

3 X 3 TROPHY CHALLENGE

3 MINUTES OF BOUNCING 3X A DAY!

DO 3 MINS OF BOUNCING 3X EACH DAY:

- 1 minute of **jumping jacks**
- 1 minute of **jogging**
- 1 minute of **hip twists with alphabet jaw training**

Bonus: Add gentle Bottoms Up for a quick 1-minute recovery

TIPS

- Prioritize hydration to support healthy lymphatic flow 💧
- Jump into your 3 x 3s even if you only get 1 minute in 🙌
- Check in with frequent body scans, relaxing tension in shoulders and forehead 😊

TRACK YOUR 3 X 3 CHALLENGE HERE:

1	1	2	3	16	1	2	3
2	1	2	3	17	1	2	3
3	1	2	3	18	1	2	3
4	1	2	3	19	1	2	3
5	1	2	3	20	1	2	3
6	1	2	3	21	1	2	3
7	1	2	3	22	1	2	3
8	1	2	3	23	1	2	3
9	1	2	3	24	1	2	3
10	1	2	3	25	1	2	3
11	1	2	3	26	1	2	3
12	1	2	3	27	1	2	3
13	1	2	3	28	1	2	3
14	1	2	3	29	1	2	3
15	1	2	3	30	1	2	3
				31	1	2	3