

## *Do Life Fit 24 Day Challenge*

### *Phase 2*

#### Day 2 – CARDIO ABS

- *Complete all the exercises. Your goal should be to do it as quick as possible. Make sure to keep good form and to take quick breaks when needed.*
- *Depending on your fitness level, the numbers of rep can be cut down, added, or you can do the entire workout twice.*

1. 50 jumping jacks
2. 50 regular crunches
3. 50 squat jumps
4. 60 seconds plank
5. 25 crunches, left elbow to the right knee
6. 25 crunches, right elbow to the left knee
7. 60 seconds high knees
8. 25 reverse crunches
9. 10 burpees – regular or modified version
10. 25 bicycle crunches
11. 60 seconds jump rope or the action of jumping rope
12. 20 alternating leg lifts
13. 30 mountain climbers
14. 25 crunches on exercise ball (stability ball crunches)
15. 25 speed skaters

- Repeat all one more time if you can!!
- *STRETCH*
- *DO NOT FORGET TO DRINK PLENTY OF WATER*