



WHAT'S YOUR 30?

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Fitness Instructor at Follow My Lead

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DUBAI FITNESS CHALLENGE 30x30

30 OCT - 28 NOV 2020

Full Body Circuit

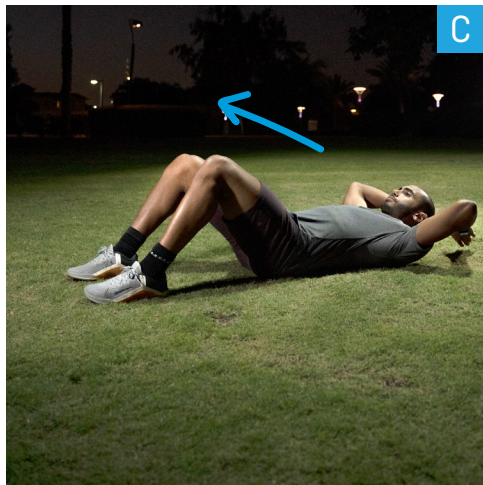
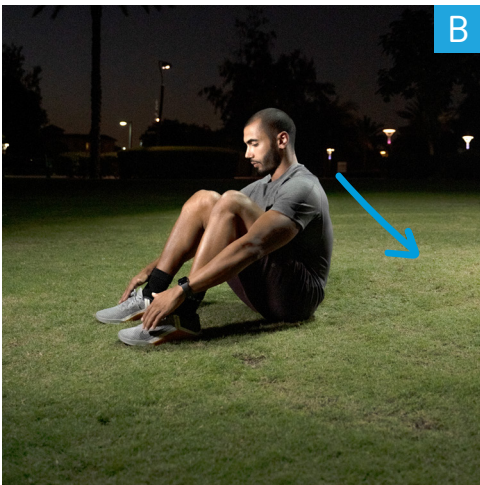
Ab crunches x 40 sec on/20 sec off

frog jumps x 40 sec on/20 sec off

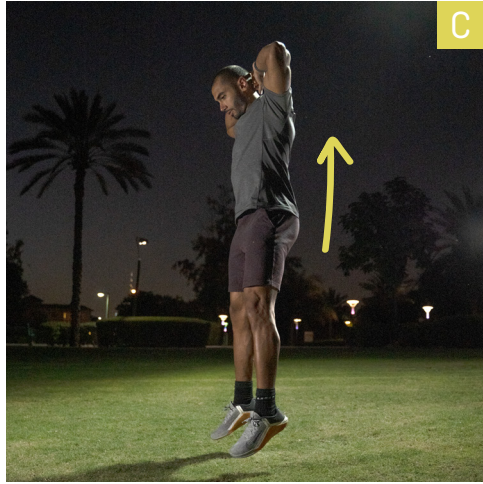
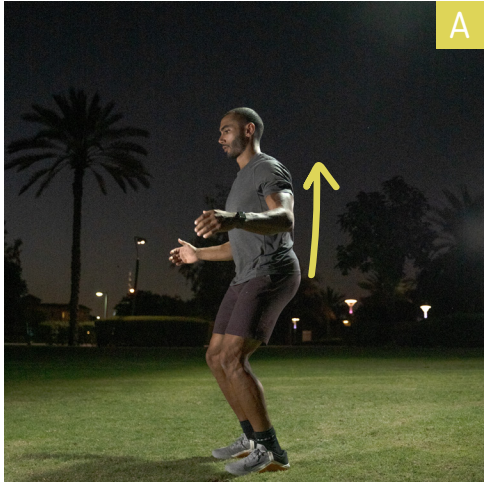
squats x 40 sec on/20 sec off

5 SETS

AB CRUNCHES x 40sec on / 20sec off



FROG JUMPS x 40sec on / 20sec off



SQUATS x 40sec on / 20sec off

