

28 DAY CHALLENGE

WWW.CHRISSYBIAMONTE.COM

DAY 6 - 28 DAY CHALLENGE

Set your timer for 28 minutes!

WARM UP: Little jumps for 1 minute.

1. JUMPING JACKS 20:

Start with your hands at your sides and your feet together, with your knees slightly bent jump into the air and as you are jumping spread your legs until they are about shoulder width apart and stretch your arms out and over your head, and then jump back the starting position with your feet together and hands by your side.

Variation: Stand tall with your hands at your sides feet together, raise your arms out to the sides and up as you simultaneously move your right foot away from your body about 6 inches while keeping your weight predominately in your left leg. Lower your arms back down to your sides and repeat the same motion, this time moving your left foot about 6 inches out to the side.

REST: 15 - 30 SECONDS (or longer depending on your fitness level)

2. HIGH KNEES 20:

Stand with your feet hip-width apart. Lift your right leg up towards your chest, lower your right leg to the ground. Raise your right leg towards your chest and lower it towards the ground.

REST: 15 - 30 SECONDS (or longer depending on your fitness level)

3. PUSH UPS 10 - 15:

Get down on all fours into plank position, raise up straightening your arms and legs pressing your toes into the floor. Lower your body until your chest almost touches the ground, keep your body in a straight line from head to toe.

Variation: Get down into plank position with your knees (not toes) touching the floor, raise up straightening your arms, keeping your knees pressing into the floor. Lower your body until your chest almost touches the ground, keep your body in a straight line.

REST: 15 - 30 SECONDS (or longer depending on your fitness level)

4. LITTLE JUMPS 20 - 30:

Stand in neutral position and raise up onto your toes pretend you have a jump rope and begin jumping 2 to 3 inches off the ground.

Variation: Stand in neutral position and raise up onto your toes, pause and then lower your heels to the floor, repeat.

REST: 15 - 30 SECONDS (or longer depending on your fitness level)

5. BURPEES 10 - 15:

Stand with your feet shoulder width apart with your arms by your sides. Bend your knees and reach forward so that you put your hands on the ground. Kick your legs back so that you are in a plank position and then immediately jump pulling your legs forward back to starting position and stand up.

Variation: Stand with your feet shoulder width apart with your arms by your sides. Put your weight in your heels and lower yourself into a squat position lowering your hands to the ground directly in front of you, slowly step your feet back one at a time into a plank position. Slowly walk your right leg forward and then your left leg (with bended knees), stand up to starting position and reach up towards the sky.

REST: 15 - 30 SECONDS (or longer depending on your fitness level)

6. LUNGE JUMPS 8 - 15:

Stand with your feet shoulder-width apart. Jump your right leg forward and your left leg backwards into a lunge, with both knees at 90 degrees. You will then jump up and switch legs midair so that your left leg is now forward and your right leg is behind you.

Variation: Stand with your feet shoulder-width apart. Step forward with your right leg into lunge position and pause. Bring your right leg back to starting position and then step forward with your left leg into lunge position and pause. Bring your left leg back to starting position.

REST: 15 - 30 SECONDS (or longer depending on your fitness level)

7. TOE TAPS 25:

Lie flat on the floor, raise your legs up to the sky and keep your feet flat, facing the sky. Tilt your chin up slightly so that there are a few inches of space between your chin and chest. Pull your abdominals inward and raise your head, neck, and shoulder blades off the floor with your arms extended forward reaching up towards your toes. Lower your head, neck, and shoulder blades back to the floor.

REST: 15 - 30 SECONDS (or longer depending on your fitness level)

REPEAT 1 TO 7 FOR THE DURATION OF THE 28 MINUTES - COOL DOWN & STRETCH

If you have questions or need support, send an email to hello@chrisseybiamonte.com and I am happy to help you!