

28 DAY CHALLENGE

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DAY 4 - 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. SQUATS 15 - 20:

Stand tall with your feet shoulder-width apart, and your toes pointing forward. Keep your back flat and your core tight and push your hips back, keeping your weight in your heels lower your body until your thighs become parallel to the floor. Think of this as if you were going to sit back into a chair. When your thighs become parallel to the floor, pause and then push yourself back up to your starting position.

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

3. 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)

4. MOUNTAIN CLIMBERS 20 - 30:

Get into a plank position so that you are on your hands and knees. Place your hands directly under your shoulders, squeeze your stomach muscles to keep your core engaged. Your body should be in a straight line. Pull one knee up to your midsection squeezing your abs and then extend it back to the starting position. Repeat the same action with the other knee.

Variation: Start in plank position and lower your knees to the floor keeping your weight evenly distributed in your hands. While keeping your core engaged, extend your right leg out behind you while your left knee remains on the ground. Pull your right leg in to your midsection squeezing your abs and then extend it back to the starting position. Repeat the same movement with your left leg.

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

5. 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)

6. BUTT KICKS 20:

Stand with your legs slightly spread, your feet below your hips. Bring your right heel up to your buttocks by contracting your hamstring, then lower it back to the ground. Repeat this action with your left heel.

Variation: slowly bring your right heel to your buttocks contracting your hamstring muscle and then slowly lower it to the ground. Repeat the same action with your left heel.

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

7. 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)

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@chrissybiamonte.com and I am happy to help you!**