



30 DAY RUBIK CUBE CHALLENGE

Go to www.afterburnacademy.com/ 30 day Rubik Cube Challenge to download the PDF's of the exercises and to watch the video demonstrations.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	30 DAY CHALLENGE				



THE AFTERBURN

12-MINUTE

CARDIO BUM WORKOUT

- 40 seconds Cardio Jump Lunges** 20 second rest
- 40 seconds Cardio Side Skaters** 20 second rest
- 40 seconds Cardio Jump Squats** 20 second rest
- 40 seconds Cardio Statue Squats** 20 second rest
- 40 seconds Cardio Reverse Lunges** High Knee Jumps Right 20 second rest
- 40 seconds Cardio Reverse Lunges** High Knee Jumps Left

Repeat the Circuit X2

THE AFTERBURN

12-MINUTE

STATIC BUM WORKOUT

- 40 seconds Sliding Squats L & R** 15 second rest
- 40 seconds Curtsy Squats L & R** 15 second rest
- 40 seconds Heel Kick Right** 15 second rest
- 40 seconds Heel Kick Left** 15 second rest
- 40 seconds On Back Hip Raise** 15 second rest
- 40 seconds Reverse Lunge Left** 15 second rest
- 40 seconds Reverse Lunge Right**

Repeat the Circuit X2

THE AFTERBURN

12-MINUTE

ABS, BUM & LEG WORKOUT

- 40 seconds Reverse Lunge Toe Touch R** 15 second rest
- 40 seconds Reverse Lunge Toe Touch L** 15 second rest
- 40 seconds On Knee Leg Swing Right** 15 second rest
- 40 seconds On Knee Leg Swing Left** 15 second rest
- 40 seconds Squat Knee Side Lunge R** 15 second rest
- 40 seconds Squat Knee Side Lunge L** 15 second rest
- 40 seconds Low Jump Squats**

Repeat the Circuit X2