



When we think about getting healthy nutrition is just as important as exercise when you want the results you are looking for. Stay on your clean eating for the maximum results of the 30-Day Challenge!

## 30-Day FTFB Challenge – Day 8: “3 HIIT Wonder”

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### Workout setup:

Do 4 rounds, 10 reps of each move, rest 30 seconds between each round

1. [London Bridge Hip Drop \(10 reps\)](#)

Roll through your spine to bring your hips up. Do not let your low back arch. You will feel your glutes and hamstrings working. Keep belly button pulled in towards your spine as you twist at your waistline and lower your hip to the opposite side. Be sure to keep your shoulders open at all times and hands firmly pressed to the floor.

*Modification: Lift your hips up as high as you can maintain proper form without letting your back arch.*

2. [Core Lift + 4 Twist \(10 reps\)](#)

Do not rush this move. It's specifically designed to be done with extra control. Begin this move by lying on your back on the floor or on a mat. Hands interlaced behind your head. Knees bent feet placed firmly on the floor. Exhale lift chest up towards the ceiling; hold position as you rotate and twist side to side for a count of 4. Lower chest back down to the floor. Repeat same movement as you continue to progress through the movement.

*Modification: If you are unable to hold your chest up as you twist side to side, lower your head down between each twist.*

3. **Tummy Cincher (10 reps)**

Control your movement and take your time. Extend your arms straight behind you and legs extended in front and you circle arms around and place hands on tops of knees. Stay up off your shoulder blades if possible. Keep your abdominals pulled in at all times.

*Modification: keep your head down throughout the entire move and keep knees slightly bent.*

4. **Single Leg (10 reps)**

Control your move as you move your legs out and in. Start with knees bent, hands on top right knee, alternate legs straight out and in. Move hands back and forth from knee to knee. Keep your shoulders off the floor as much as possible.

*Modification: keep your head down and pull knees in towards your chest.*

5. **Tummy Cincher (10 reps)**

Control your movement and take your time. Extend your arms straight behind you and legs extended in front and you circle arms around and place hands on tops of knees. Stay up off your shoulder blades if possible. Keep your abdominals pulled in at all times.

*Modification: keep your head down throughout the entire move and keep knees slightly bent.*

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**Have a challenge question or need tech support? Email [support@360pilatesworkout.com](mailto:support@360pilatesworkout.com) to get Help or respond to your Email.**