

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 head is resting on the floor. The background shows a large window with a view of a city skyline and a potted plant on a shelf.

**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.

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

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