


WHAT'S
YOUR**30**?
?

Ali Omar

Weight Loss and Building Mass
at Seven Gym

— @Aeebeh



30 OCT - 28 NOV 2020

No Time To Waste

burpees x 1.5 min

plank x 1.5 min

core hit x 1.5 min

sprint x 1.5 min

5 SETS

BURPEES x 1.5min



PLANK x 1.5min



CORE HIT x 1.5min



SPRINT x 1.5min

