

A woman in a gym setting is performing a backbend exercise. She is wearing a black sports bra and black shorts. Her back is arched, and her right leg is raised high, holding a dumbbell. Her left leg is on the floor. A small potted plant is visible in the background.

**30** MIN

**BOOTY**

**WORKOUT**

WITH DUMBBELLS

# Sit And Be Fit 30minute Workout

**Lei Huang**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

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

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