

A woman in a gym setting is performing a glute bridge exercise. She is lying on her back on a dark mat, with her knees bent and feet flat on the floor. She is holding a pair of dumbbells on her hips. Her arms are extended upwards, and her legs are lifted, with one leg bent at the knee and the foot pointing towards the ceiling. The background shows a large window with a view of a city skyline and a potted plant on a table.

**30** MIN

**BOOTY**

**WORKOUT**

WITH DUMBBELLS

# Sit And Be Fit 30minute Workout

**Laurette Willis**



## **Sit And Be Fit 30minute Workout:**

Delve into the emotional tapestry woven by Emotional Journey with in **Sit And Be Fit 30minute Workout** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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