



WHAT'S
YOUR **30**?

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**Upper Body
and Core**

incline push up x 8-12
australian pull up x 5-10
knee rises x 10-20
jumping box x 10-15
plank x 30 sec-1 min

4 SETS

INCLINE PUSH UP x 8-12

Straight body + activate the core.



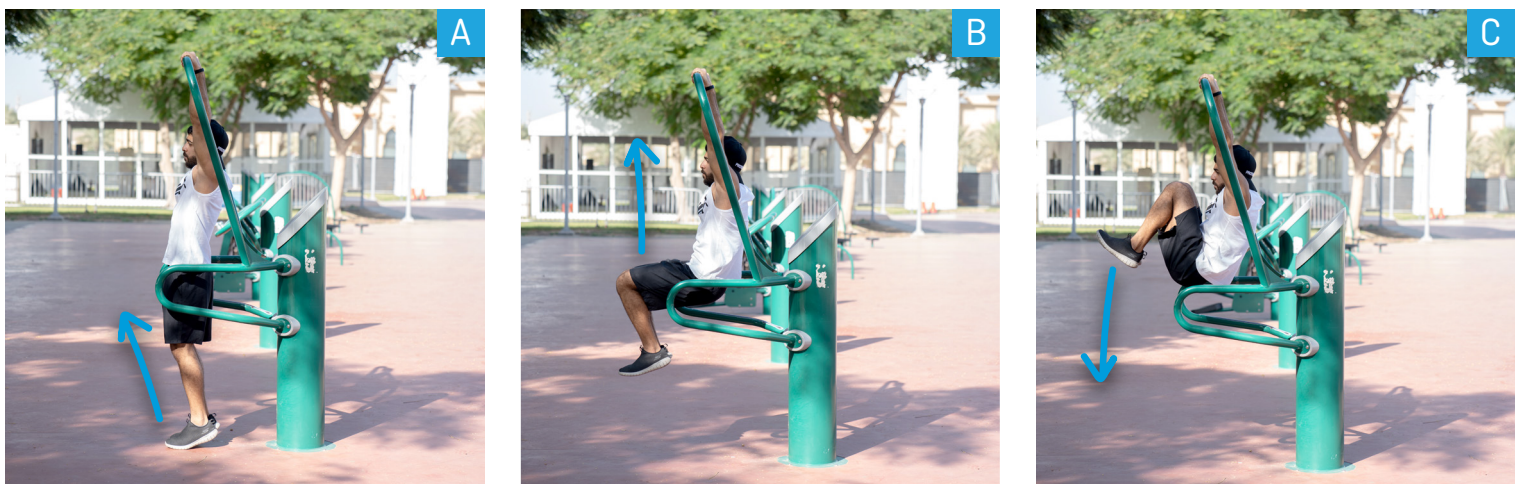
AUSTRALIAN PULL UP x 5-10

Straight body + activate the core.



KNEE RISES x 10-20

Breathe out when you squeeze your abs.



JUMPING BOX x 10-15

Back straight + flat foot.



PLANK x 30sec-1min

Breathe out when you squeeze your abs.

