

WHAT'S  
YOUR **30**?

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30 OCT - 28 NOV 2020

**Handstands Conditioning**  

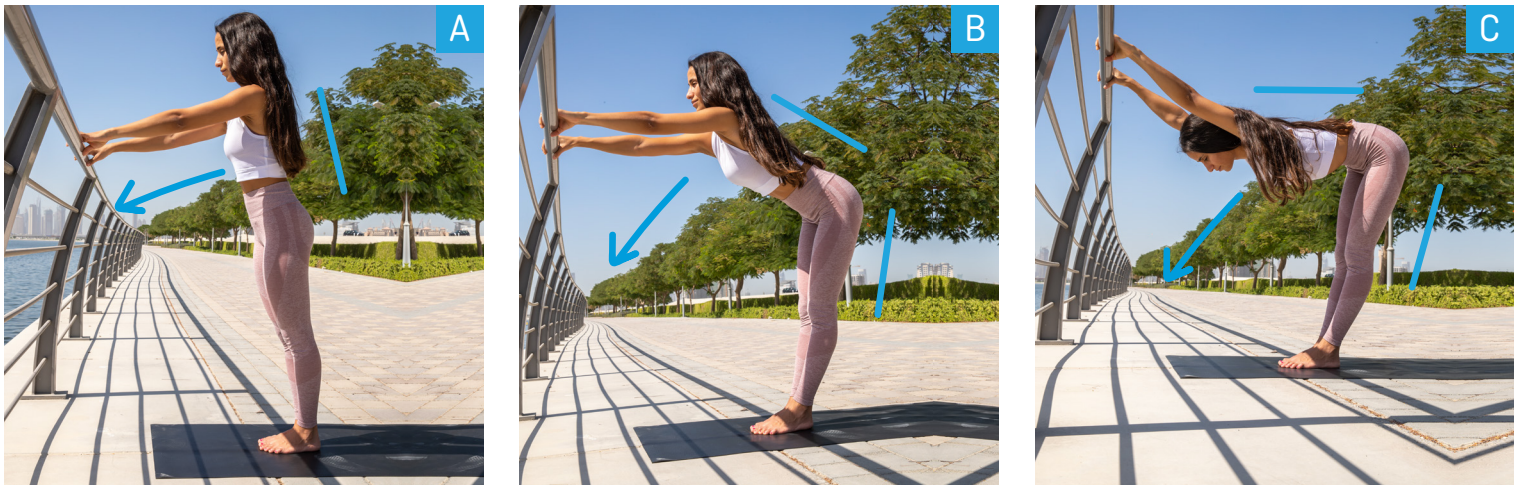
shoulder stretches and mobility x 3 min  
hip stretches x 3 min  
head stands x 10

**1 SET**

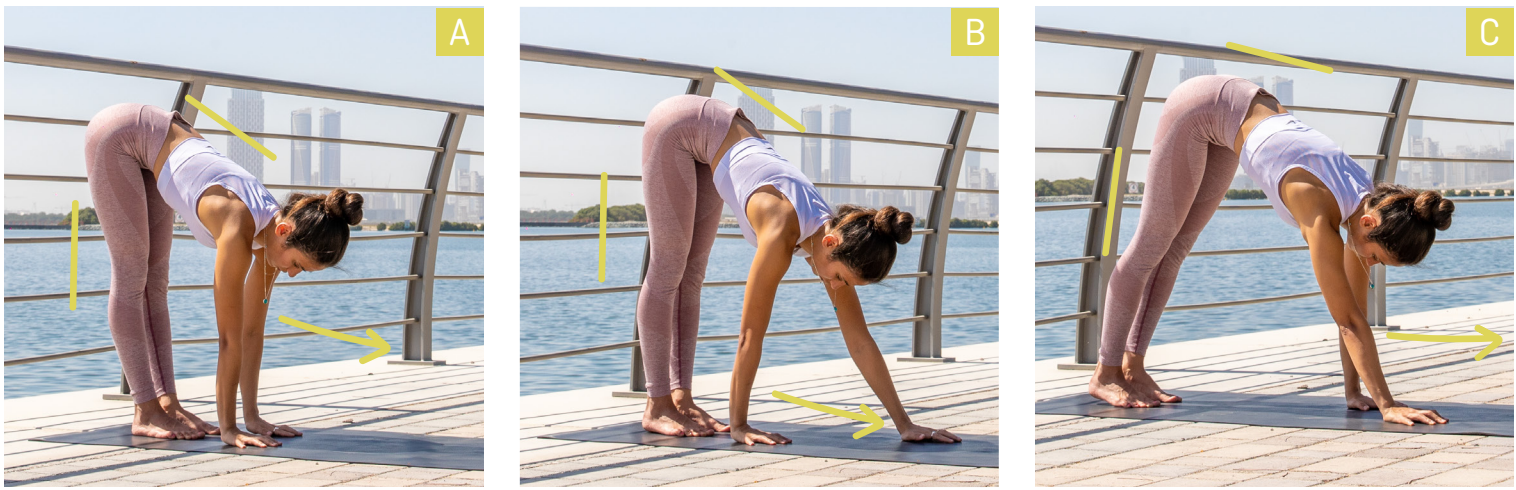
downward dog to handstand x 10  
cat to cow x 10  
plank to squat jumps x 30 sec

**3 SETS**

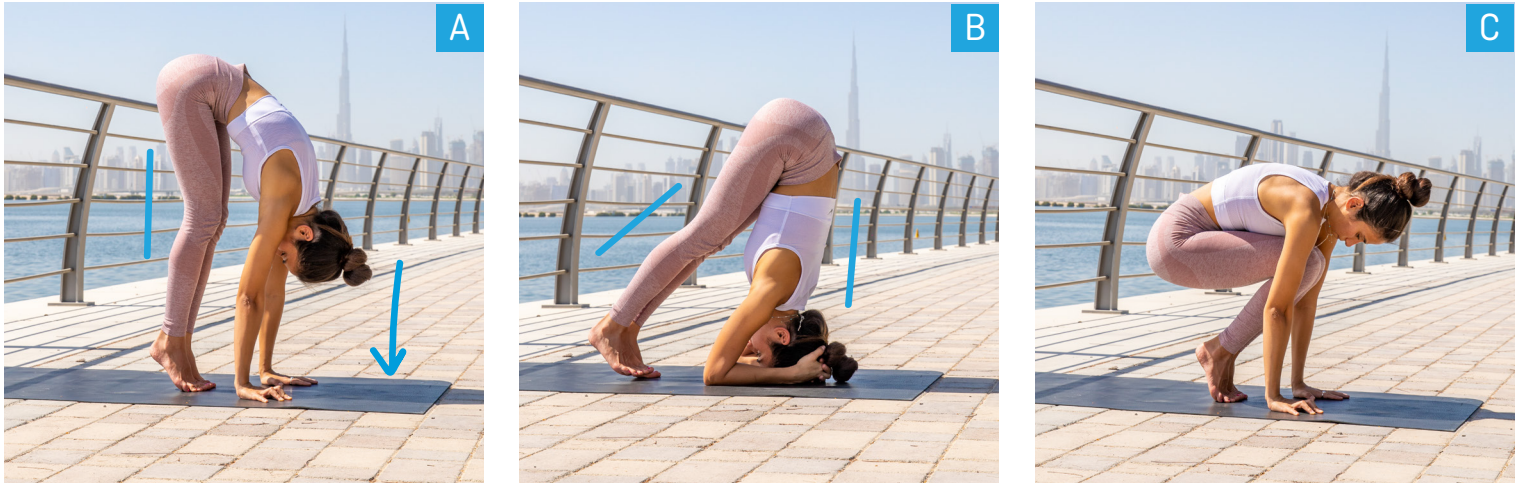
SHOULDER STRETCHES AND MOBILITY x 3min



HIP STRETCHES x 3min



HEAD STANDS x 10



DOWNWARD DOG TO HANDSTAND x 10



CAT TO COW x 10



PLANK TO SQUAT JUMPS x 30sec

