


WHAT'S YOUR **30**?

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Fitness Enthusiast at The Great Outdoors

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30 OCT - 28 NOV 2020

Abs and Glutes

Jumping Jacks x 3 min

1 SET

bear crawls x 1 min 30 sec
lunge step ups x 1 min 30 sec
flutter kicks x 1 min 30 sec

5 SETS

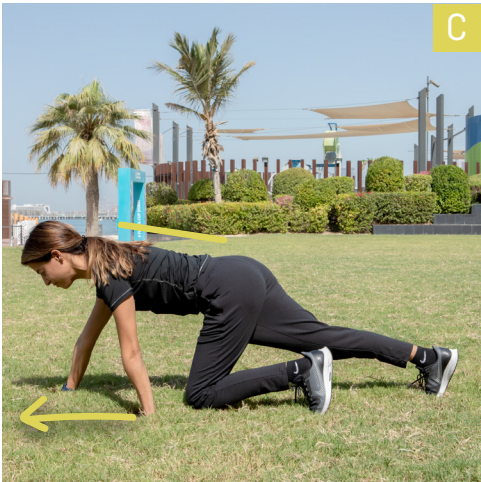
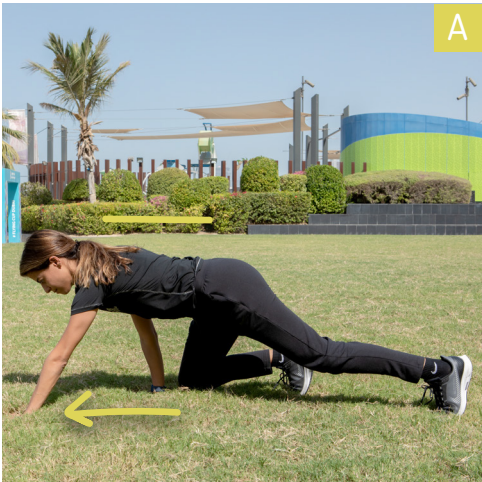
JUMPING JACKS x 3min

Maintain a steady pace.



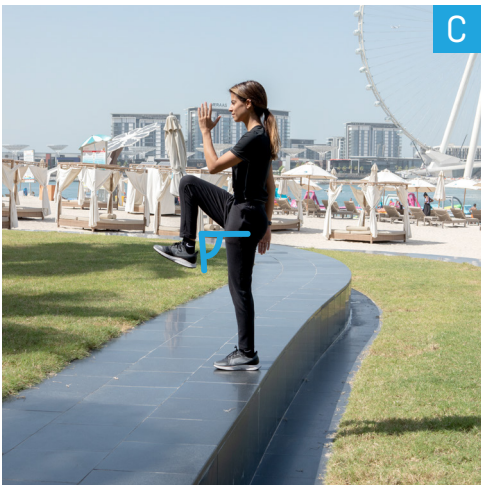
BEAR CRAWLS x 1min 30sec

Keep your back flat and core engaged.



LUNGE STEP UPS x 1min 30sec

Keep your legs at 90 degrees and chest up.



FLUTTER KICKS x 1min 30sec

Only go as far as you can without your lower back lifting off the ground.

