



WHAT'S YOUR 30?

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DUBAI

FITNESS CHALLENGE

30x30

30 OCT - 28 NOV 2020

Strength and Stretch

high lunge pulses x 1 min

boat pose x 1 min

leg out in front to warrior x 1 min

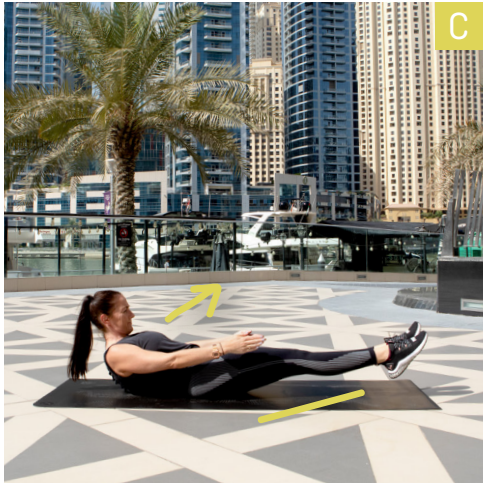
down dog to plank x 1 min

3 SETS

HIGH LUNGE PULSES x 1min



BOAT POSE x 1min



LEG OUT IN FRONT TO WARRIOR x 1min



DOWNDOG TO PLANK x 1min

