

WHAT'S
YOUR 30?



30 OCT - 28 NOV 2020



Jessell Boseman

Parkour Instructor at Gravity Calisthenics

— @justssell

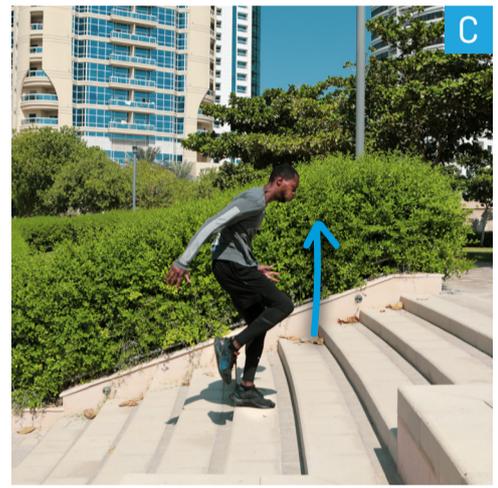
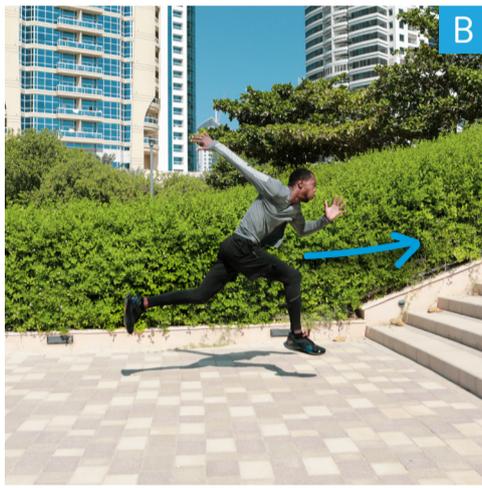
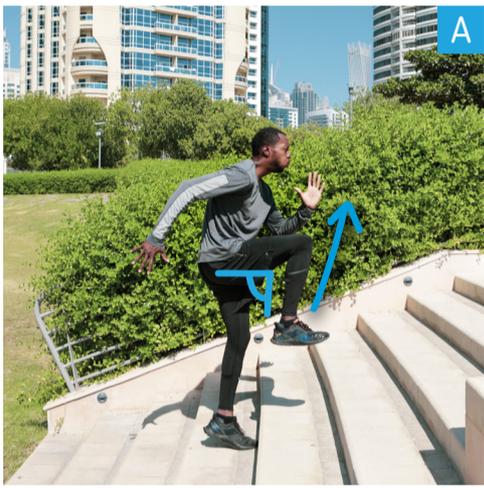
Stair Challenge Workout

high knees - to top stairs
side high knees - to top stairs
reverse bear crawls - to top stairs
push vaults - to top stairs

3 SETS

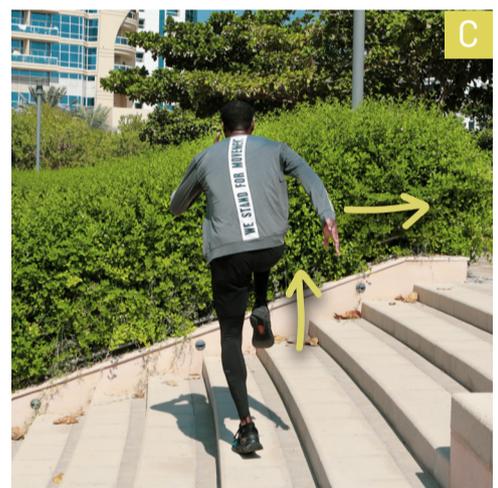
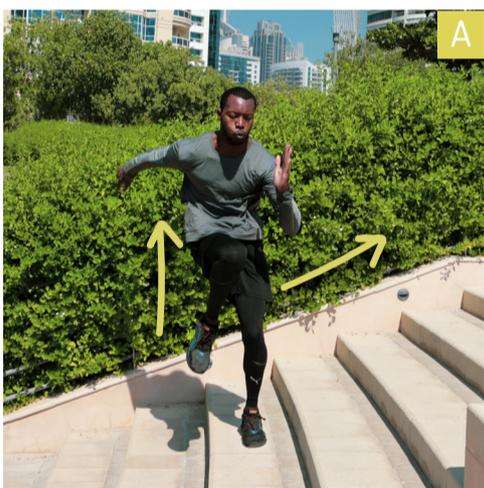
HIGH KNEES to top stairs

Touch each step and sprint between stairs.



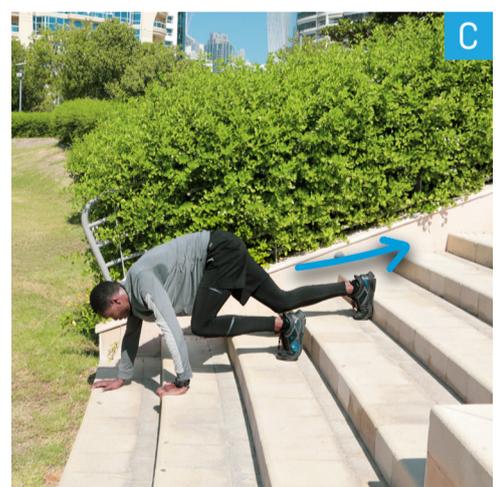
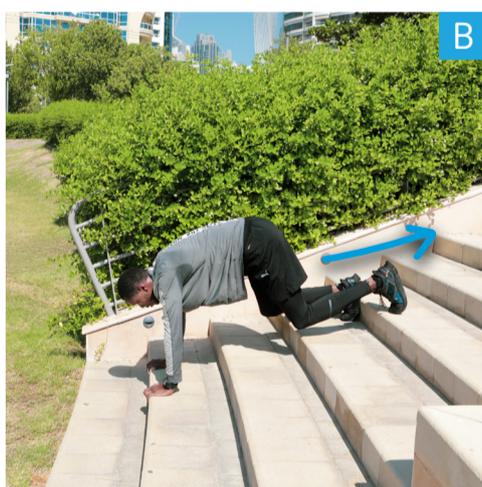
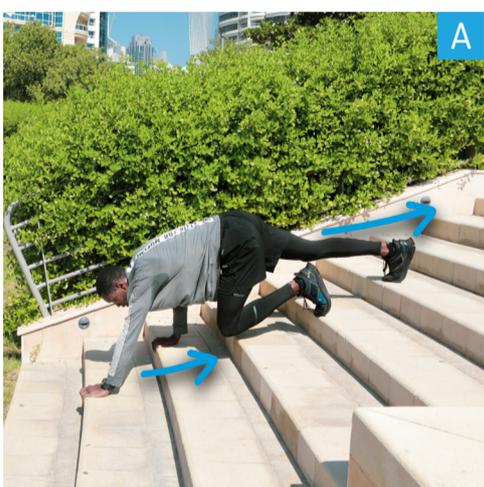
SIDE HIGH KNEES to top stairs

Turn 180° when reaching flat.



REVERSE BEAR CRAWLS to top stairs

Make sure hands touch each step.



PUSH VAULTS to top stairs

Use big steps at the center. Once at the top run back to the bottom.

