



WHAT'S YOUR **30**?

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30 OCT - 28 NOV 2020

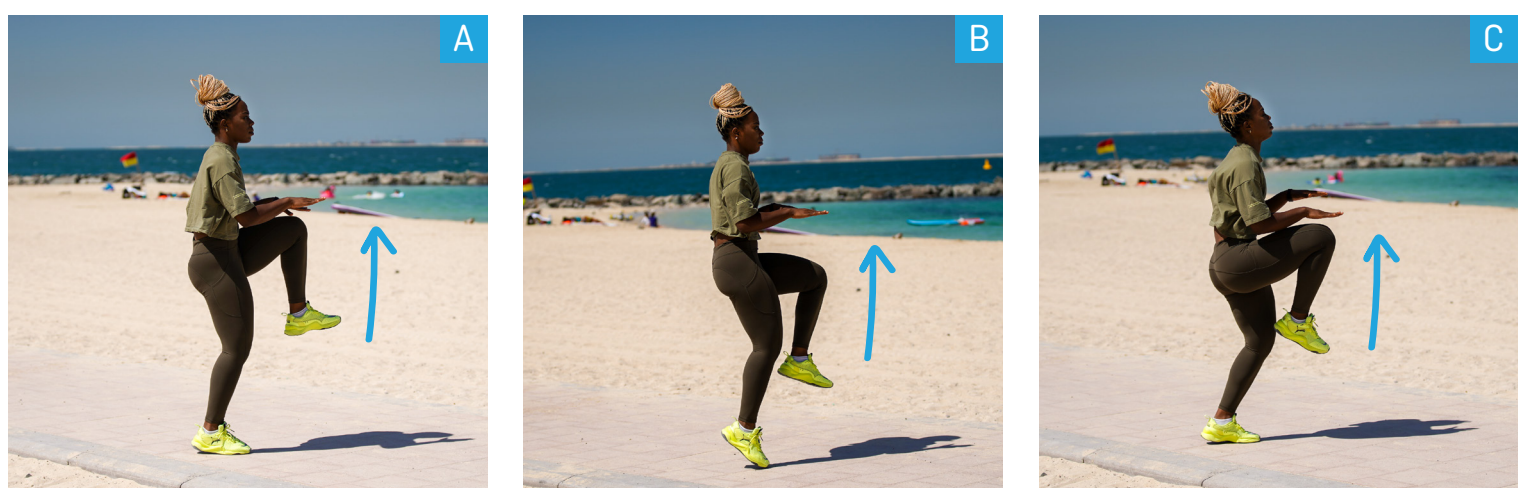
**Body Burn**

high knees x 30 sec  
 push ups x 30 sec  
 jump squat to double squat x 30 sec  
 mountain climbers x 30 sec  
 lunges x 30 sec

**5 SETS**

## HIGH KNEES x 30s on / 30s off

Keep your core tight and your knees high.



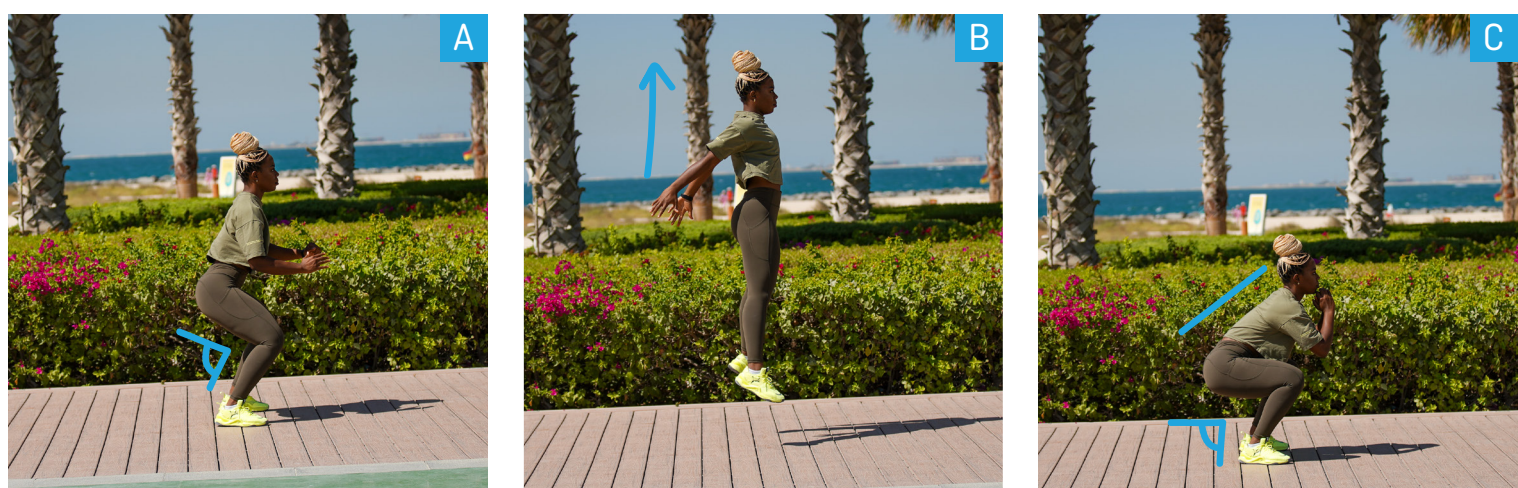
## PUSH UPS x 30s on / 30s off

Make sure your neck and spine are aligned.



## JUMP SQUAT TO DOUBLE SQUAT x 30sec on / 30sec off

Keep your chest up as you squat down.



## MOUNTAIN CLIMBERS x 30sec on / 30sec off

Bring your knee to your chest and keep your core tight.



## LUNGES x 30sec on / 30sec off

Squeeze your glutes as you go down.

