



WHAT'S YOUR **30**?

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 at Warehouse Gym
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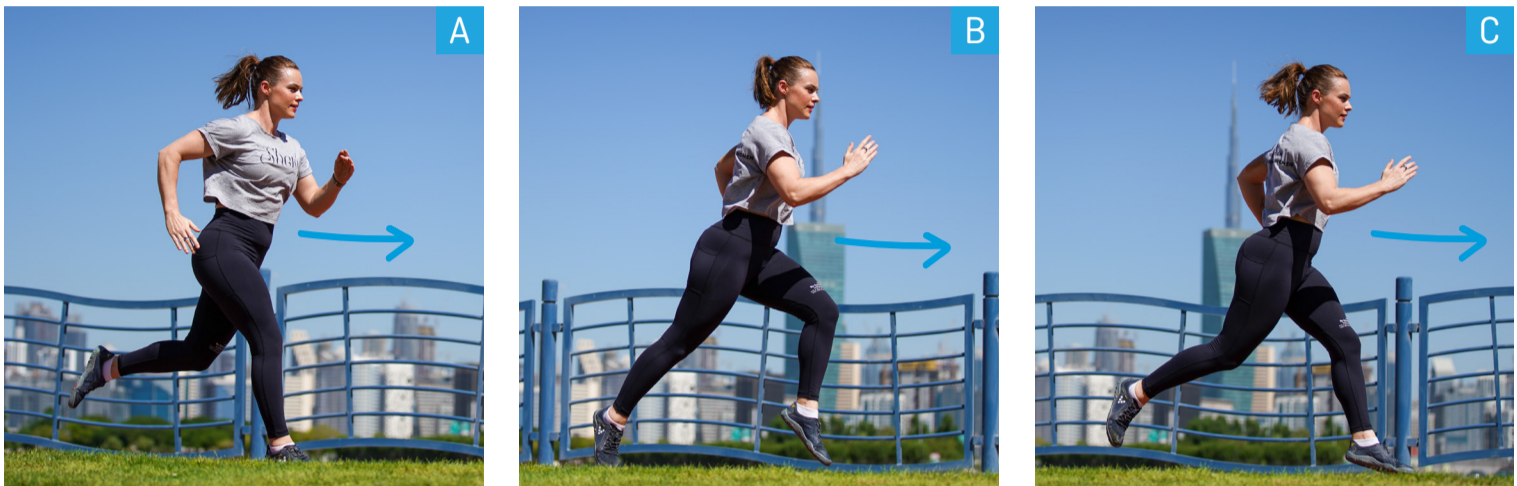
Full Body Conditioning

run x 400m
 bench jumps x 20
 bench v tucks x 15
 narrow push ups x 10

4 SETS

RUN x 400m

Maintain a steady running pace without any breaks.



BENCH JUMPS x 20

If you're not able to jump, simply step up and alternate your legs.



BENCH V TUCKS x 15

Keep your core tight, and try to perform all the reps without any break.



NARROW PUSH UPS x 10

Keep your core tight and your elbows close to your body.

