



Higher Kicks Challenge

SEPTEMBER 2022

Let's Get Higher Kicks

	S	M	T	W	T	F	S
Week 1					1	2	3
Week 2	4	5	6	7	8	9	10
Week 3	11	12	13	14	15	16	17
Week 4	18	19	20	21	22	23	24
Week 5	25	26	27	28	29	30	

- The Challenge Is To Do This Everyday During The Month Of September!
 - The Complete Workout takes 10 Minutes Total.
 - Can You Achieve This Goal?!



Higher Kicks Challenge

Directions

Light Warm-Up:

- Jumping Jacks for 30 Seconds
- Squats for 30 seconds
- Run with Knees up for 30 seconds
- Lunges for 30 seconds

Dynamic Stretches:

- Front Stretch Kicks for 30 seconds
- Kick Backs for 30 seconds
- Inside Stretch Crescent Kicks for 30 seconds
- Outside Stretch Crescent Kicks for 30 seconds

Leg Strengthening:

- Up and Downs on left leg for 30 seconds
- Up and Downs on right leg for 30 seconds
- Back and Forth's on left leg for 30 seconds
- Back and Forth's on right leg for 30 seconds
- Figure 8s on left leg for 30 seconds
- Figure 8s on right leg for 30 seconds
- 3 Level Kicks on left leg for 30 seconds
- 3 Level Kicks on right leg for 30 seconds

Static Stretching:

- Side/Straddle Splits for 30 seconds
- Front Split on left side for 30 seconds
- Front Split on right side for 30 seconds
- Frog Stretch for 30 seconds

Finished

Mark it off on your chart!

*Do these items at your pace/ability. You don't need to go all the way, just until it starts to hurt.

Follow Along with this video if you want 😊

