



WHAT'S  
YOUR **30**?

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30 OCT - 28 NOV 2020

## Full Body Workout

**Jumping jacks** x 30 sec on/30 sec off

**elbow to knee jabs** x 30 sec on/30 sec off

**knee tucks** x 30 sec on/30 sec off

**diagonal lunge** x 30 sec on/30 sec off

**Plank** x 30 sec on/30 sec off

5 SETS

### JUMPING JACKS x 30sec on / 30sec off



### OPPOSITE ELBOW TO OPPOSITE KNEE JABS x 30sec on / 30sec off



### KNEE TUCKS x 30sec on / 30sec off



### ALTERNATING DIAGONAL LUNGE BACKS x 30sec on / 30sec off



### PLANK x 30sec on / 30sec off

