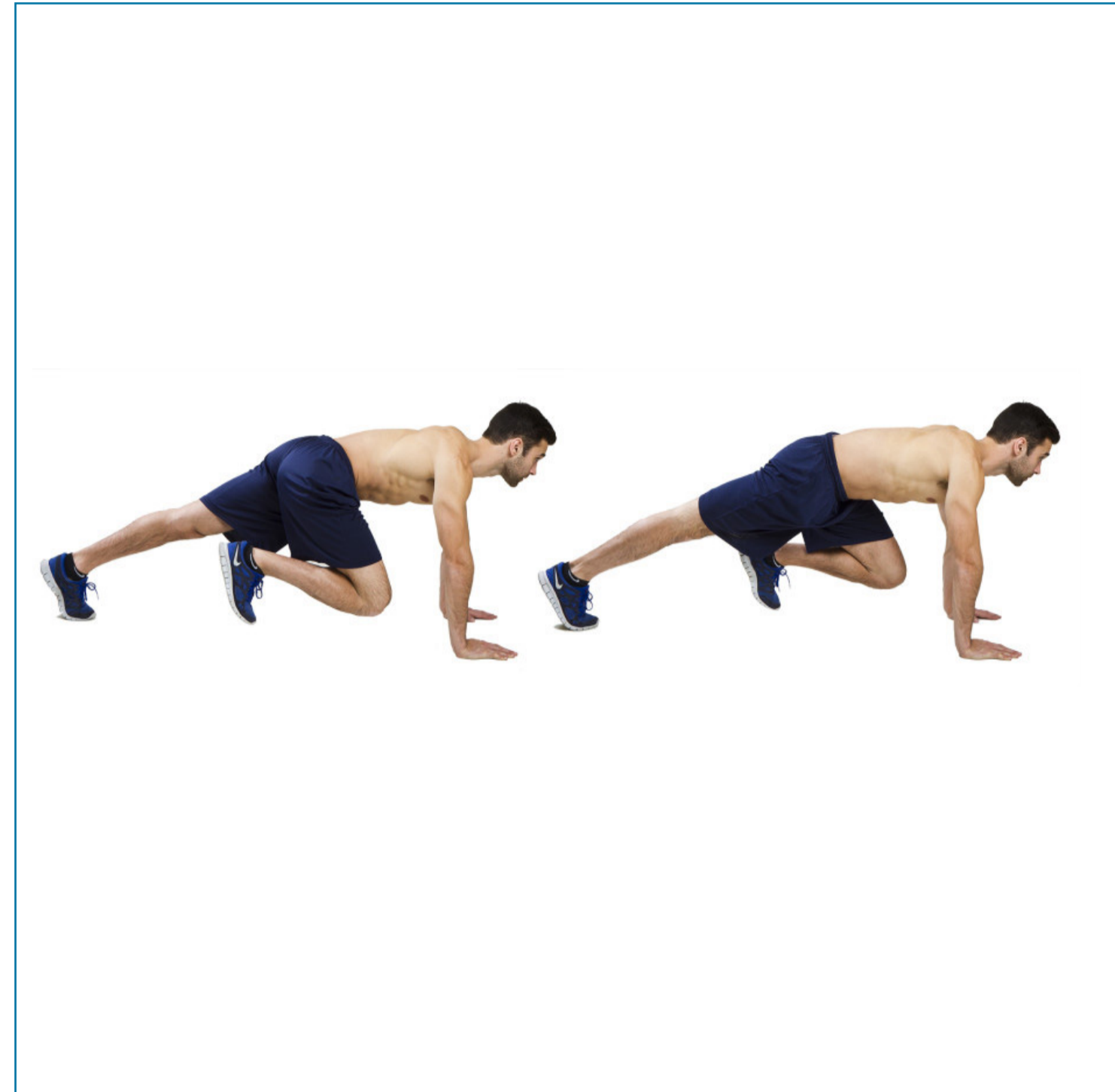


FITNESS WORKOUT PROGRAM

1. Alternate Mountain Climber
– 12 reps each side



2. Turkish Get-Up
– 6 reps each side



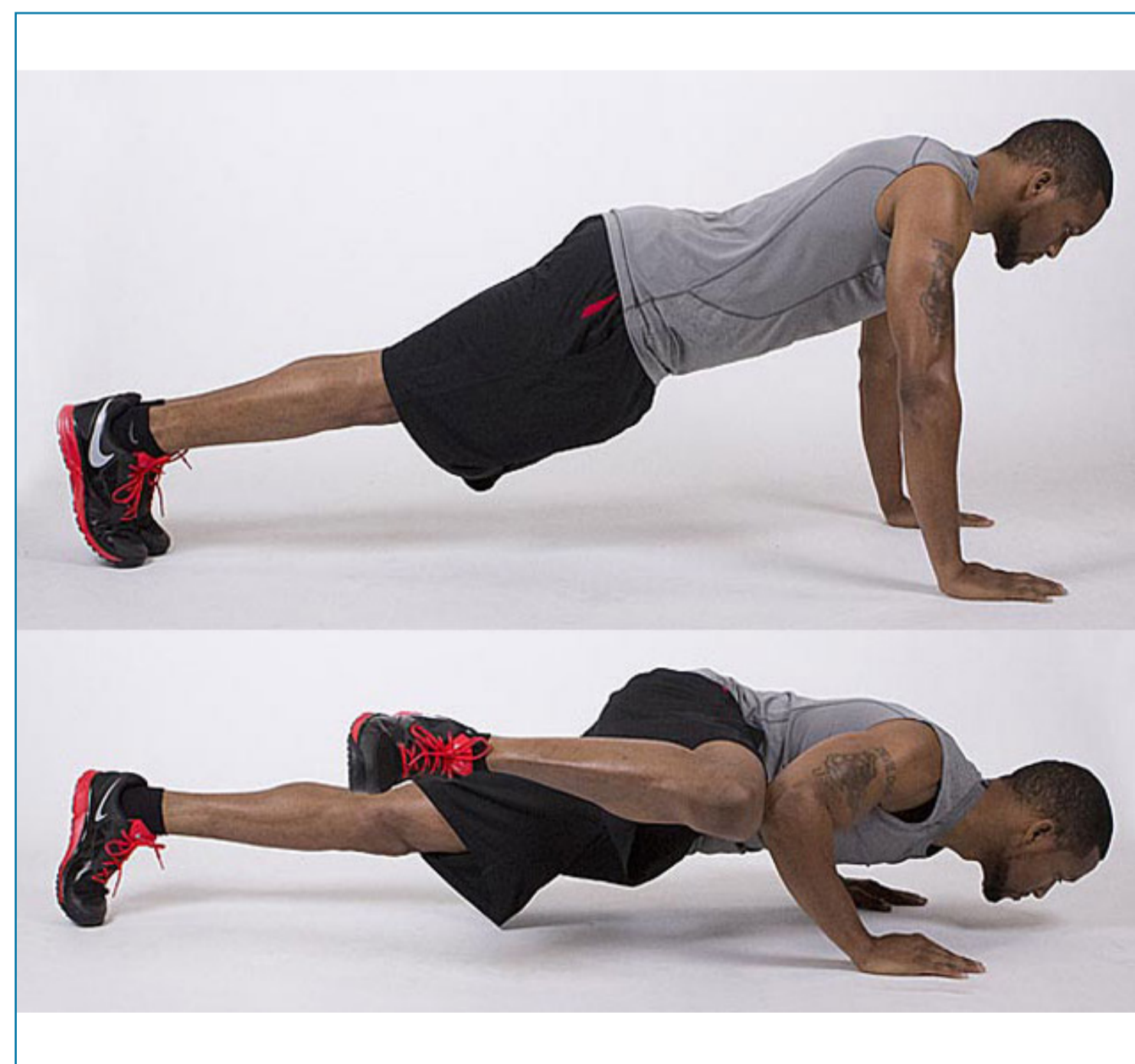
3. Half Kneeling Windmill Unloaded – 6 reps each side



4. Medicine Ball Front Lunge Pass Under – 6 reps on each sides



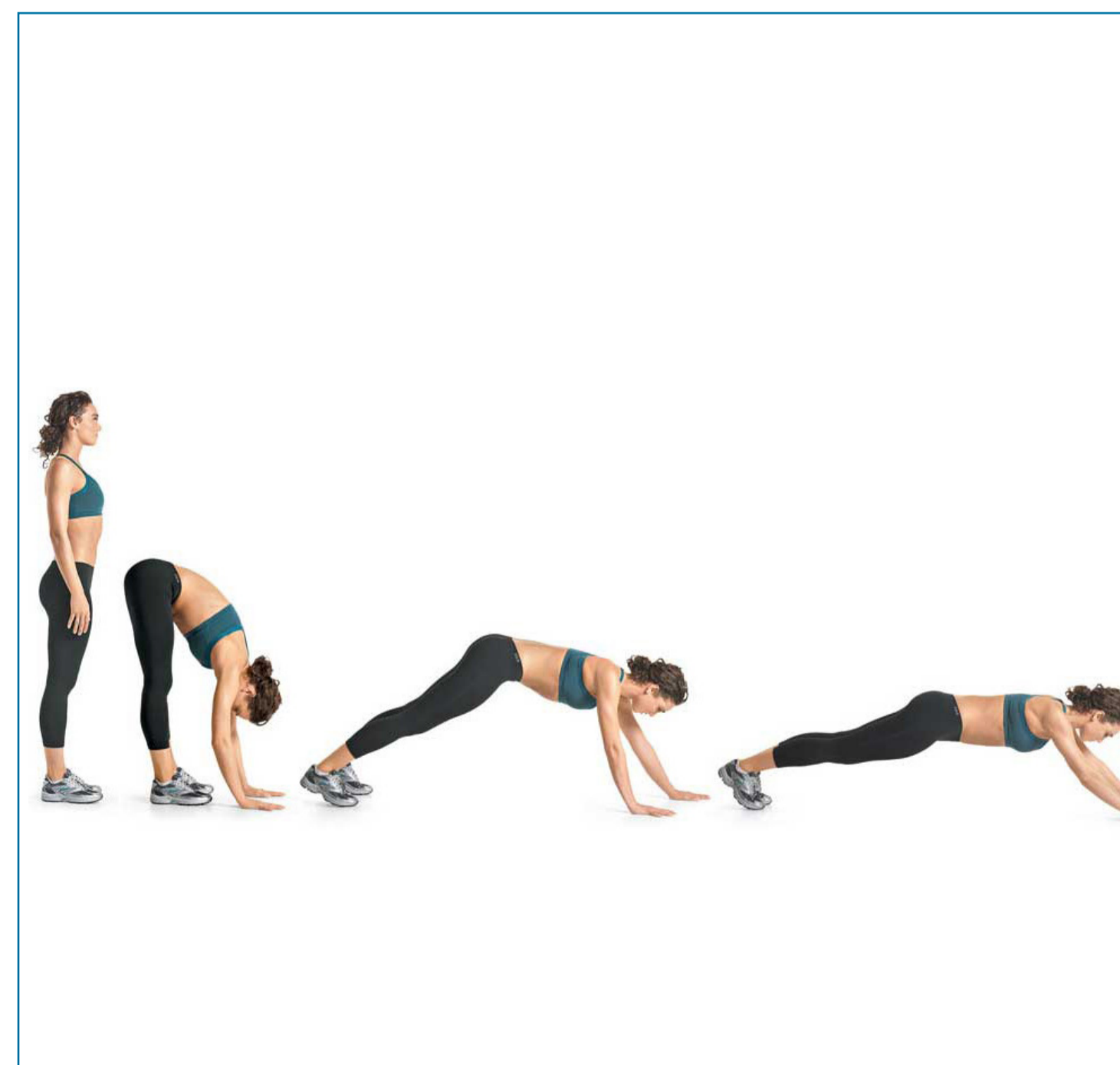
5. Spiderman Push-Up
– 12 reps each sides



6. Single Leg Romanian Deadlift
– 12 reps each sides



7. Inchworm:
a) Forward: Leaning with hands – 6 reps
b) Reverse Leading with feet – 6 reps



8. DB Side Lunges
– 6 reps on each sides



REPEAT THE CIRCUIT FOR 3 SETS