

31ST FITNESS WORKOUT PROGRAM

01

LATERAL SQUAT JUMP
- 6 REPS EACH SIDE



02

BOSU PLANK REAR DELT
RAISE - 6 REPS EACH SIDE



03

BOSU OPPOSITE ARM,
OPPOSITE LEG V-UPS
- 6 REPS EACH SIDE



04

BOSU KNEELING TO STANDING
- 6 REPS EACH SIDE



05

BOSU SIDELYING BALANCE
- 6 REPS EACH SIDE



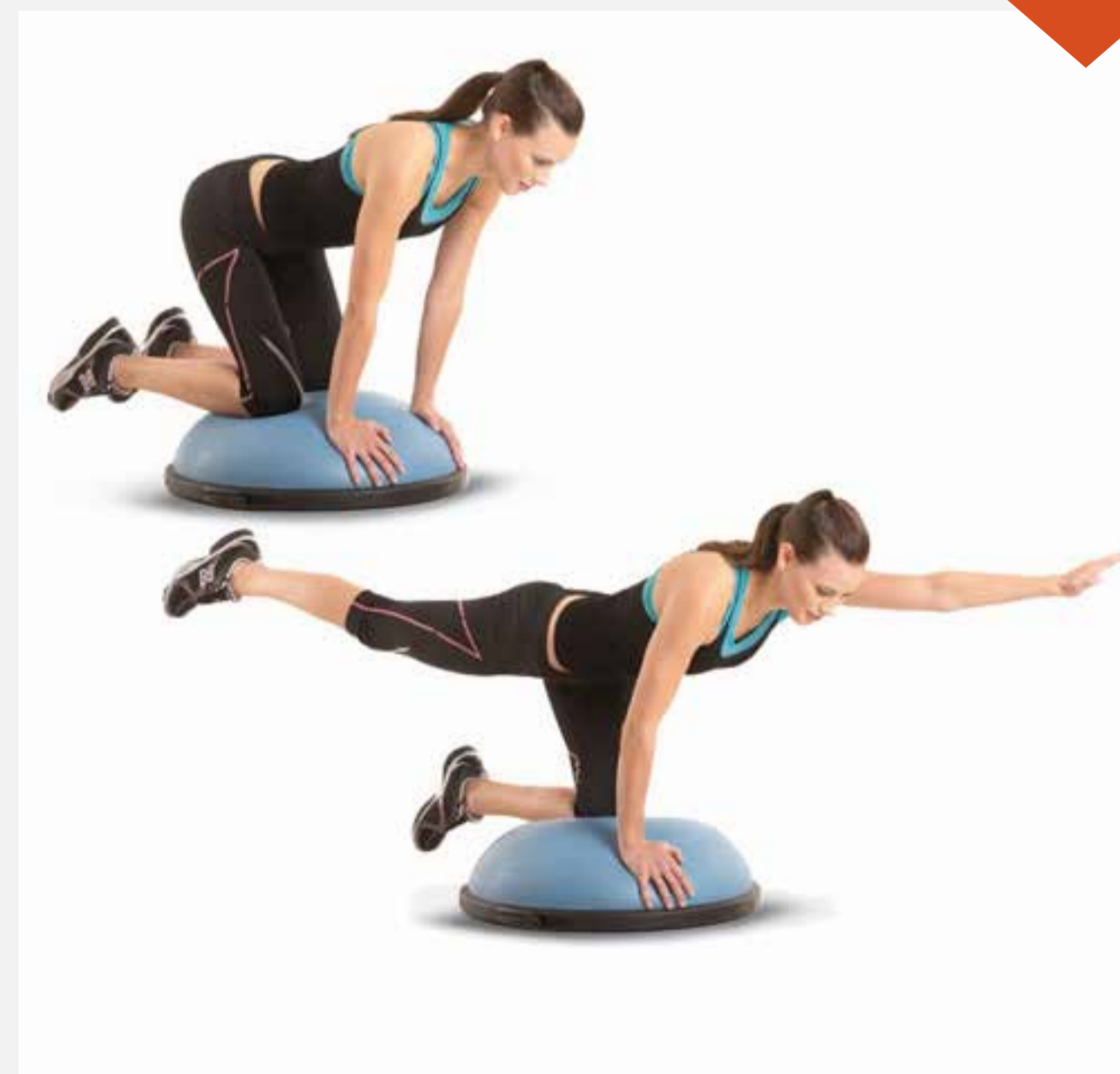
06

BOSU DEADBUG
- 6 REPS EACH SIDE



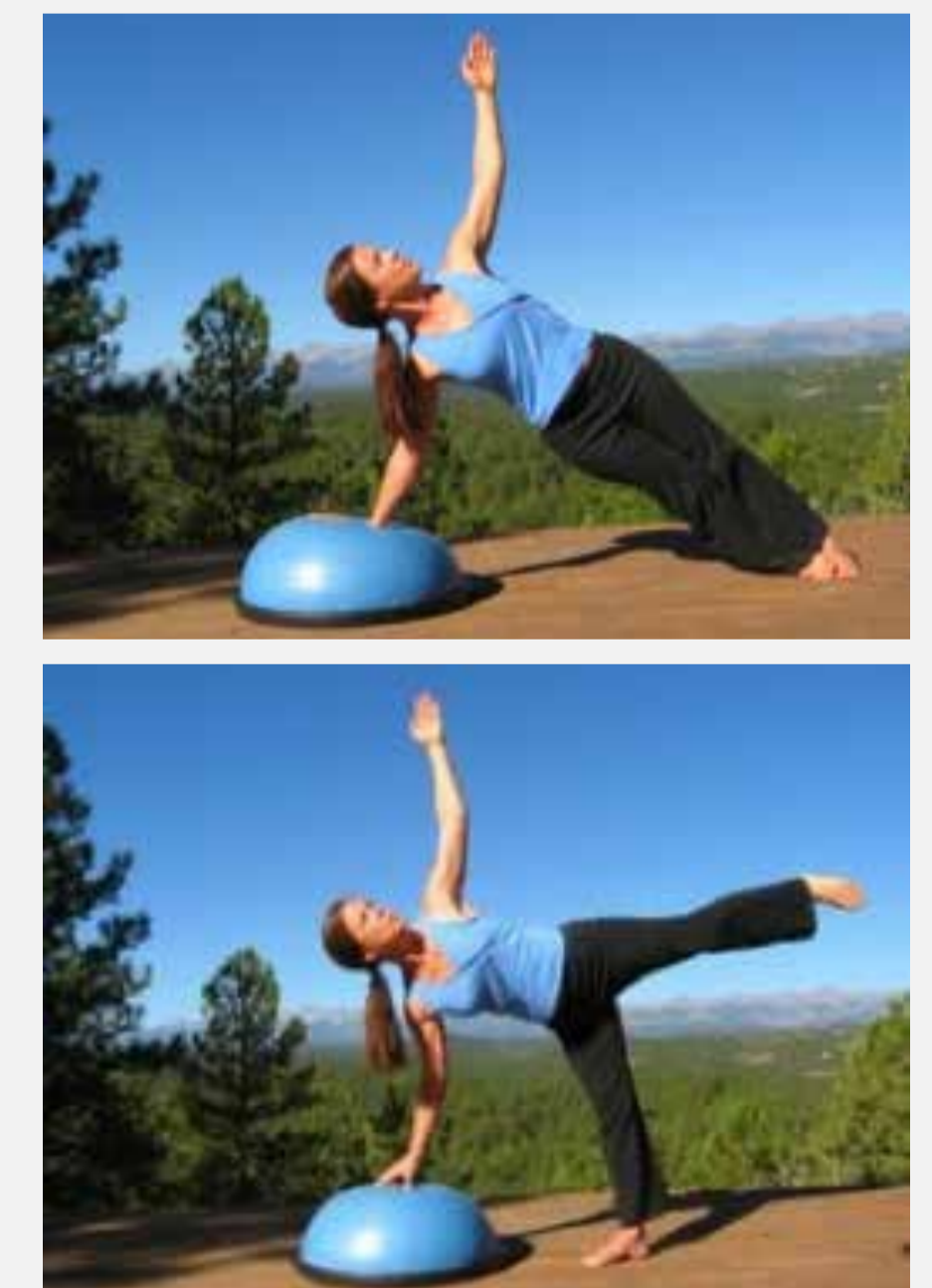
07

BOSU ALTERNATE ARM LEG
LIFT - 6 REPS EACH SIDE



08

YOGA BOW POSE ON BOSU
- 6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS