



WHAT'S YOUR **30**?

Joseph Obligation
Strength & Conditioning at Gravity Gym
— @Joejoejitsu

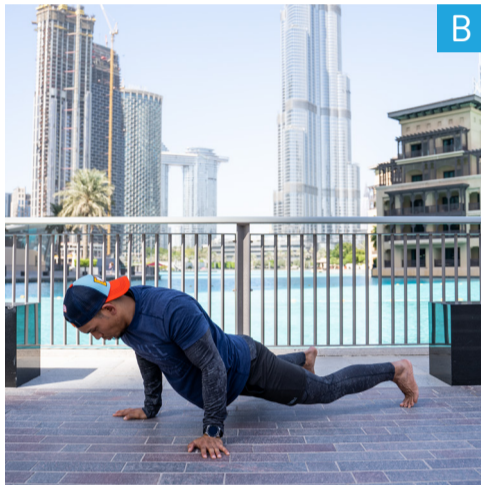
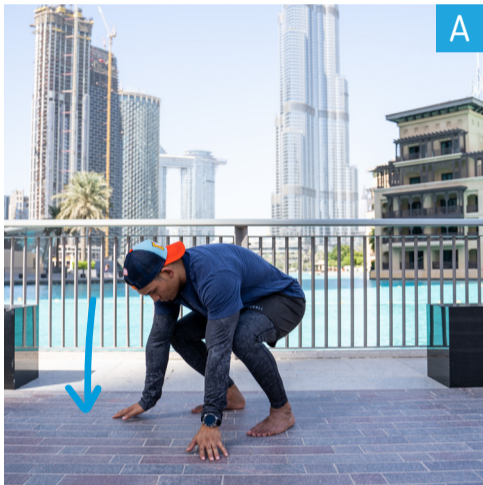


30 OCT - 28 NOV 2020

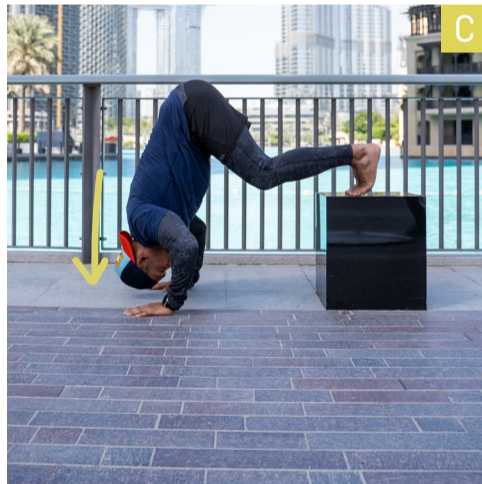
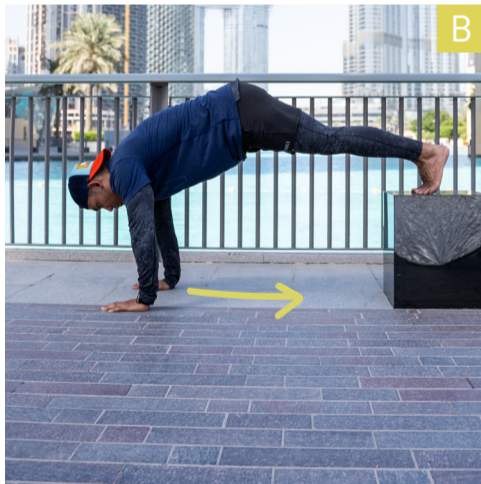
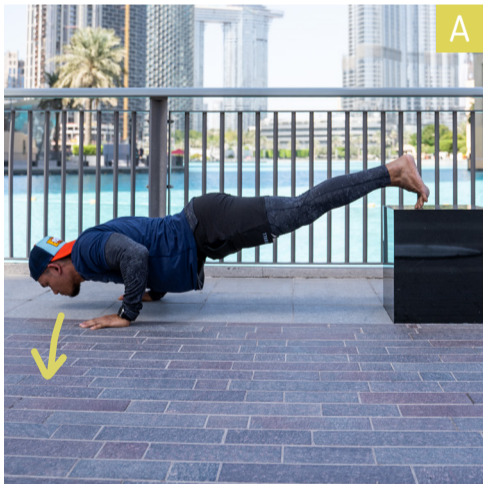
Full Body
sprawls to tuck jumps x 90 secs
push up to pike press x 90 secs
push up to kick through x 90 secs

5 SET

SPRAWLS TO TUCK JUMPS x 90 secs work - 90 secs rest



PUSH UP TO PIKE PRESS x 90 secs work - 90 secs rest



PUSH UP TO KICK THROUGH x 90 secs work - 90 secs rest

