

A woman in a gym setting is performing a backbend exercise. She is wearing a dark sports bra and shorts, and is holding a dumbbell in her right hand. Her left leg is raised high, and she is holding a dumbbell in her right hand. The background shows a large window with a view of a city skyline. A potted plant is visible in the foreground.

**30** MIN

**BOOTY**

**WORKOUT**

WITH DUMBBELLS

# Sit And Be Fit 30minute Workout

**Padhraic Smyth**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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