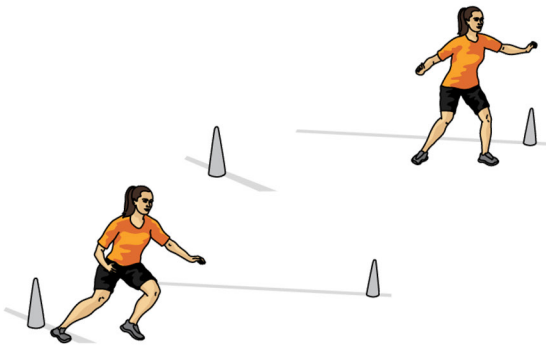


30 DAY CHALLENGE

DAY 30: LOWER BODY

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

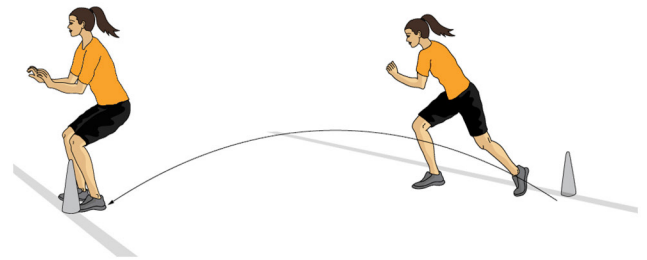
SIDE SHUFFLE & CUT



- 1 Before exercise, set up 2 cones or other markers 5 yards apart.
- 2 Begin in shoulder width position with slightly bend knees, one cone directly to the left, and the second cone to the right in the distance.
- 3 Side shuffle to the right, moving laterally towards the second cone.
- 4 At the second cone, perform a cutting action to switch directions.
- 5 Side shuffle to the left, returning to the first cone.
- 6 Repeat.

ACCELERATE & DECELERATE

- 1 Before exercise, set up 2 cones or other markers 5 yards apart.
- 2 Begin with feet in shoulder width position with slightly bend knees, arms in front in a defensive position.
- 3 Starting at one cone, accelerate quickly toward the second cone, then decelerate to stop before reaching it.
- 4 Assume the same defensive position immediately upon reaching the second cone.
- 5 Turn around and repeat.



SPLIT JUMPS

- 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.





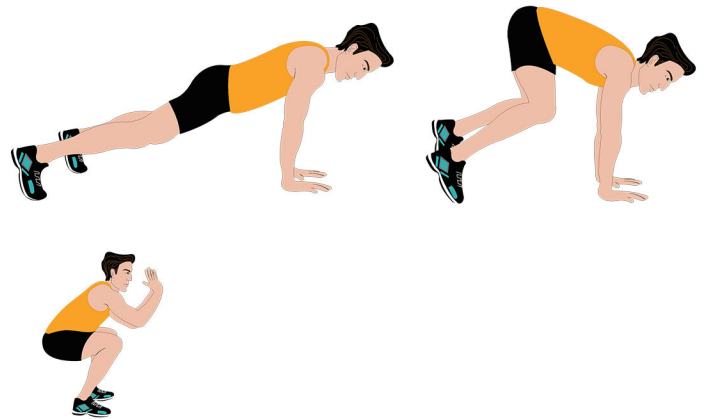
30 DAY CHALLENGE

DAY 30: LOWER BODY

3 Sets of 1 Minute Max Reps (30 seconds rest between sets)

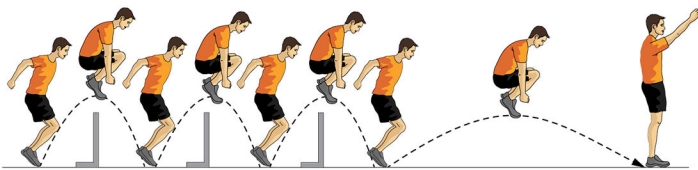
POP JACK

- 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.



QUICK JUMP TO LONG JUMP

- 1 Position three cones or hurdles in a row 3 feet apart.
- 2 Stand in front of the first cone and quickly hop over each cone with two feet together, bringing legs up into a tuck jump as you pass over each cone.
- 3 After clearing the final cone, perform a final (4th) jump for distance.
- 4 Walk back to first cone and repeat exercise.





30 DAY CHALLENGE

VERTICAL JUMP TRAINING

Daily Exercises

Week 1: 3 Sets of 15-20 Repetitions

Week 2: 3 Sets of 1 Minute Max Repetitions

LATERAL A-SKIPS	1 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	7 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
HIGH KNEES RUN	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
RABBIT HOPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
DROP LANDING & JUMP	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
LATERAL STEPPING	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
JACK IN THE BOX	2 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	8 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
PLYO TUCK JUMPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SQUAT JACKS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SPLIT JUMPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
POP JACKS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
CHAIR JUMPS	3 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	9 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
PENDULUM PLANK	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
PLANK JACKS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
DISTANCE HOPPING	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
PLANK KNEE TAPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____



30 DAY CHALLENGE

VERTICAL JUMP TRAINING

Daily Exercises

Week 1: 3 Sets of 15-20 Repetitions

Week 2: 3 Sets of 1 Minute Max Repetitions

FRONT BACK JUMP SQUATS	4 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	10 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
DISTANCE HOPPING	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
180 DEGREE JUMP SQUATS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
BOUNTING FOR DISTANCE	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
LUNGE JUMPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
WALK OUTS	5 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	11 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
BURPEES	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SIDE WALK PLANK	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
TRICEP DIPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
PLANK SHOULDER TOUCH	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
BUTT KICKERS	6 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	12 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
WALL SIT WITH CALK RAISE	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SUMO SQUATS w / SIDE BEND	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
BURPEES	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
LUNGE JUMPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____



30 DAY CHALLENGE

VERTICAL JUMP TRAINING

Daily Exercises

Week 3: 3 Sets of 1 Minute Max Repetitions

Week 3: 3 Sets of 1 Minute Max Repetitions

FALL-IN SPRINT	13 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	16 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
BACKWARD A-SKIPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SPRINT STARTING FROM THE GROUND	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
LATERAL A-SKIPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
MEDICINE BALL SQUAT-PUSH TO SPRINT	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
WALL DRIVE	14 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	17 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
HIGH KNEEWWS RUN	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
LATERAL SHUFFLE TO FORWARD SPRINT	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
FRONT BACK JUMP SQUATS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SKIPPING FOR HEIGHT	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
LUNGE TO HIGH SKIP	15 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	18 Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
LATERAL BOUND AND HOP	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
CHAIR JUMPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SPEED SKATERS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SPLIT JUMPS	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____



30 DAY CHALLENGE

VERTICAL JUMP TRAINING

Daily Exercises

Week 4: 3 Sets of 15-20 Repetitions

Week 5: 3 Sets of 1 Minute Max Repetitions

SKIER HOPS	19	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	25	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
BOX TOE TOUCHES		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
FRONT / BACK JUMP SQUATS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
BOUNDING FOR DISTANCE		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
LUNGE JUMPS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
WALL SIT WITH CALF RAISES	20	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	26	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SURRENDERS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
180 SPIDERMAN JUMPS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
DEPTH JUMPS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
KNEELLING EXPLOSIONS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
BURPEES	21	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	27	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SUPERMAN PLANKS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
CRAB WALKS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
FROGGERS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
UP-DOWN PLANKS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____



30 DAY CHALLENGE

VERTICAL JUMP TRAINING

Daily Exercises

Week 4: 3 Sets of 15-20 Repetitions

Week 5: 3 Sets of 1 Minute Max Repetitions

BOUNDRING FOR DISTANCE	22	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	28	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____ Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
BOX TOE TOUCHES		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
LATERAL STEPPING		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
HIGH KNEES		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
LUNGE JUMPS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
PLANK JACKS	23	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	29	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
PIKE PUSH UPS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
FROGGERS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
BURPEES		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
CRAB TOE - TOUCHES		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SIDE SHUFFLE & CUT	24	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____	30	Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
ACCELERATE & DECELERATE		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
SPLIT JUMPS		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
POP JACK		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____
QUICK JUMP TO LONG JUMP		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____		Set 1: Reps ____ Set 2: Reps ____ Set 3: Reps ____