



BUTTS & GUTS CHALLENGE DAY 2

It's Day 2 of the Challenge!

Below you will find the core-focused challenge for today, plus a bonus Tabatas circuit to really make you feel like battery acid is running through your veins.

I highly recommend doing the HIIT after you've done the core circuit, but you can do it the best way that works for you!

Be sure to check in on Instagram using the hashtag #JillKButtsGuts so I can see how you liked today's workout!

CORE

Exercise	Reps
Low Plank Hold	1 min
Plank Knee and Butt Up	10 each leg
Side Plank Hold	30 sec each side
Cocoons	10
<i>Complete the above circuit 4 times, then:</i>	
Flutter Kicks Burnout	To failure (<i>when your form starts to suffer</i>)

TABATAS

Download a Tabata Timer app to make timing easier for these!

Exercise	Work Time	Rest Time
High Knees	20 seconds	10 seconds
Ski Hops	20 seconds	10 seconds
<i>Complete 4 times Rest 1 minute before next round</i>		
Star jumps	20 seconds	10 seconds
Alternating Froggers	20 seconds	10 seconds
<i>Complete 4 times</i>		