

WHAT'S  
YOUR **30**?



30 OCT - 28 NOV 2020



## Ray Mourtada

Fitness Instructor at Gravity Gym

— @theblondmess

## Full Body Workout

alternating reverse lunges x 10-12

pushups x 10-12

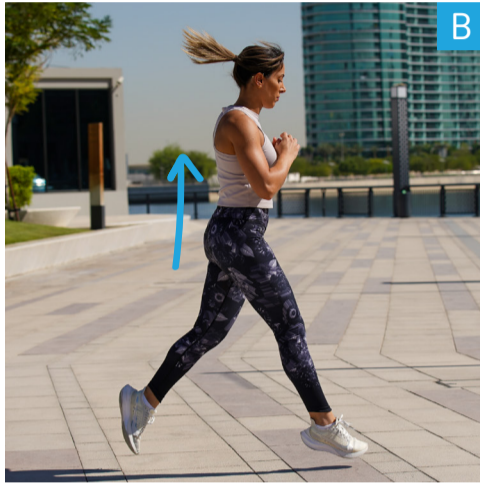
alternating toe touches x 10-12

high knees x 10-12

**3 SETS**

## ALTERNATING REVERSE LUNGES x 10-12 Reps

Keep your chest up and form a 90 degree angle with your knees.



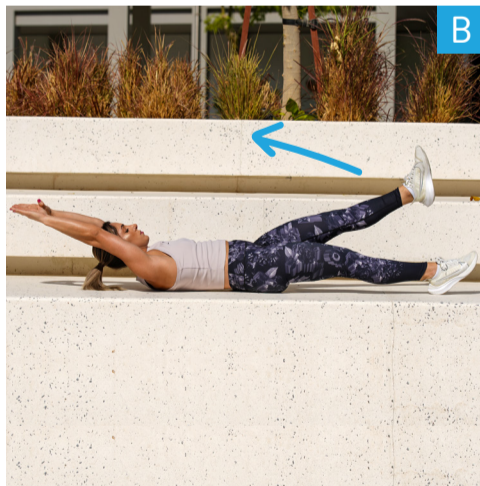
## PUSHUPS x 10-12 Reps

Maintain your elbows close to your body.



## ALTERNATING TOE TOUCHES x 10-12 Reps

Lift your head up and keep straight shoulders when reaching your toes.



## HIGH KNEES x 10-12 Reps

Bring your knees up to your hips level.

