



WHAT'S YOUR 30?

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DUBAI

FITNESS CHALLENGE

30x30

30 OCT - 28 NOV 2020

HIIT

squat jumps x 1 min

mountain climbers x 1 min

reverse lunges x 1 min

plank shoulder taps x 1 min

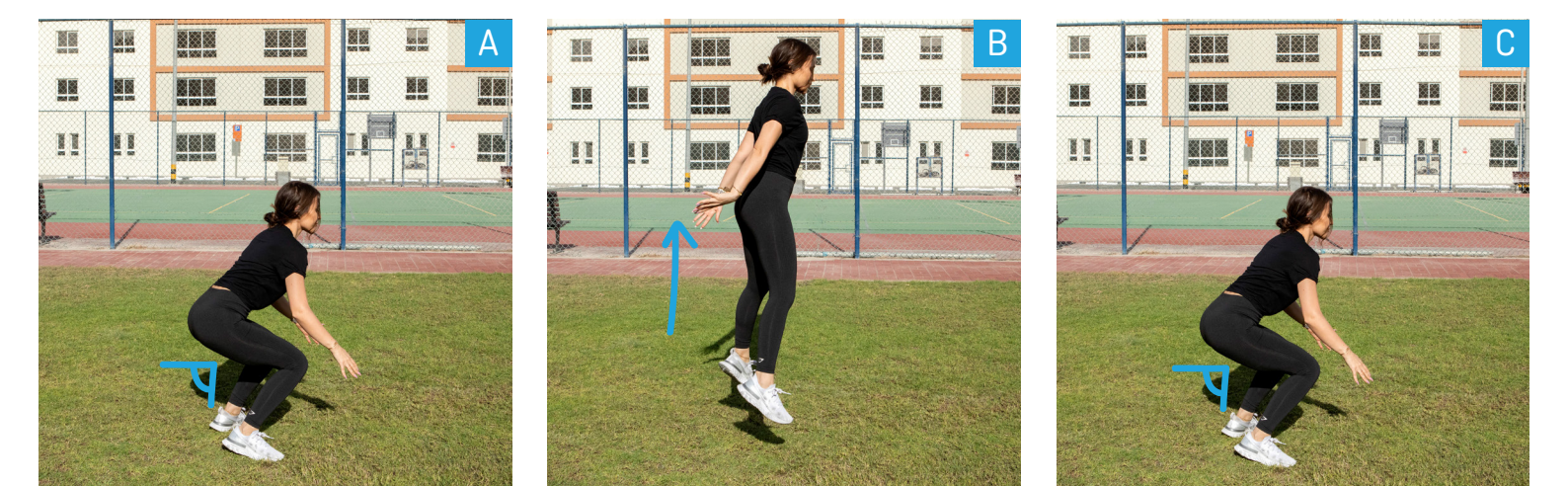
low plank hold x 1 min

bicycle crunches x 1 min

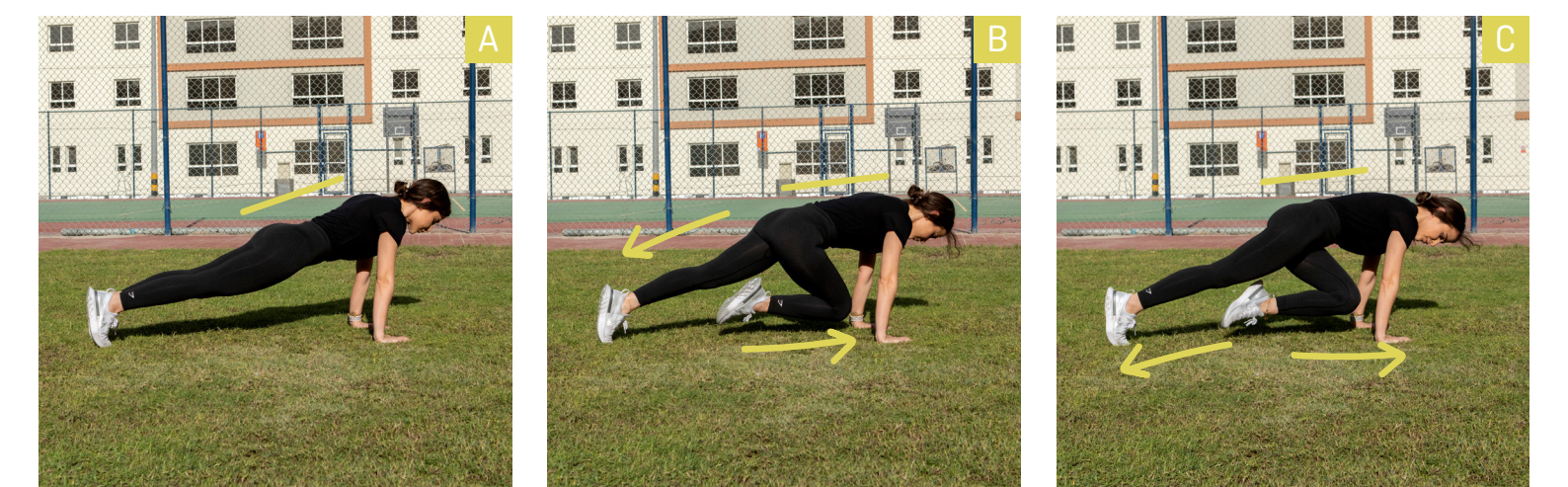
butterfly sit ups x 1 min

3 SETS

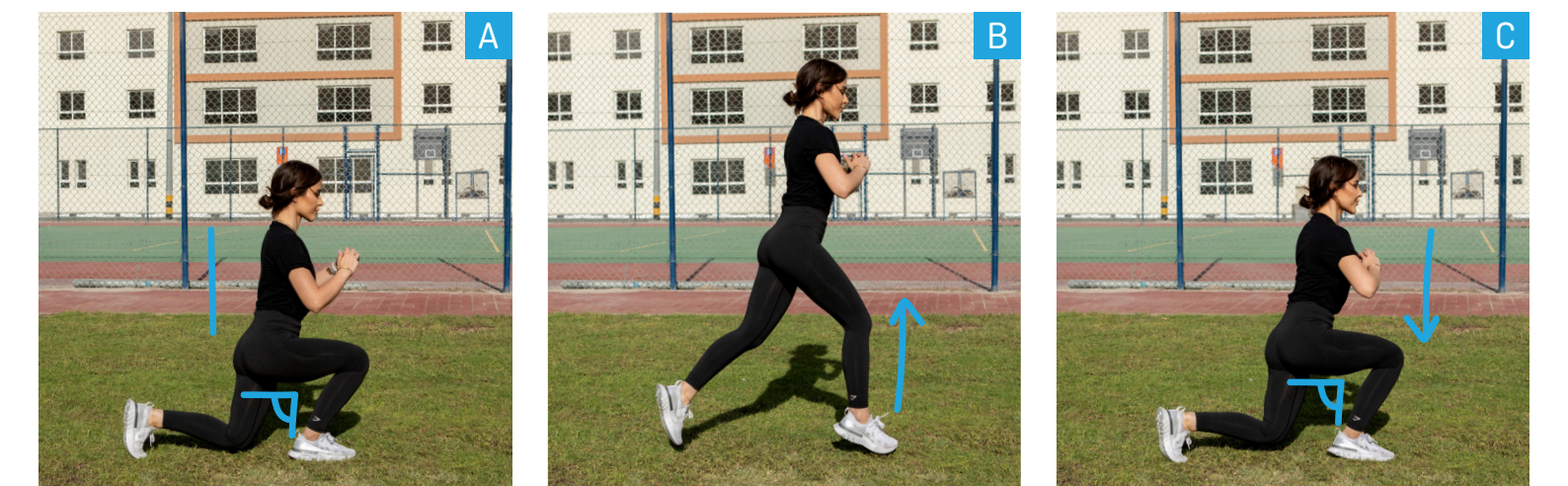
SQUAT JUMPS x 1min



MOUNTAIN CLIMBERS x 1min



REVERSE LUNGES x 1min



PLANK SHOULDER TAPS x 1min



LOW PLANK HOLD x 1min



BICYCLE CRUNCHES x 1min



BUTTERFLY SIT UPS x 1min

