

NOVEMBER CHALLENGE: 30 DAYS OF SEA LEGS

<p>DAY 1</p> <p>2 rounds 20 Squats 20 Jumping Lunges</p>	<p>DAY 2</p> <p>3 rounds 30 sek Wall sit at 90* Directly into 15 Jumping Squats</p>	<p>Day 3</p> <p>30 Glute Bridges (2 sec on top) 30 Good Mornings (unweighted)</p>	<p>Day 4</p> <p>Tabata Bulgarian Split Squats* or 90/90 squats <small>*A Tabata is 8 rounds of 20 sek work, 10 sec rest. You will start with 20 sek Bulgarian Split Squats on your right, then 10 sec rest, then 20 sec bulgarian split squats on left. Continue until completing 8 rounds in total, 4 on each leg. A total of 4 minutes.</small></p>	<p>Day 5</p> <p>REST</p>	<p>Day 6</p> <p>100 Walking Lunges</p>	<p>Day 7</p> <p>AMRAP 5 Min Step ups</p>
<p>DAY 8</p> <p>3 rounds 20 Squats 20 Jumping Lunges</p>	<p>DAY 9</p> <p>40 Glute Bridges (2 sec on top) 40 Good Mornings (unweighted)</p>	<p>DAY 10</p> <p>3 rounds 45 sek Wall sit at 90* Directly into 20 Jumping Squats 30 sec rest</p>	<p>DAY 11</p> <p>100 Reverse Lunges</p>	<p>DAY 12</p> <p>REST</p>	<p>DAY 13</p> <p>AMRAP 5 Min 10 Step Ups 5 Squats</p>	<p>DAY 14</p> <p>Tabata Bulgarian Split Squats* or 90/90 squats <small>*A Tabata is 8 rounds of 20 sek work, 10 sec rest. You will start with 20 sek Bulgarian Split Squats on your right, then 10 sec rest, then 20 sec bulgarian split squats on left. Continue until completing 8 rounds in total, 4 on each leg. A total of 4 minutes.</small></p>
<p>DAY 15</p> <p>4 rounds: 20 Squats 20 Jumping Lunges</p>	<p>DAY 16</p> <p>AMRAP 5 Min As many stairs/steps/floors as possible</p>	<p>DAY 17</p> <p>100 Glute Bridges</p>	<p>DAY 18</p> <p>4 rounds 45 sek Wall sit at 90* Directly into 20 Jumping Squats 30 sec rest</p>	<p>DAY 19</p> <p>REST</p>	<p>DAY 20</p> <p>40 Rounds 1 Squat 1 Jumping Lunges right 1 Jumpng Lunges left</p>	<p>DAY 21</p> <p>50 Glute Bridges (2 sec on top) 50 Good Mornings (unweighted)</p>
<p>DAY 22</p> <p>5 rounds 20 Squats 20 Jumping Lunges</p>	<p>DAY 23</p> <p>Tabata Bulgarian Split Squats* or 90/90 squats <small>*A Tabata is 8 rounds of 20 sek work, 10 sec rest. You will start with 20 sek Bulgarian Split Squats on your right, then 10 sec rest, then 20 sec bulgarian split squats on left. Continue until completing 8 rounds in total, 4 on each leg. A total of 4 minutes.</small></p>	<p>DAY 24</p> <p>REST</p>	<p>DAY 25</p> <p>100 Step Ups</p>	<p>DAY 26</p> <p>60 Glute Bridges (2 sec on top) 60 Good Mornings (unweighted)</p>	<p>DAY 27</p> <p>4 rounds 60 sek Wall sit at 90* Directly into 25 Jumping Squats 30 sec rest</p>	<p>DAY 28</p> <p>REST</p>
<p>DAY 29</p> <p>30 Rounds 1 Squat 1 Jumping Lunges right 1 Jumpng Lunges left</p>	<p>DAY 30</p> <p>The Brutal Burning Ending: As fast as possible with good form and technique: 100 Lunges 100 Goodmornings (unweighted) 100 Squat 100 Glute Brigdes <small>*Divide reps as you want</small></p>	<p>NOTES:</p> <p>AMRAP: "As Many Rounds or Repetitions As Possible"</p> <p>REMEMBER: Form and technique always comes first! Allow yourself some breaks and rest as needed to perform the workout correct.</p> <p>ROUNDS: Do 1 round and continue with the next shortly after - but rest as needed.</p> <p>TIPS: Watch the videos in highlights on our Instagram profile for tips on exercises, technique and scaling options!</p> <p>THE 100's: Can be done steadily all at once or split up into sets throughout the day.</p>				

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