

WHAT'S
YOUR **30**?



30 OCT - 28 NOV 2020



Seena Akbari

Martial Arts, Freelance

— @Globalstar.fitness

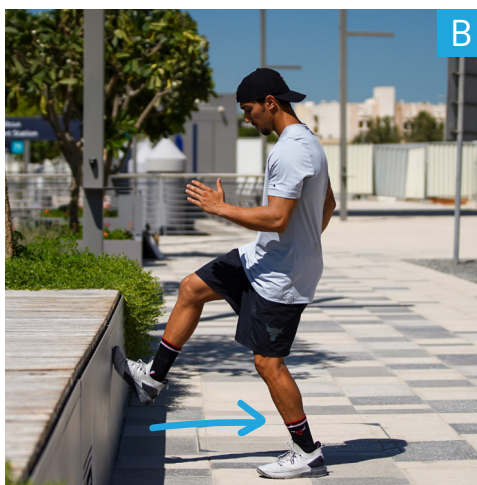
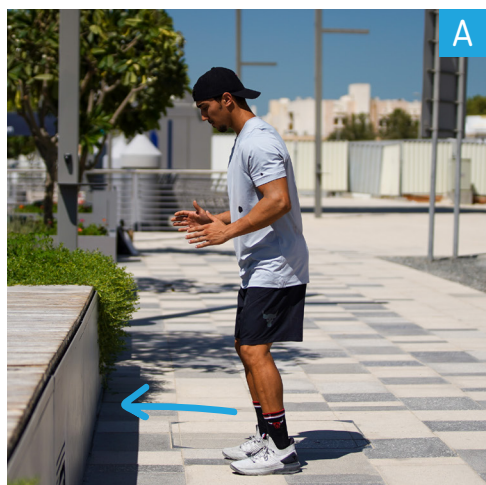
Strength and Cardio

wall toe taps x 1 min
bench elbow to knee x 20
explosive alternated
elevated lunges x 1.5 min
high knee backwards x 1 min

3 SETS

WALL TOE TAPS Repeat for 1min

Point your toes up and maintain a neutral spine.



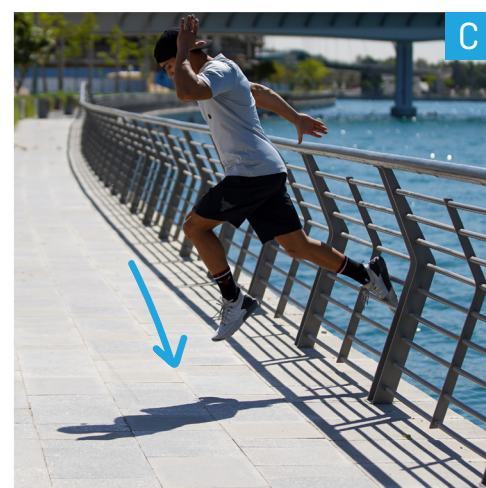
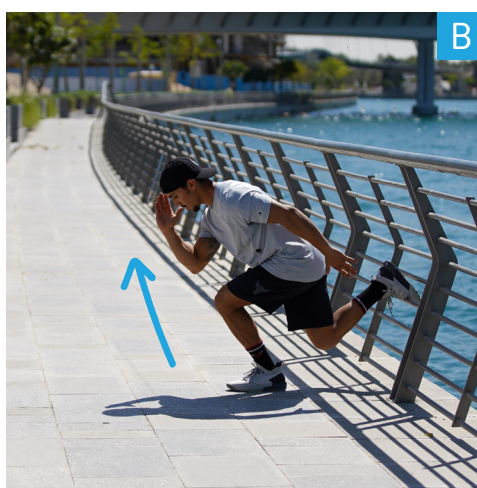
BENCH ELBOW TO KNEE x 20

Engage your core and squeeze when at the top.



EXPLOSIVE ALTERNATED ELEVATED LUNGES x 1.5min

Maintain a neutral spine, and apply steady pressure on your toes as you jump.



HIGH KNEE BACKWARDS x 1min

Engage your core when lifting your toes up.

