

FITNESS WORKOUT PROGRAM

1. Jump Rope – 30 seconds



2. Bent Over Rows – 12 reps



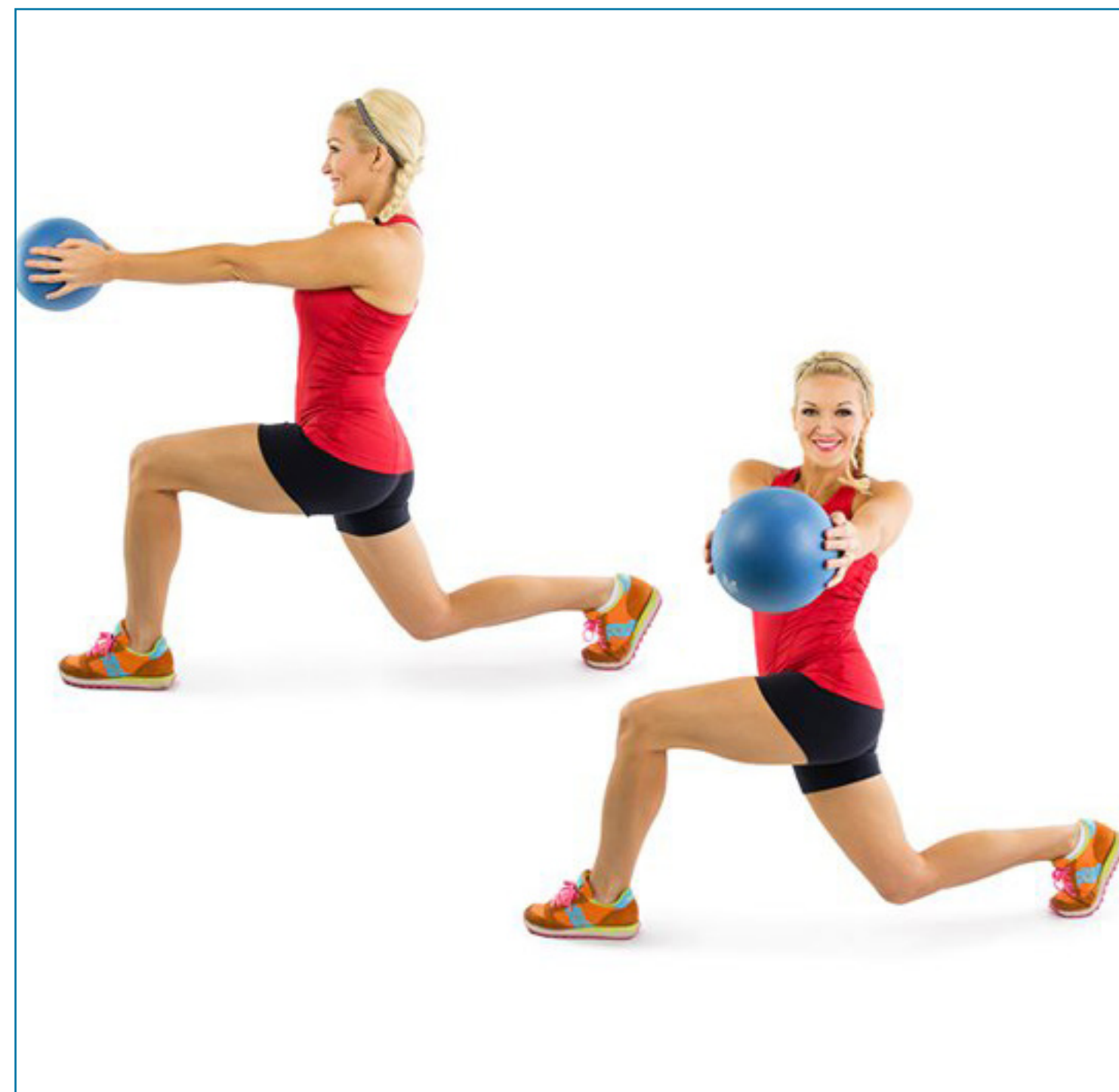
3. Squat Push Press – 12 reps



4. Plank Push Ups - 12 reps each sides



5. Reverse Lunge Twist – 12 reps on each sides



6. Mountain Climbers – 12 reps on each sides



7. Lateral Hops – 12 reps on each sides



8. Reverse Crunches – 20 reps



REPEAT THE CIRCUIT IN 3 SETS