

WHAT'S YOUR 30?



30 OCT - 28 NOV 2020



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Martial arts, Fitness and Strength at TKMMA Fitness.

— @jonnyoungfitness

Leg and Lung Burner

skater hops x 60 sec
push ups x 30 sec
Jump jacks x 60 sec
single leg RDL x 6 each leg

4 SETS

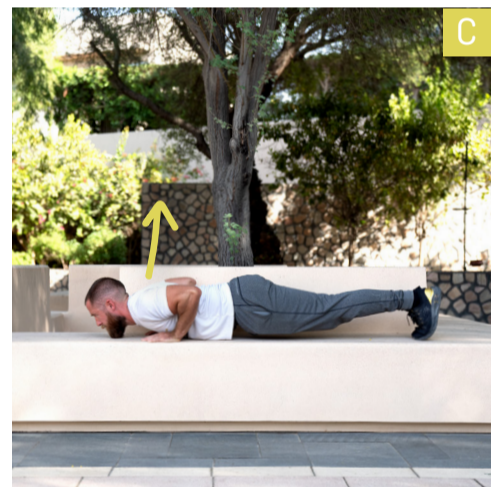
SKATER HOPS x 60sec

Try and minimise the amount of time your feet are on the floor.



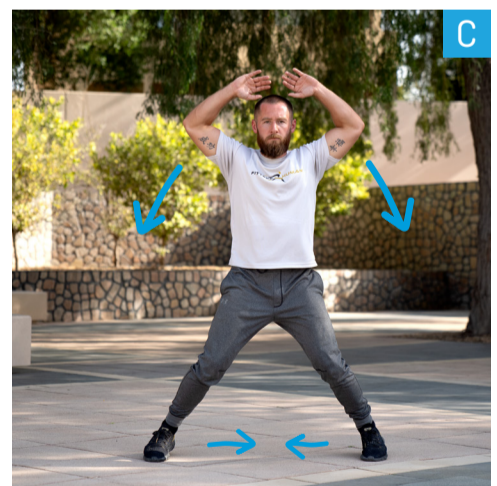
PUSH UPS x 30sec

If full push ups are too challenging, you can put your knees on the floor.



JUMP JACKS x 60sec

This is a safe exercise, so go for speed and get your heart racing.



SINGLE LEG RDL x 6 (each leg)

This is a slow movement, try and feel your hamstrings activating as you straighten up.

