



WHAT'S YOUR **30**?

Djakirri Crafter
Calisthenics, Freelance
— @lamdjakirri



30 OCT - 28 NOV 2020

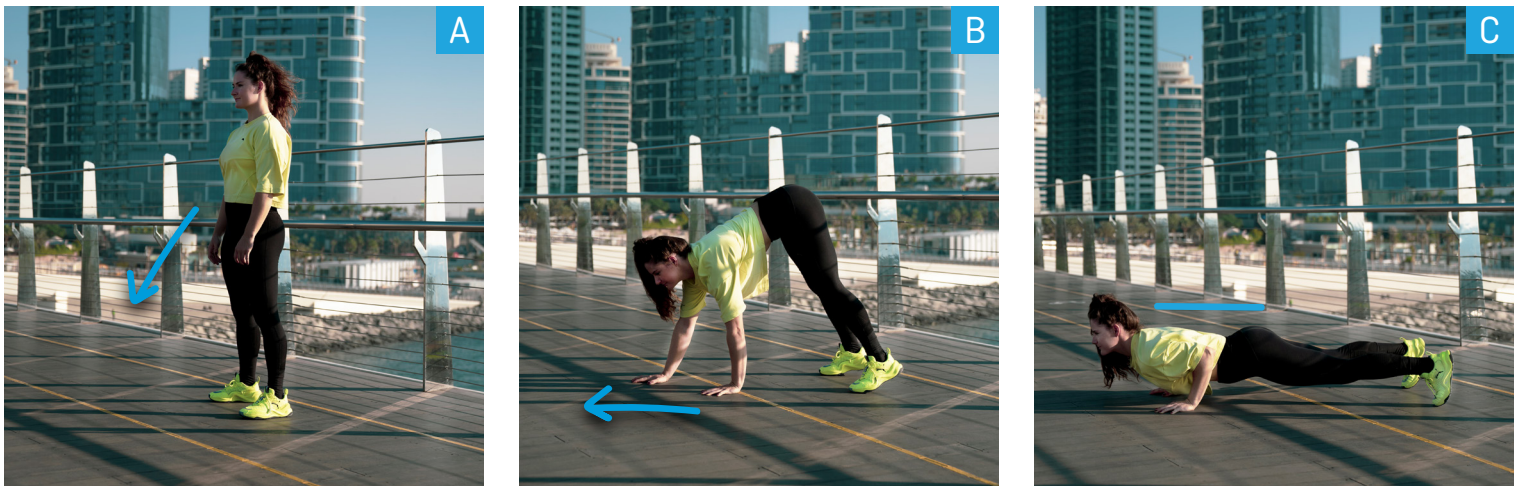
Upper Body and Core

walk out to push up x 8
side plank raises x 20 (each side)
burpee to 15 sec high knees x 5

3 SETS

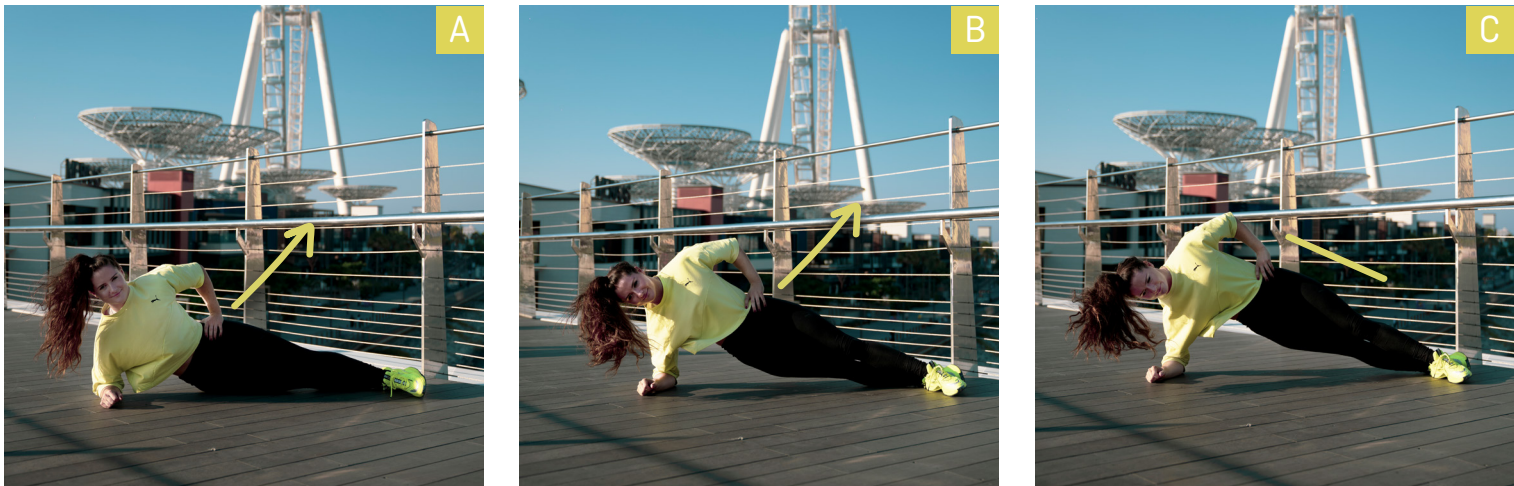
WALK OUT TO PUSH UP x 8

Keep your core tight.



SIDE PLANK RAISES x 20 (each side)

Squeeze your core and control the movement.



BURPEE TO 15 SECONDS HIGH KNEES x 5

Rest for 45 seconds between each round.

