



WHAT'S YOUR 30?

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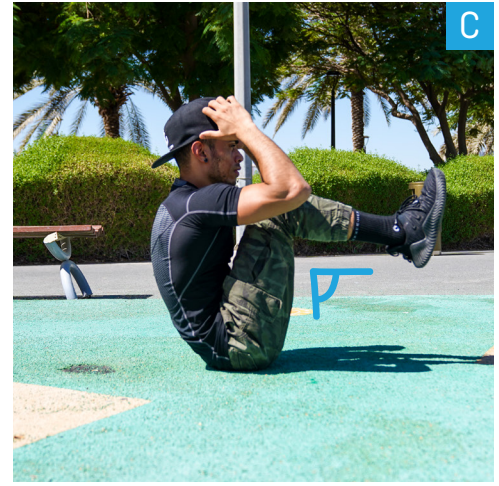
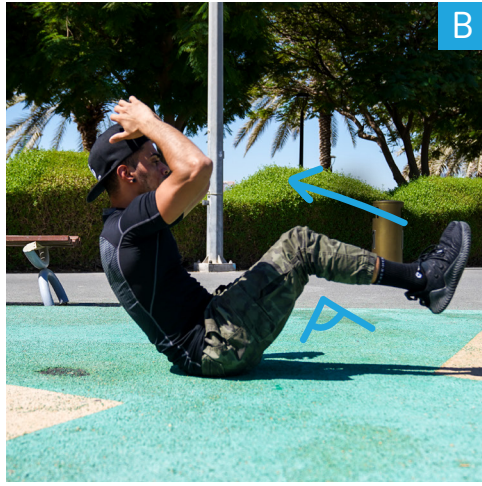
30 OCT - 28 NOV 2020

Upper Body and Core Strength

- sit ups (beg) x 10
- assisted dips (beg) x 10
- australian pull ups (beg) x 10
- leg raises (int) x 10
- dips (int) x 10
- pull up (int) x 10

4 SETS

SIT UPS (BEGINNER) x 10



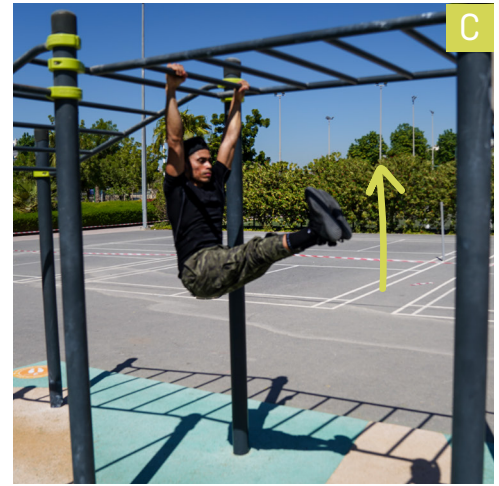
ASSISTED DIPS (BEGINNER) x 10



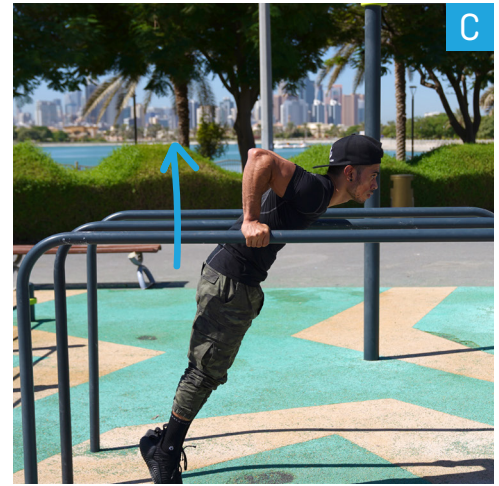
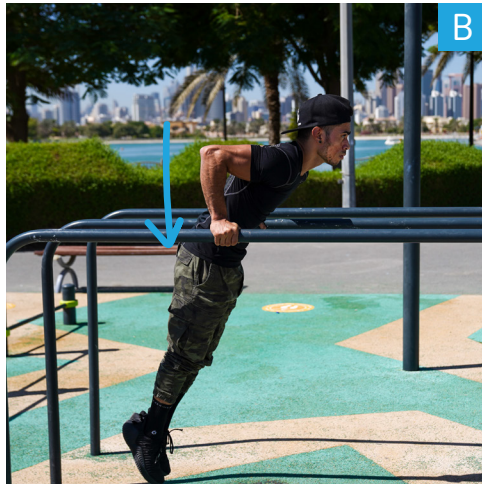
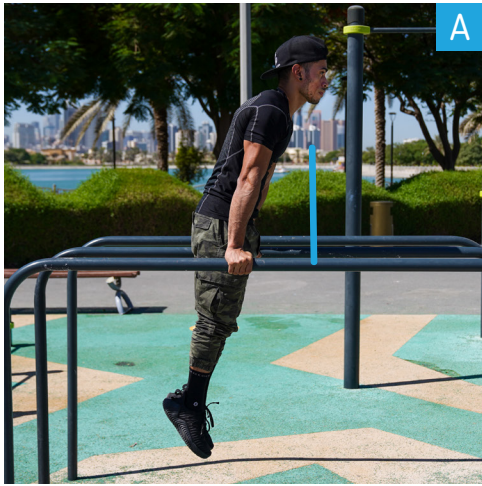
AUSTRALIAN PULL UPS (BEGINNER) x 10



LEG RAISES (INTERMEDIATE) x 10



DIPS (INTERMEDIATE) x 10



PULL UP (INTERMEDIATE) x 10

