

# FITNESS WORKOUT PROGRAM

1. **Power Cross Chop**  
– 6 reps each side



2. **Split Push-up Knee Tuck**  
– 6 reps each side



3. **Balancing Burpee** – 12 reps



4. **Tricep Press Matrix** - 12 reps



5. **Extension Pass**  
– 6 reps each sides



6. **Side-to-Side-Slam**  
– 6 reps each sides



7. **Weighted Boat Rock** - 12 reps



8. **Floor Ball Slam** – 12 reps



**REPEAT THE CIRCUIT FOR 3 SETS**