



WHAT'S  
YOUR30?

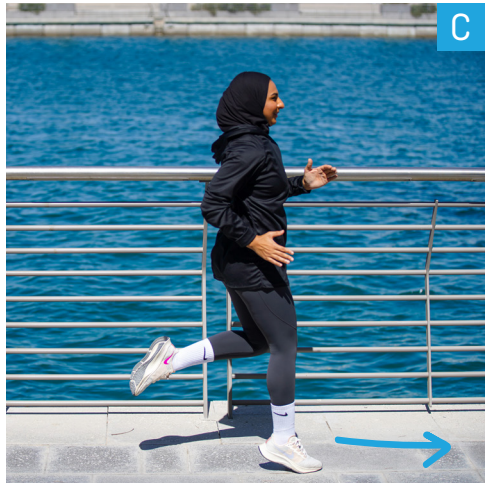
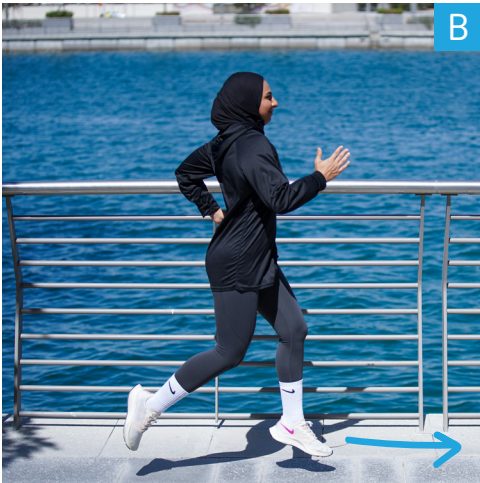
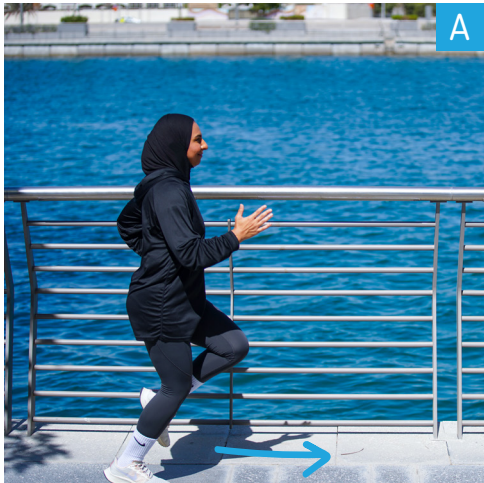
**Abeer Al Khaja**  
Fitness Trainer at Dubai Ladies Club  
— @abeermk

  
30 OCT - 28 NOV 2020

**Running Drills**  
running x 3 min  
squats x 15  
**5 SETS**  
mountain climbers x 30 sec  
**3 SETS**

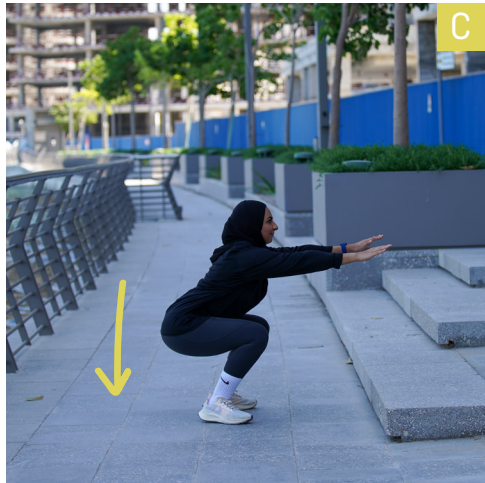
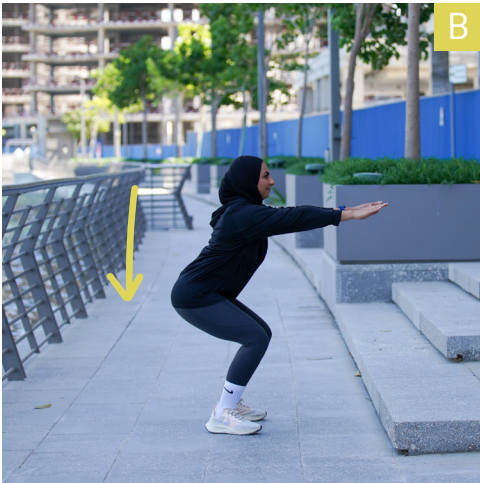
**RUNNING x 3min**

Keep your toes up while running.



**SQUATS x 15**

Maintain a straight chest.



**MOUNTAIN CLIMBERS x 1min**

Engage your core and keep your abs tight.

