



WHAT'S
YOUR**30**?

Mohammed Al Blooshi
OCR Trainer at OCR Nation HQ
— @OCR_mq



30 OCT - 28 NOV 2020




**Body Weight
Workout**

squats x 1 min
triceps dips x 1 min
high knees x 1 min
push ups x 1 min
burpees x 1 min
run x 2 min

3 SETS




SQUATS x 1min

Keep your knees in line and push your hips back.




TRICEPS DIPS Repeat for 1min

Make sure your elbows form a 90-degree angle and then fully extend them.




HIGH KNEES x 1min

Stand up with your feet hip- width apart.


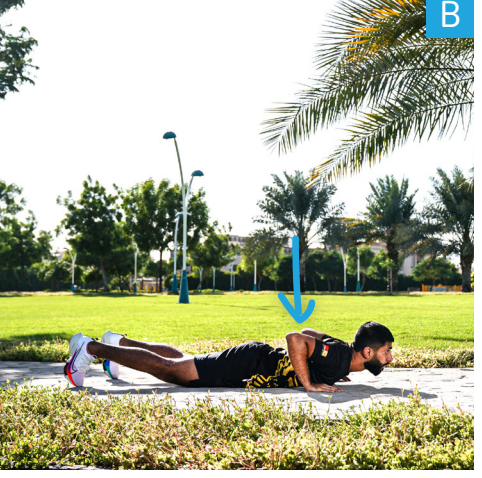

PUSH UPS x 1min

Keep your core tight without arching your back.

BURPEES x 1min

Keep your core tight and jump as high as you can.

RUN x 2min

Look straight ahead and keep your shoulders relaxed.

