

WHAT'S YOUR 30?



30 OCT - 28 NOV 2020



Samia Kallidis

Obstacle Training at BIA Warrior

— @skallidis

Domia Economides

Obstacle Training at BIA Warrior

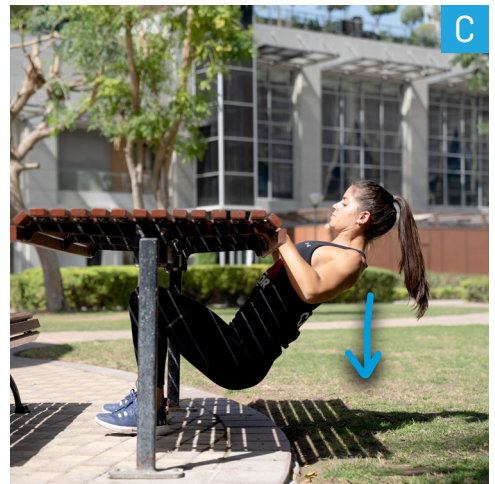
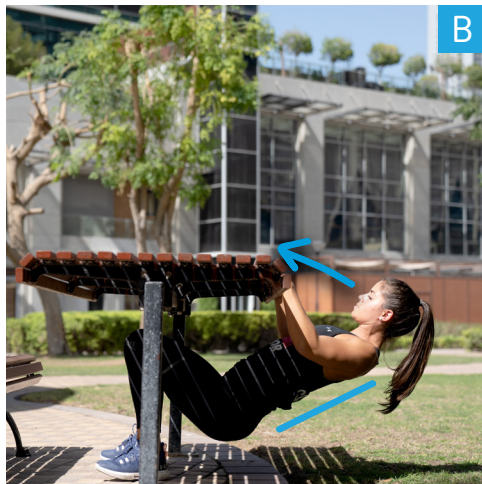
— @domiaeco

Samia: Strength & Power
Domia: Full Body

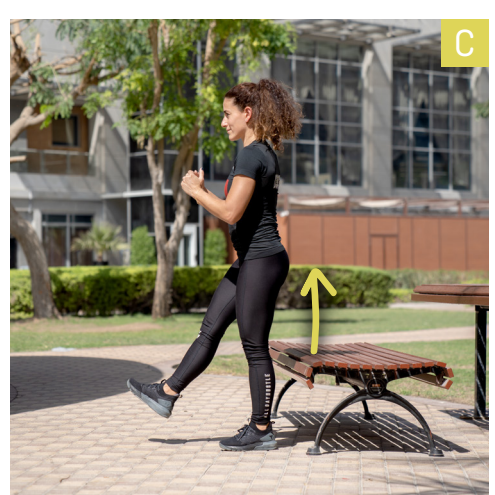
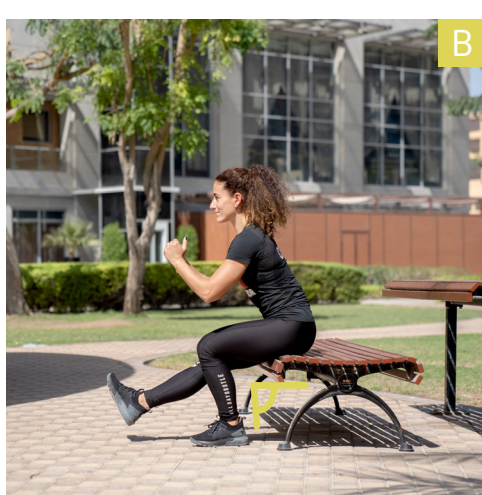
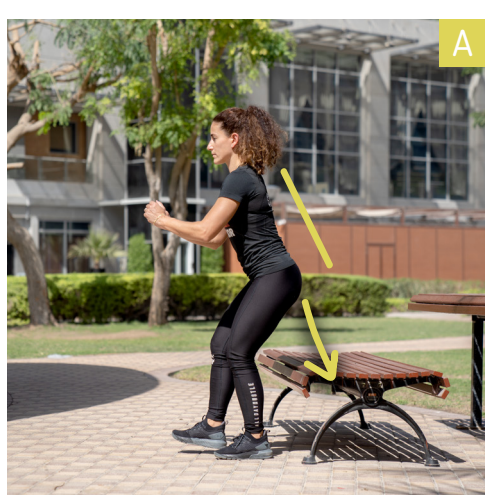
- assisted rows x 45 sec
- assisted pistol squats x 45 sec
- broad jumps x 45 sec
- v-ups x 45 sec
- military pushups x 45 sec
- jump lunges x 45 sec

2 SETS

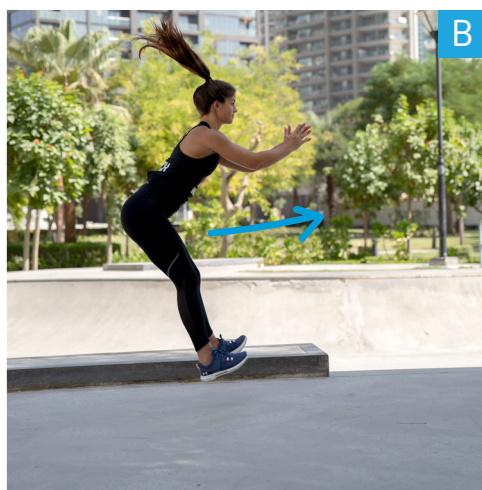
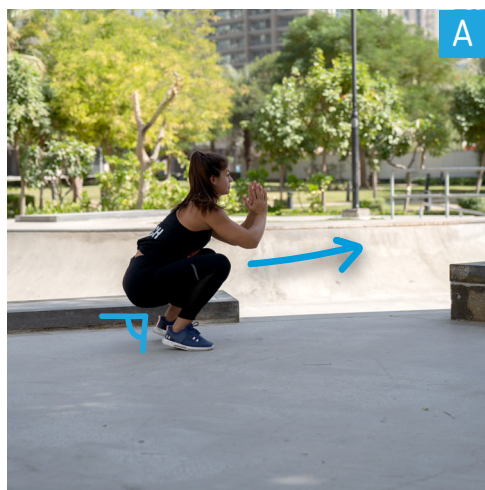
ASSISTED ROWS x 45SEC



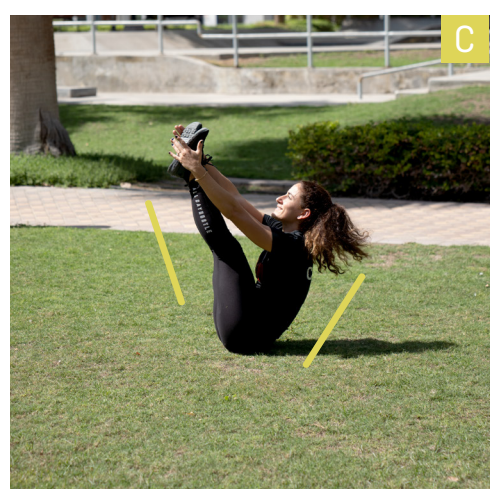
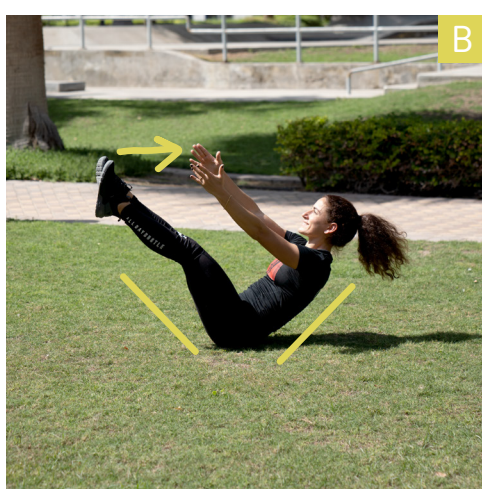
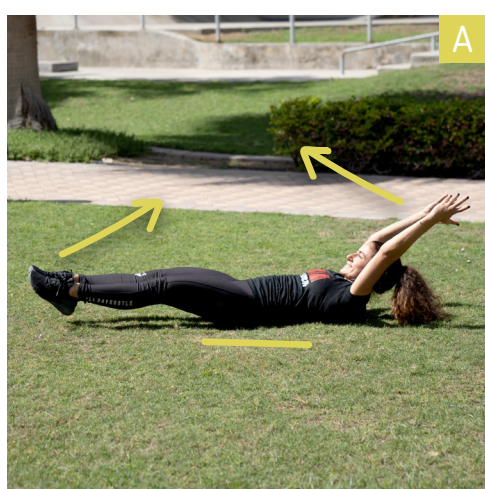
ASSISTED PISTOL SQUATS x 45sec



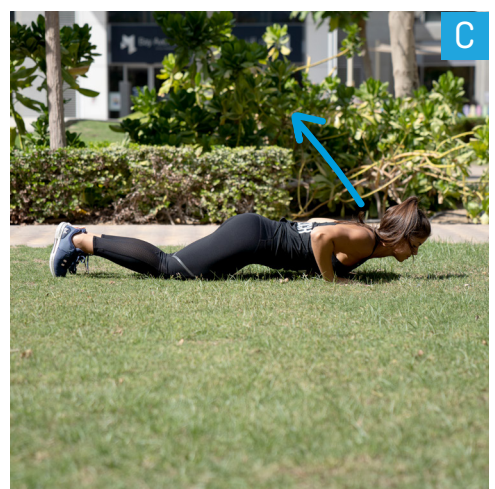
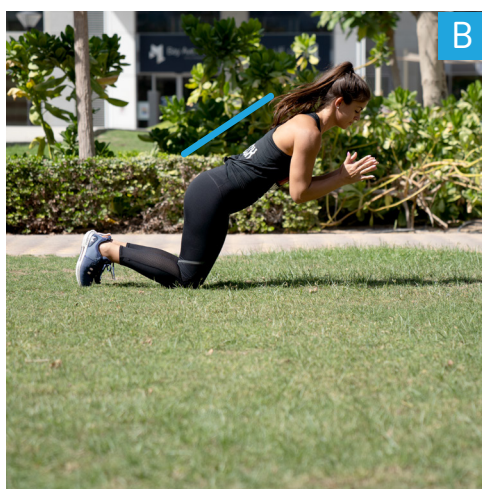
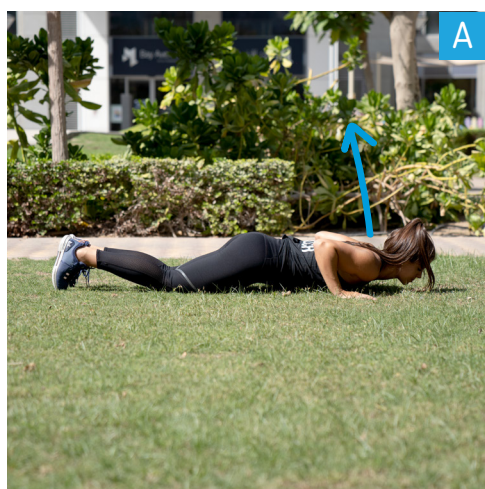
BROAD JUMPS x 45sec



V- UPS x 45sec



MILITARY PUSHUPS x 45sec



JUMP LUNGES x 45sec

