

WHAT'S
YOUR **30**?



30 OCT - 28 NOV 2020

Dorothy Biro

Dance / Boxing, Freelance

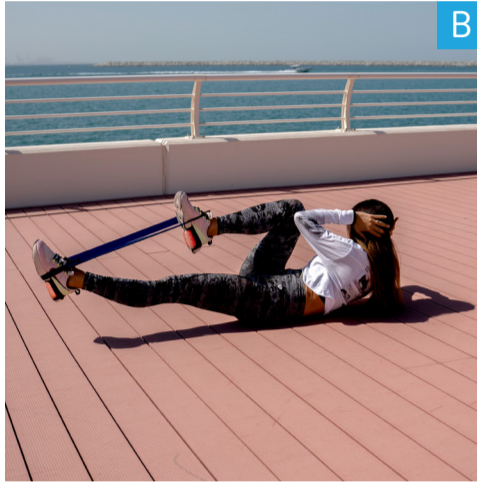
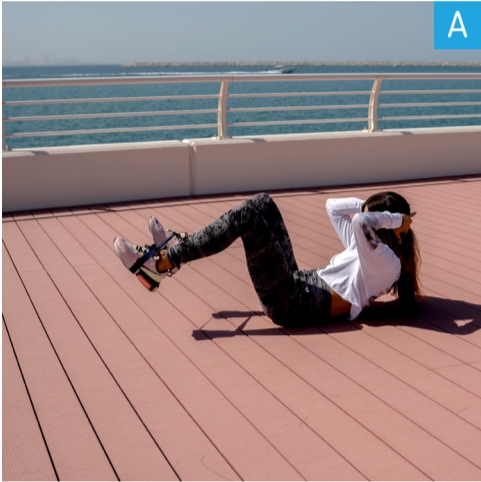
— @dbfitmethod

Leg and Core

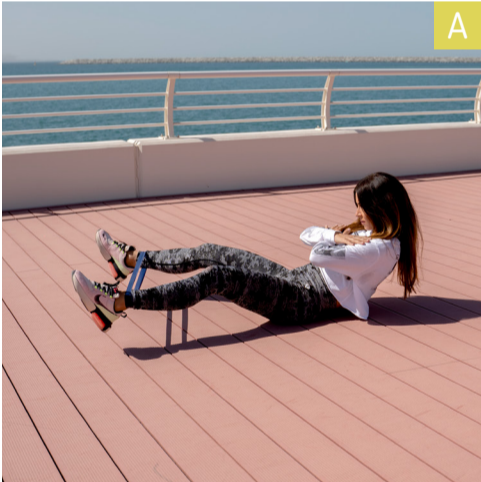
- banded bicycle crunches** x 30
- banded leg raises** x 30
- banded squats** x 30
- high kicks** x 30

3 SETS

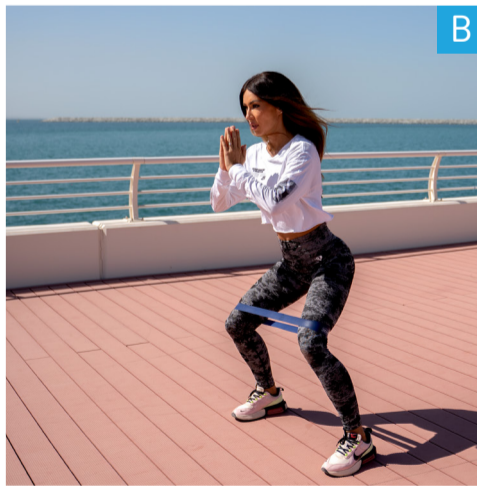
BANDED BICYCLE CRUNCHES x 30



BANDED LEG RAISES x 30



BANDED SQUATS x 30



HIGH KICKS x 30

