



WHAT'S YOUR **30**?

Abdulrahim Madani

Fitness Trainer, Freelance.

— @aka_3bod



30 OCT - 28 NOV 2020

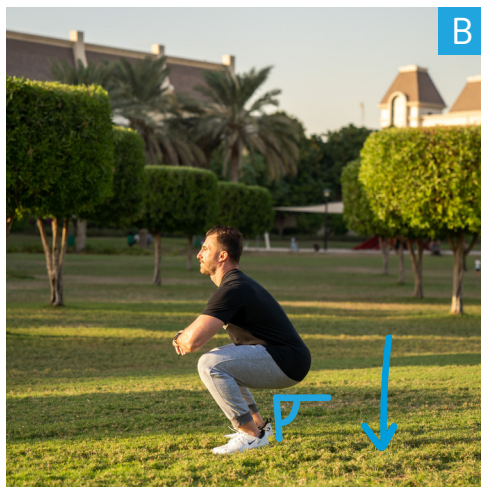
Full Body HIIT

- Jump squats x 30 sec
- push ups + shoulder taps x 30 sec
- burpees jacks x 30 sec
- bent knee hip twist x 30 sec
- bicycle crunch x 30 sec
- jumping leg raise x 30sec

4 SETS

JUMP SQUATS x 30sec

Keep your back straight.



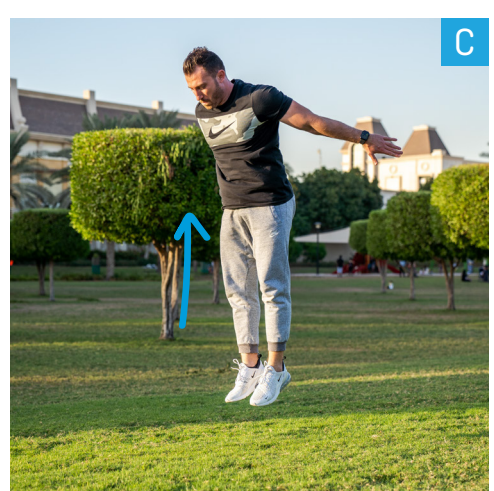
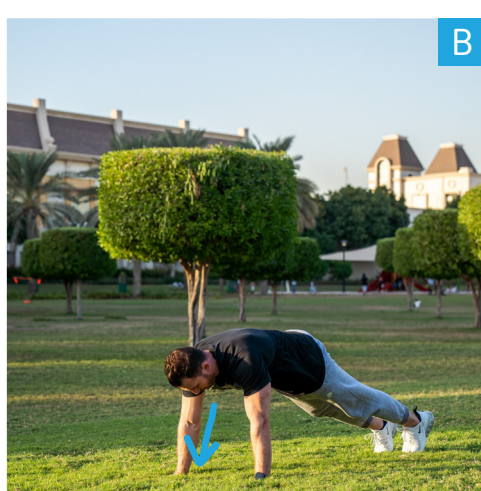
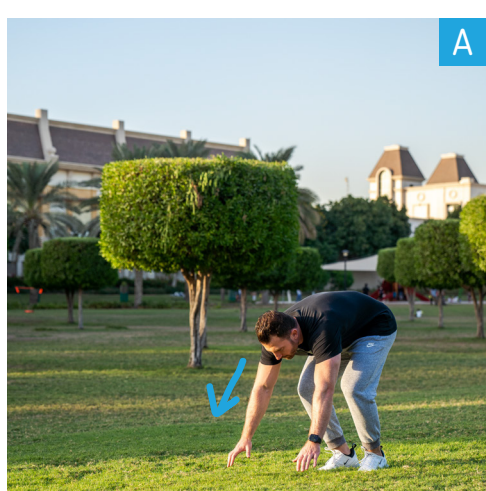
PUSH UPS + SHOULDER TAPS x 30sec

Keep your core tight.



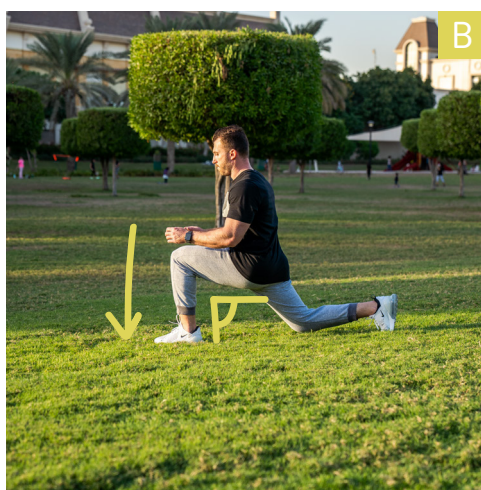
BURPEES JACKS x 30sec

Breathe.



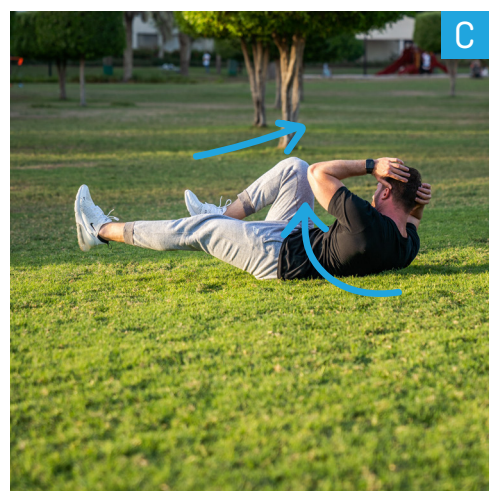
BENT KNEE HIP TWIST x 30sec

Keep your arms straight when you go down.



BICYCLE CRUNCH x 30sec

Engage core.



JUMPING LEG RAISE x 30sec

Engage core.

