


WHAT'S YOUR **30**?

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HIIT Private Instructor
— @dubaipersonaltrainer



30 OCT - 28 NOV 2020

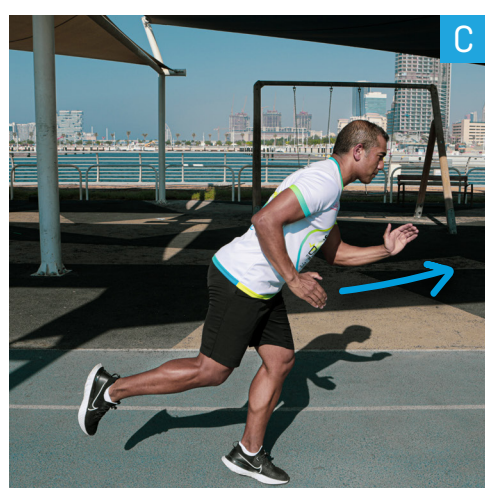
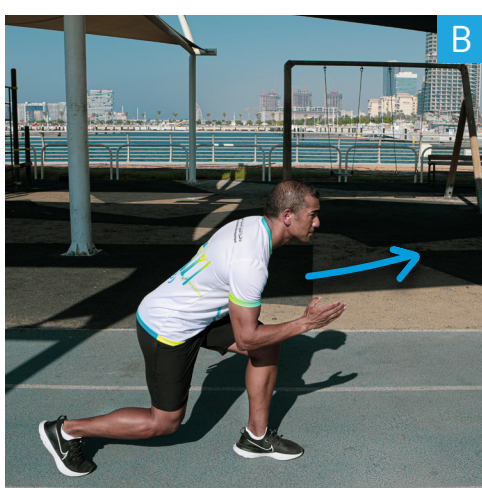
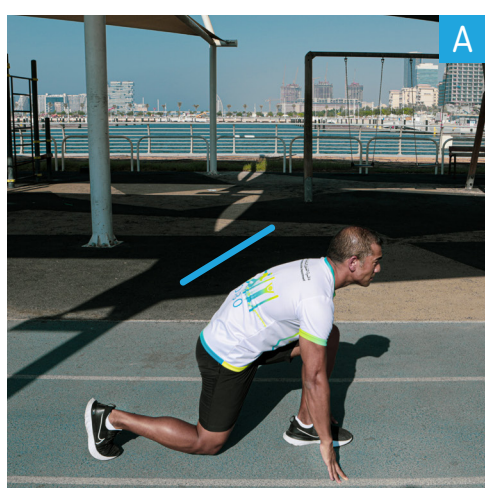
HIIT Workout

- track sprint x 30 sec
- burpee pull ups x 30 min
- high knees down the track x 30 sec
- forward jump squats x 30 sec
- hanging knee raises x 30 sec
- angled push up x 30 sec

5 SETS

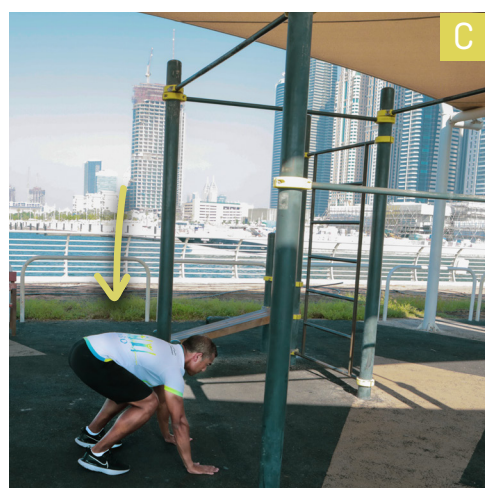
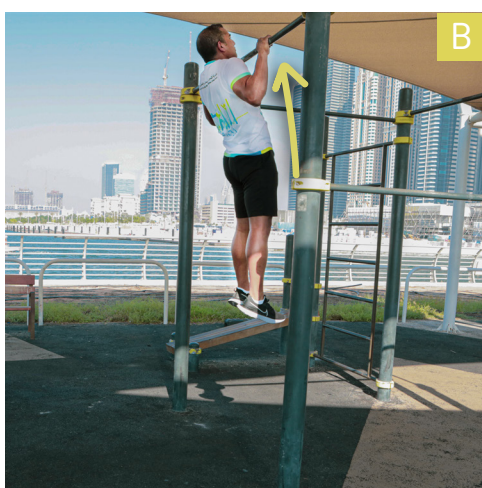
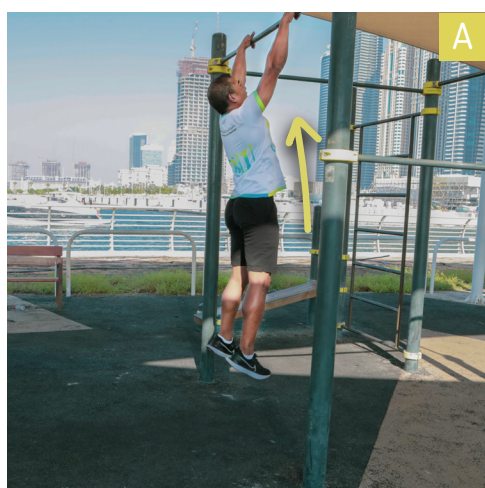
TRACK SPRINT x 30sec

Quick Short Burst of Power.



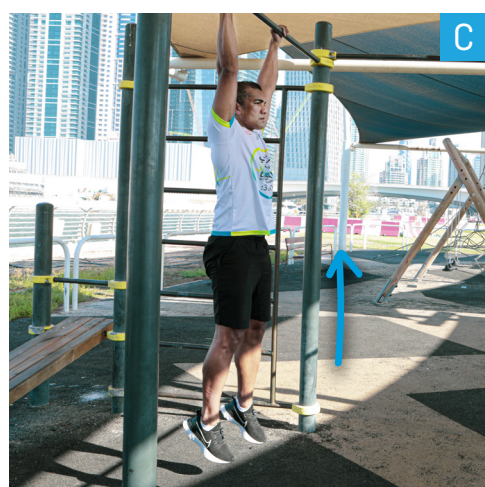
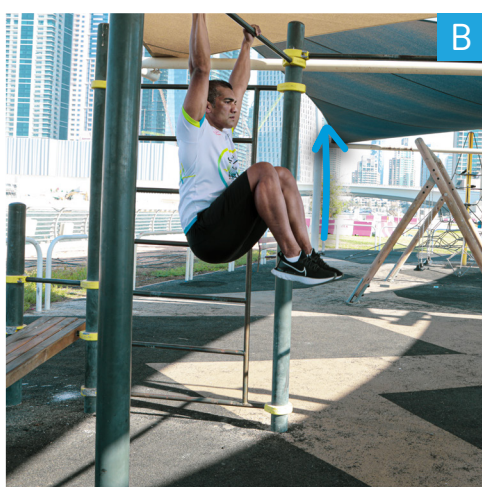
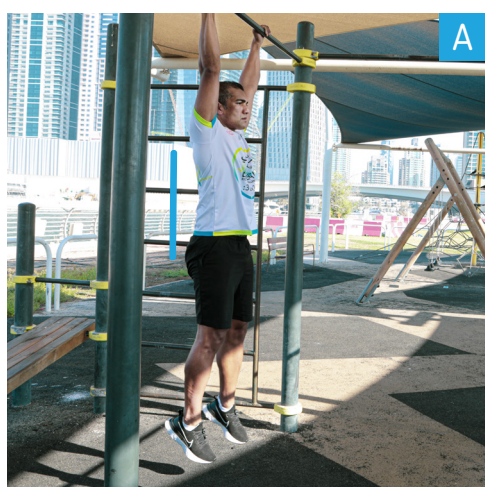
BURPEE PULL UPS x 30sec

Tap Bar if you're not able to do a full Pull Up.



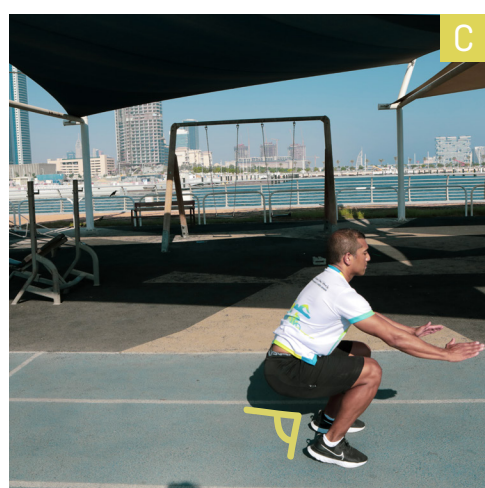
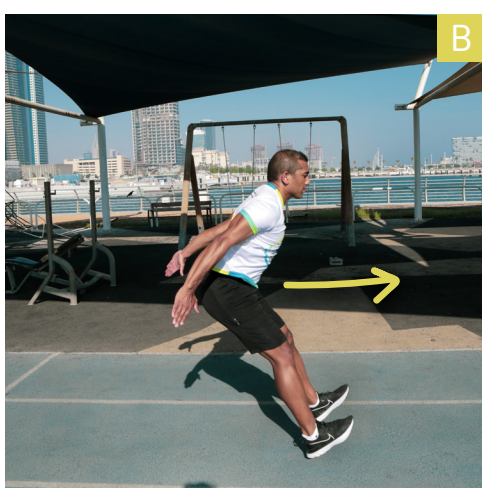
HANGING KNEE RAISES x 30sec

Knees up to 90 degrees.



FORWARD JUMP SQUATS x 30sec

Back Straight and Soft landing.



ANGLED PUSH UP x 30sec

45 Degree Angle with body Straight.

