

WHAT'S YOUR 30?

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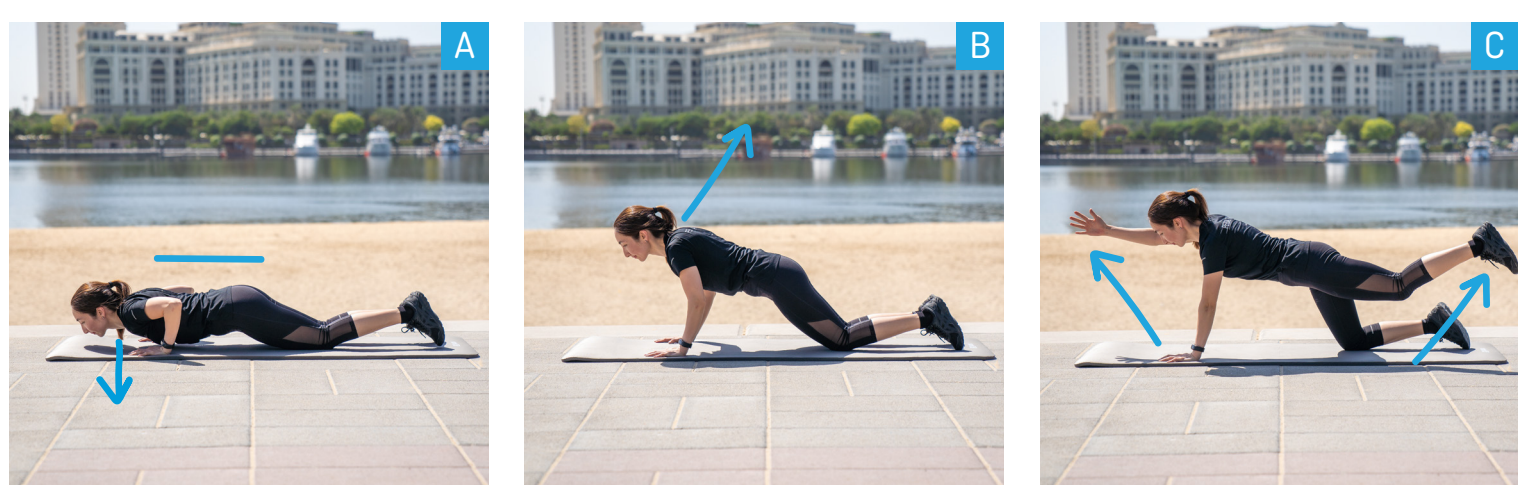
30 OCT - 28 NOV 2020

Core and Glute

- bent knee t-raise push up x 8
- core leg raise x 8
- plank to pike x 8
- hip thrust single leg raise x 8
- side leg raise x 8
- superman x 8
- t-raise push ups x 8

3 SETS

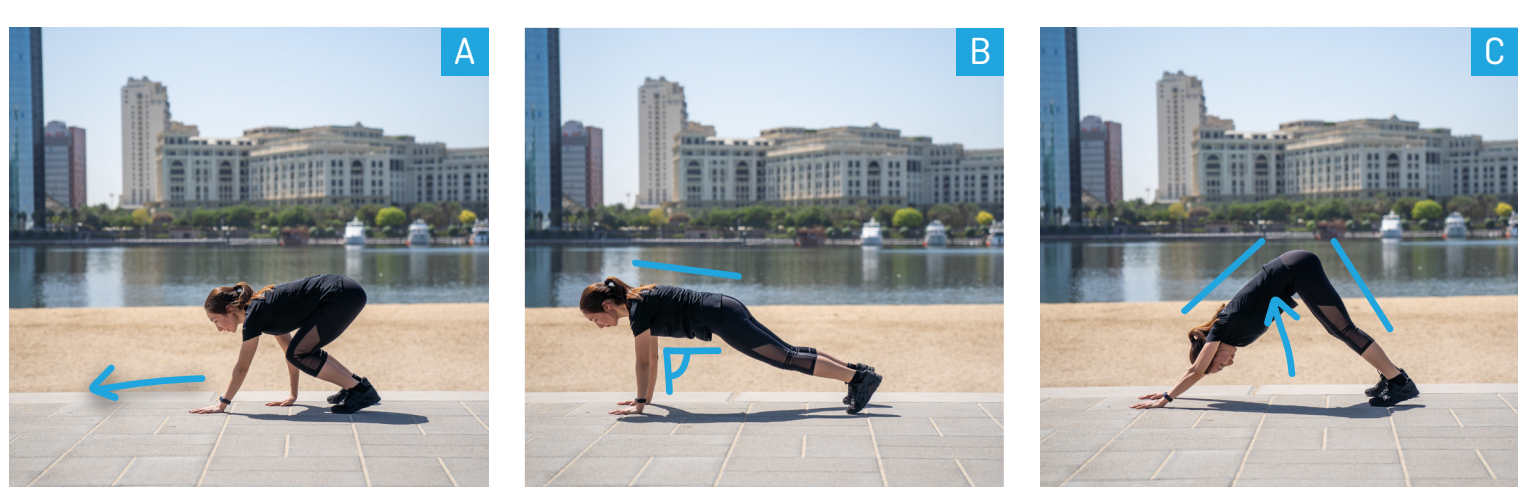
BENT KNEE T-RAISE PUSH UP x 8



CORE LEG RAISE x 8



PLANK TO PIKE x 8



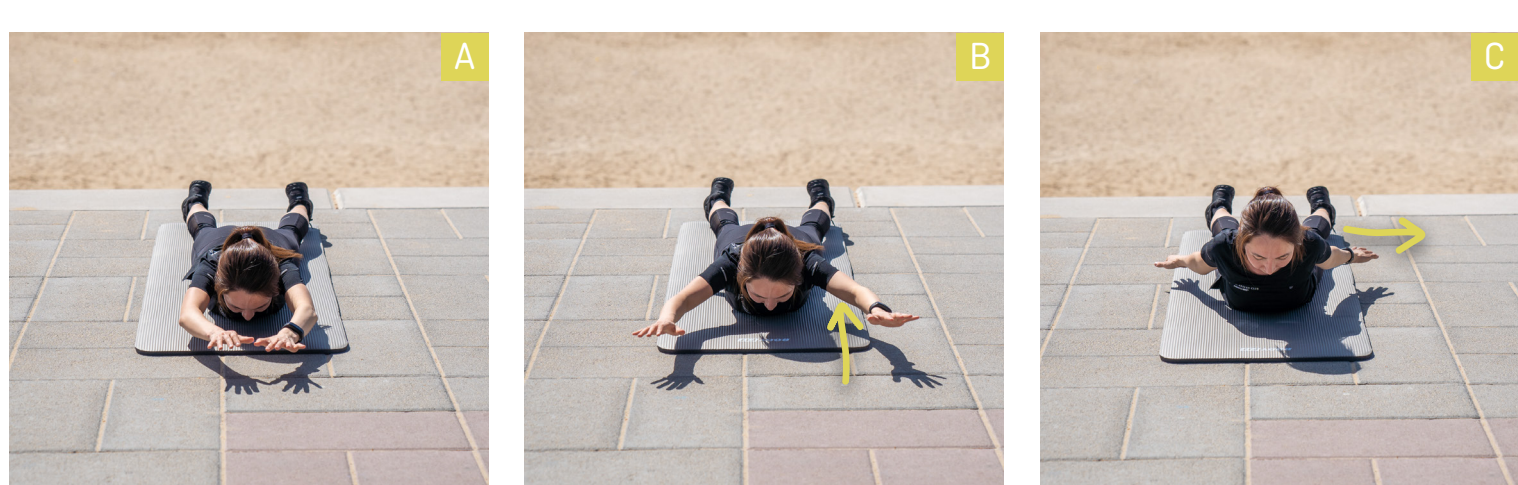
HIP THRUST SINGLE LEG RAISE x 8



SIDE LEG RAISE x 8



SUPERMAN x 8



T-RAISE PUSH UPS x 8

