



WHAT'S YOUR 30?

Taylor Walsh

High Intensity Interval Training at Barry's

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DUBAI

FITNESS CHALLENGE

30x30

30 OCT - 28 NOV 2020

Full Body HIIT Session

Jumping Jacks x 40 sec

squat with rotation x 40 sec

crawl out into plank / pushup / crawl back up x 40 sec

bicycle crunches x 40 sec

burpee x 40 sec

3 SETS

JUMPING JACKS x 40sec

Make sure to keep core engaged and stay on the balls of your feet.

SQUAT WITH ROTATION x 40sec

Engage core.

CRAWL OUT INTO PLANK / PUSHUP / CRAWL BACK UP x 40sec

Drop down to knees for the pushup if you need.

BICYCLE CRUNCHES x 40sec

Try to get opposite elbow to meet opposite knee.

BURPEE x 40sec

Engage core.

#Dubai30x30

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