


WHAT'S
YOUR **30**?

Khaled Abbasi

Footballer in Outdoor Fields

— @_ftg



30 OCT - 28 NOV 2020

Abs

jump squats x 12
push ups x 10
plank x 1 min
supermans x 10
mount climbers x 20

4 SETS

JUMP SQUATS x 12



PUSH UPS x 10



PLANK x 1min



SUPERMANS x 10



MOUNT CLIMBERS x 20

