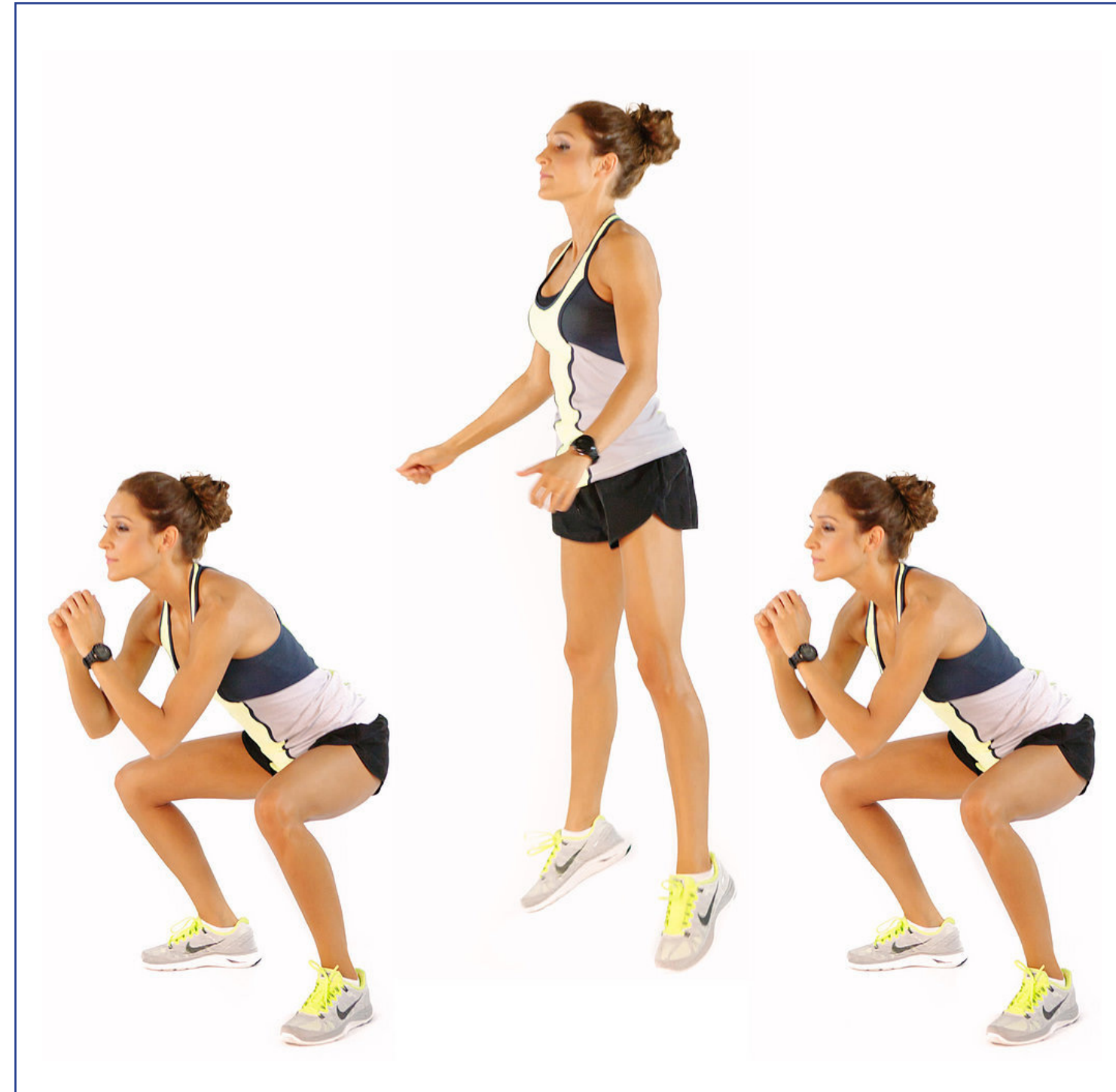
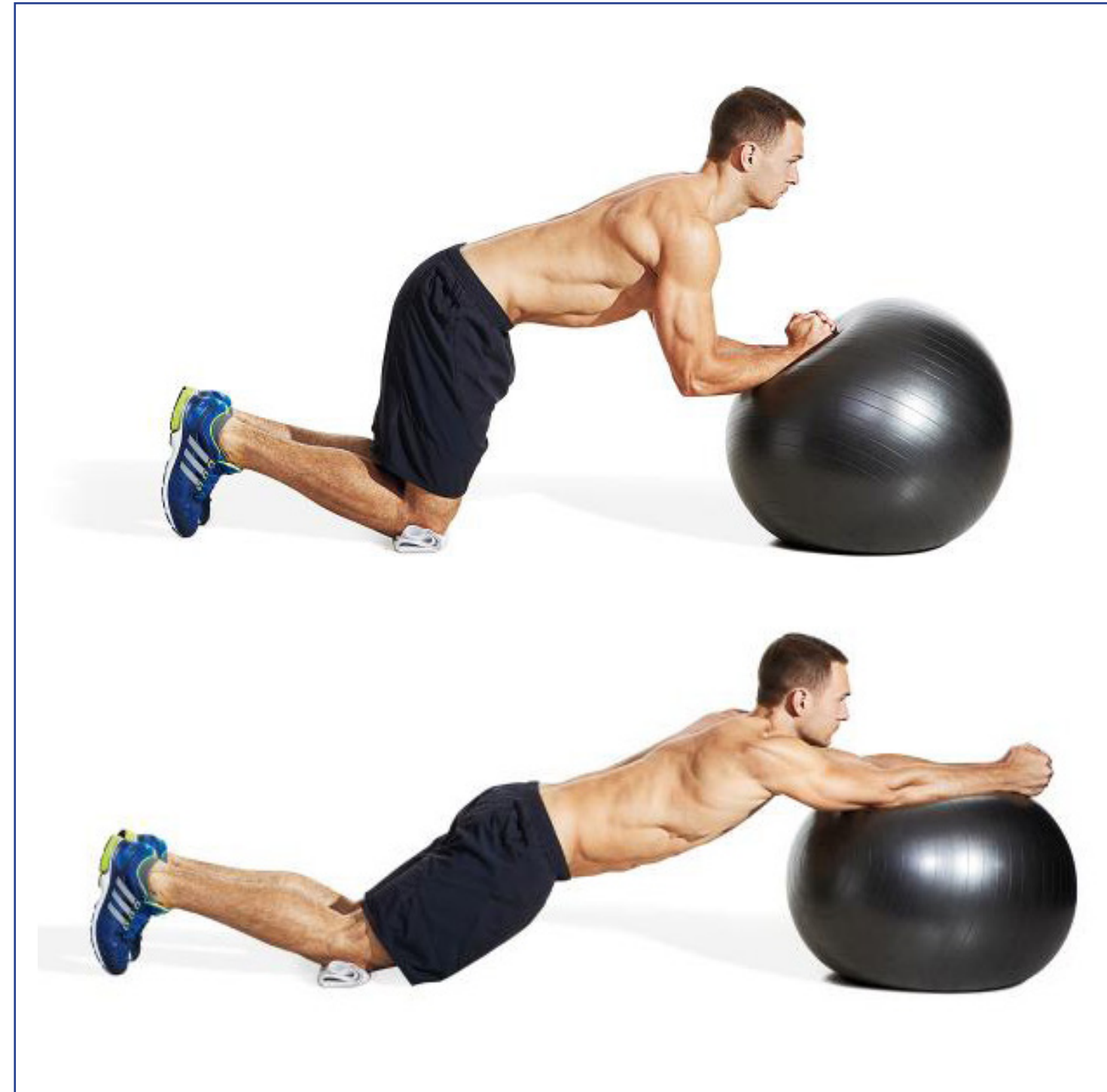


FITNESS WORKOUT PROGRAM

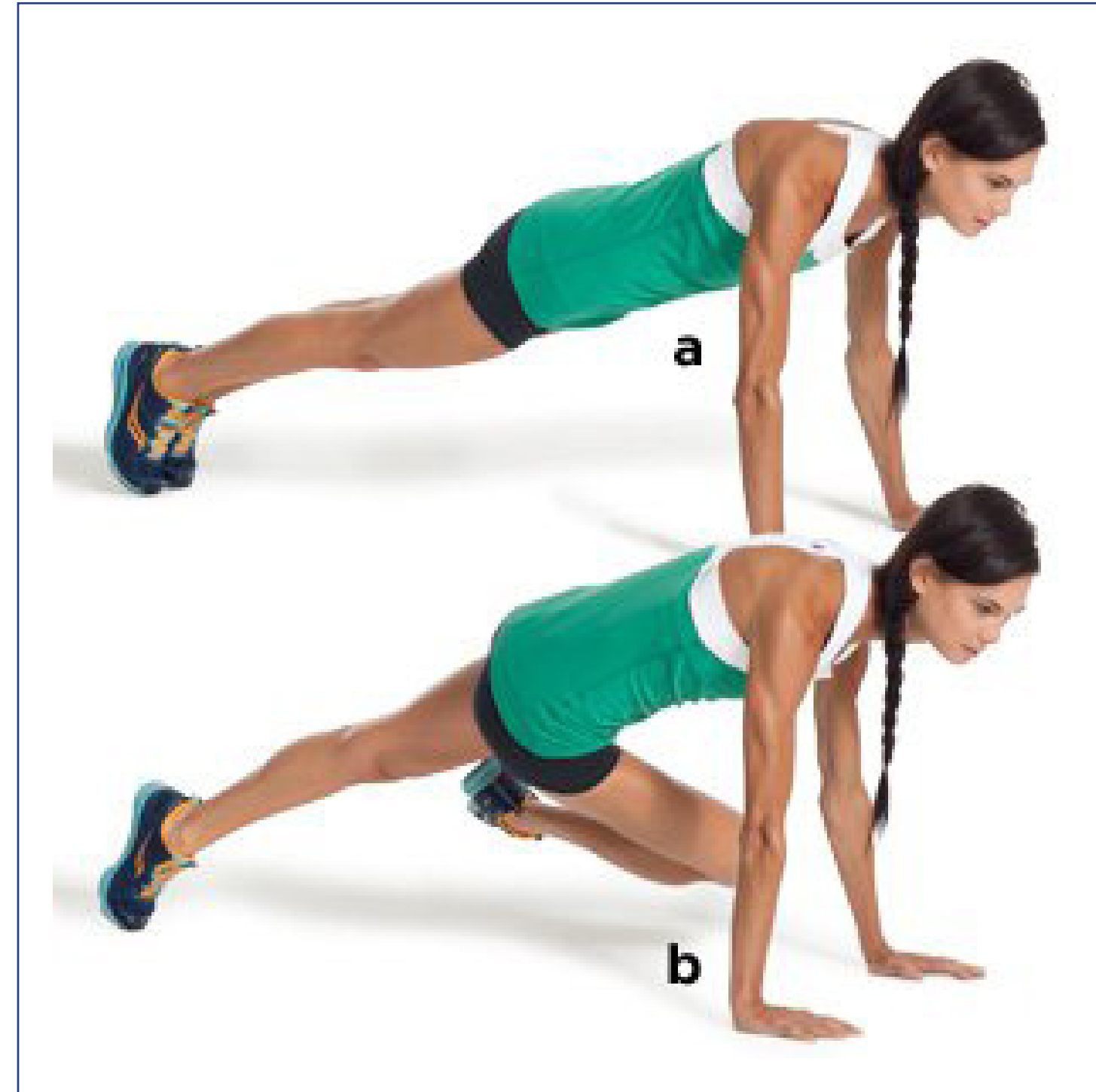
1. Squat Hops – 20 reps



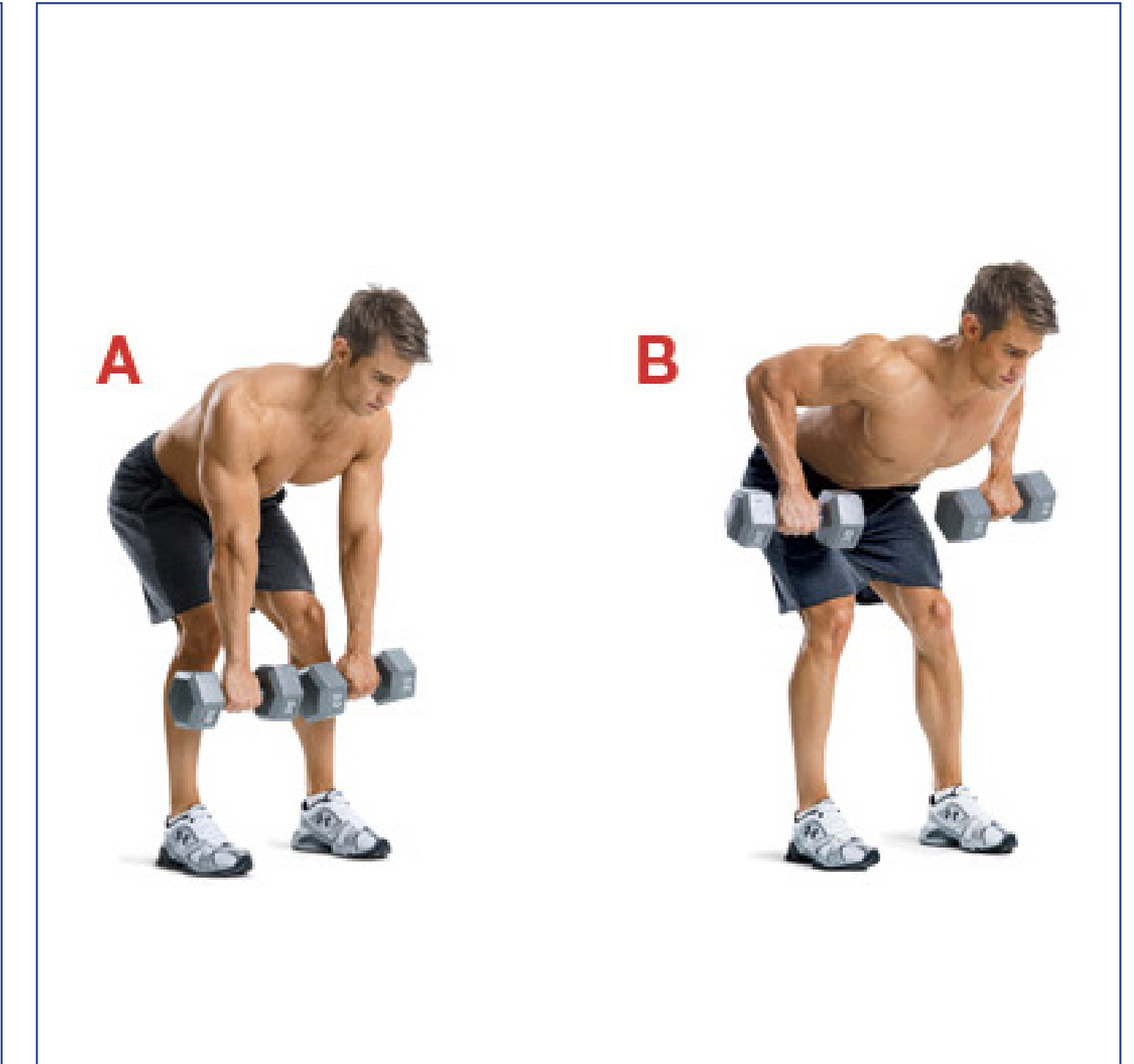
2. Ball Roll Outs - 12 reps



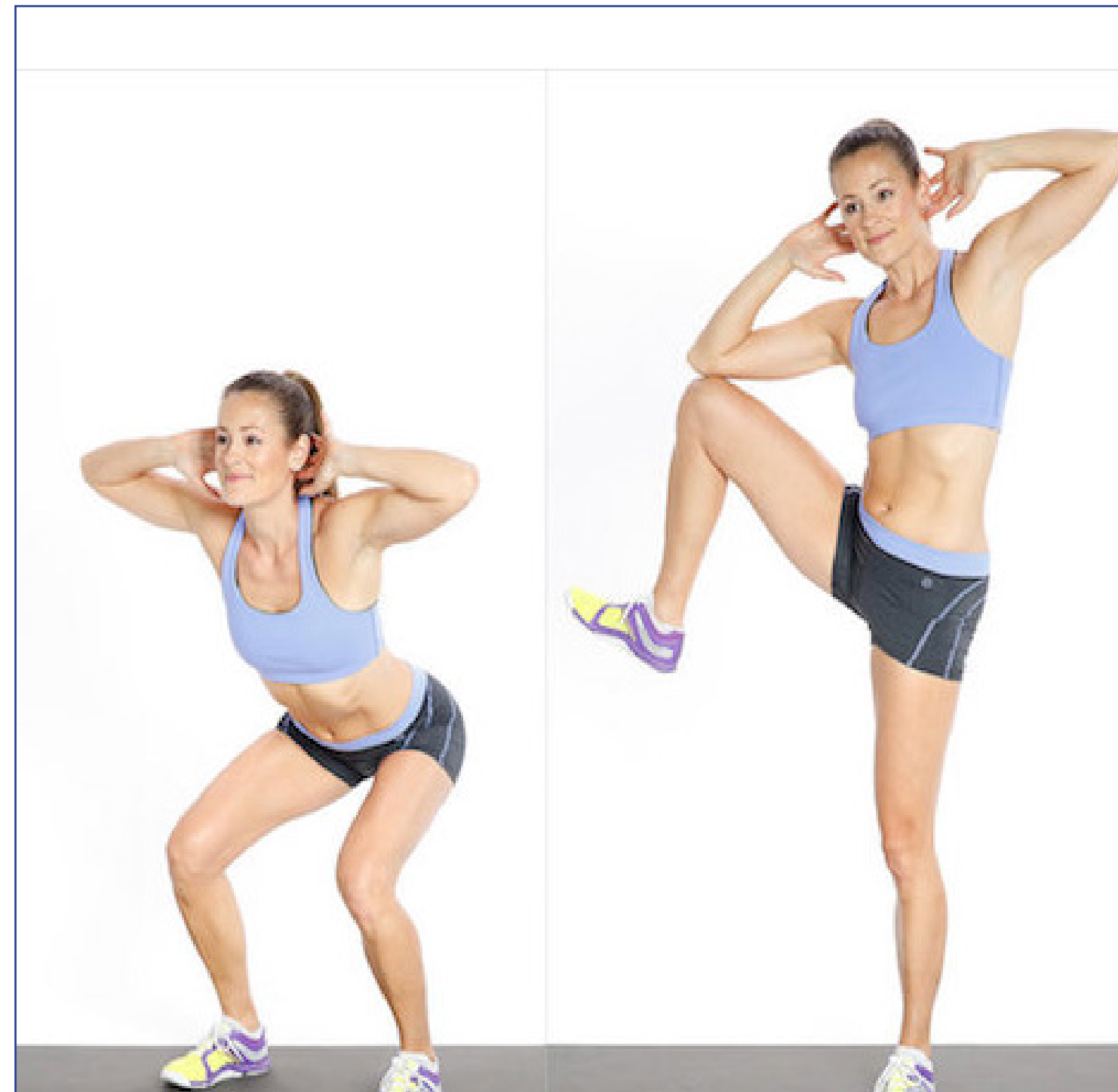
3. Crossbody Mountain Climbers – 12 reps on each sides



4. Bent Over Rows - 12 reps



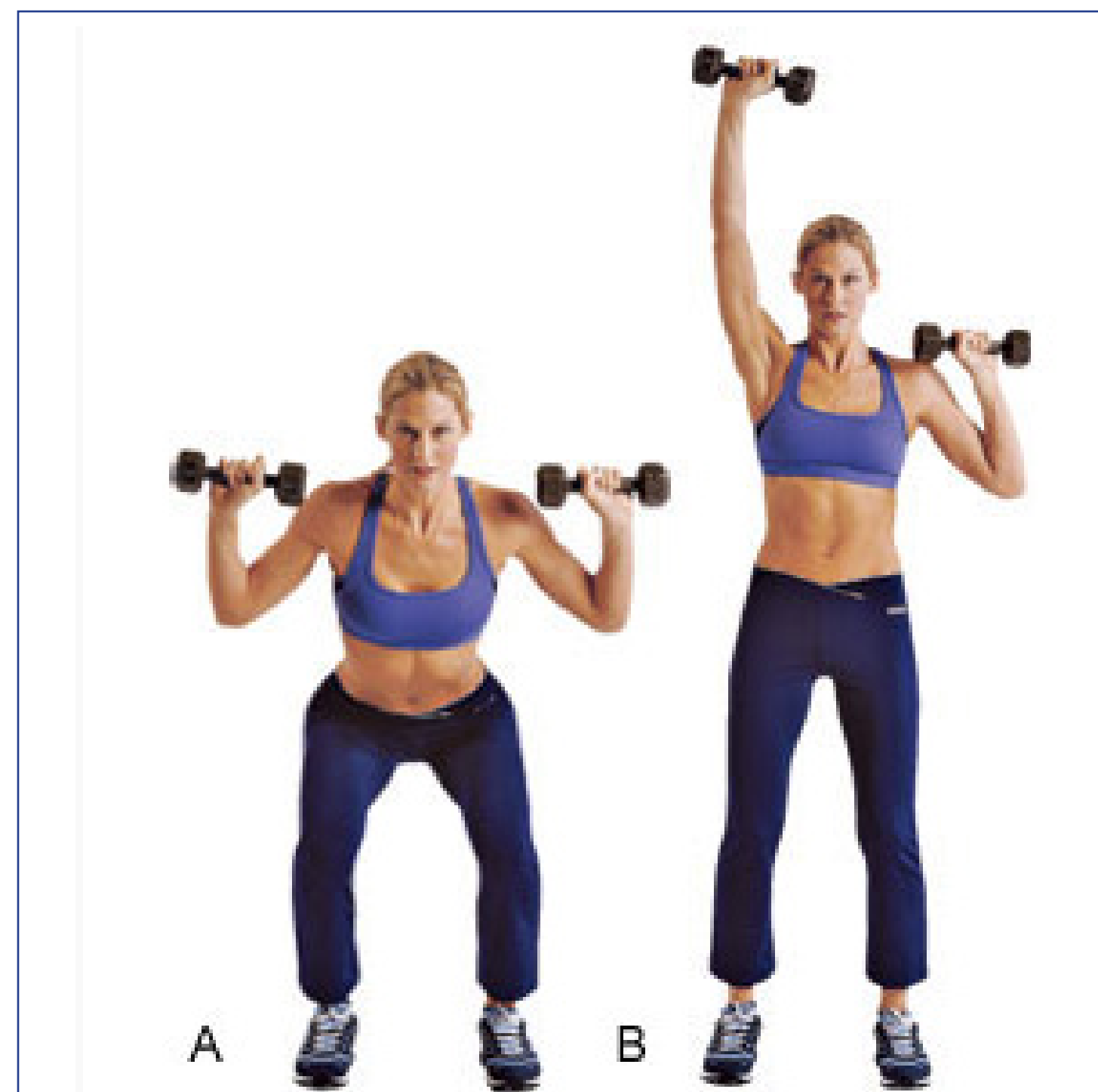
5. Squats with Standing Side Crunches – 12 reps on each sides



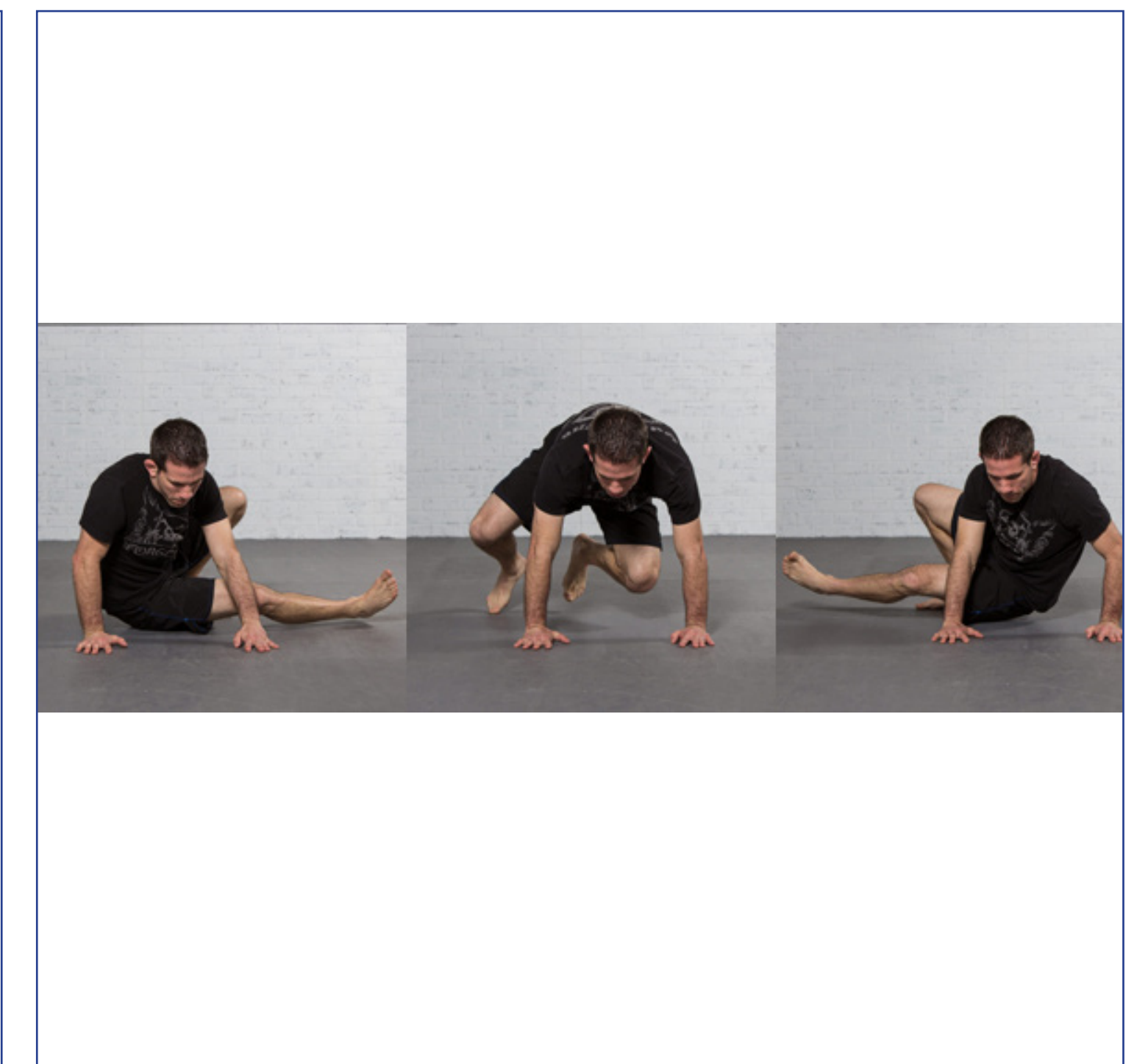
6. Single Arm Dumbbell Snatch – 12 reps on each sides



7. One Arm Push Press – 12 reps on each sides



8. Sit Outs – 12 reps on each sides



REPEAT THE CIRCUIT IN 3 SETS