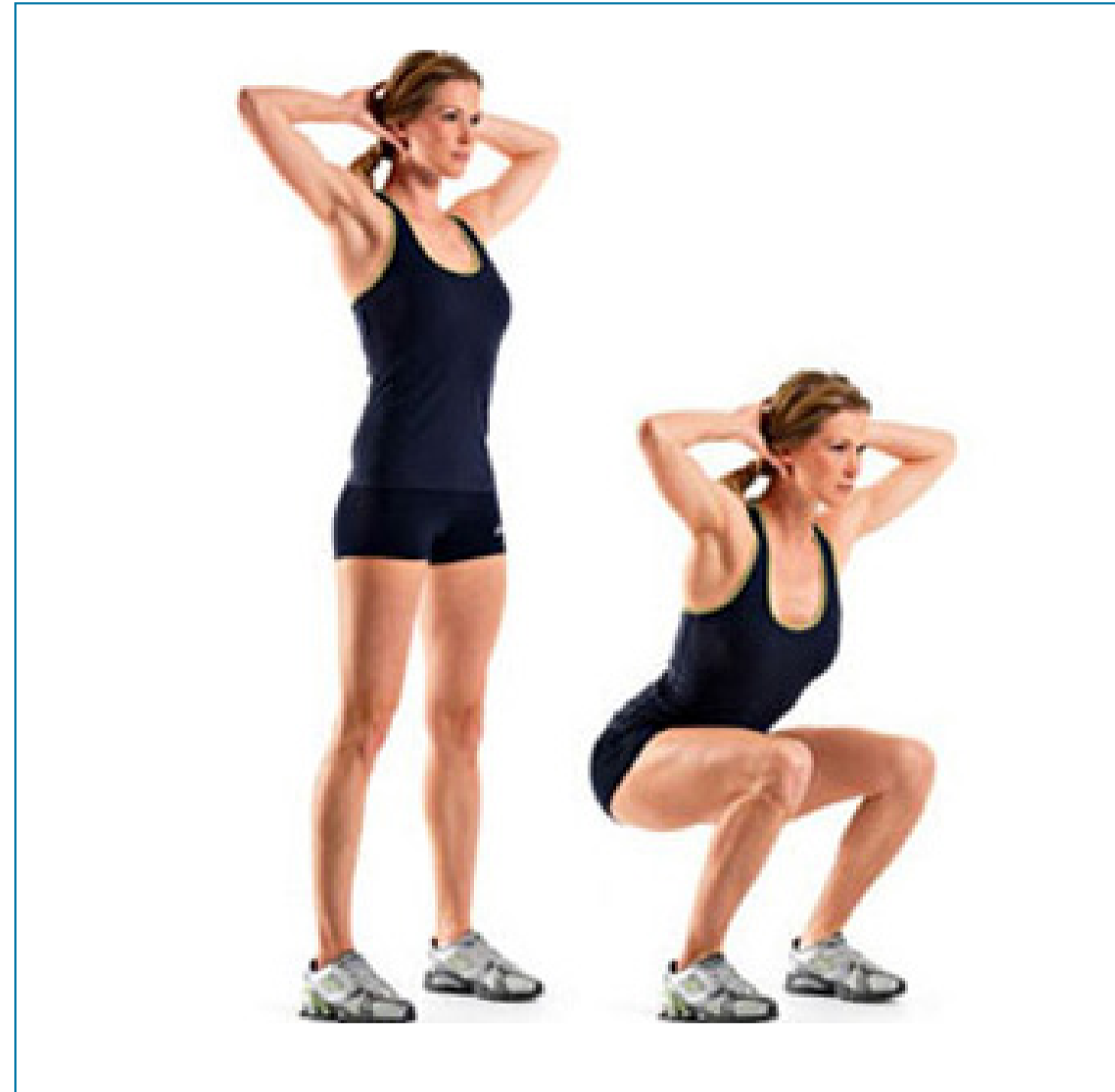
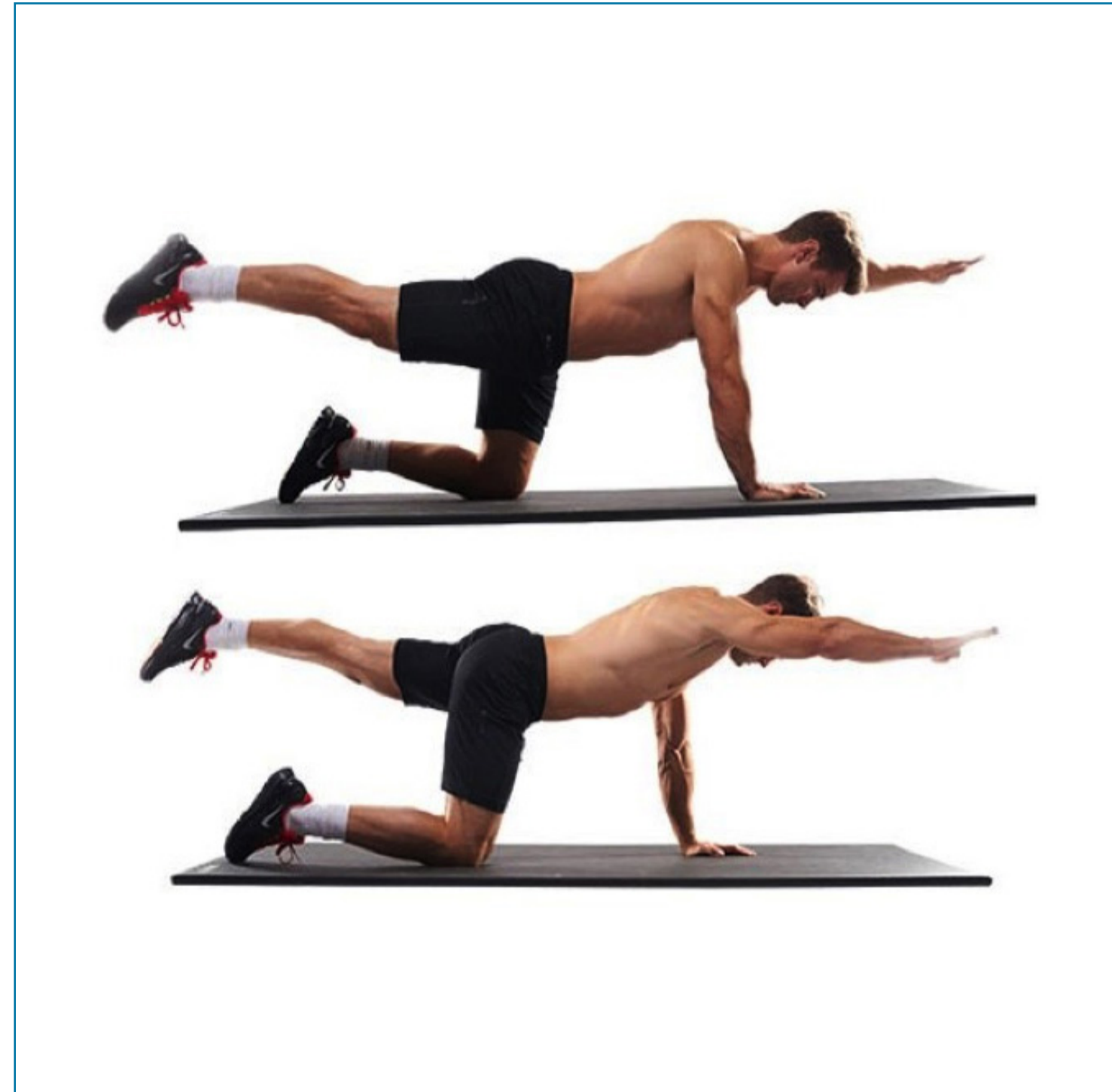


FITNESS WORKOUT PROGRAM

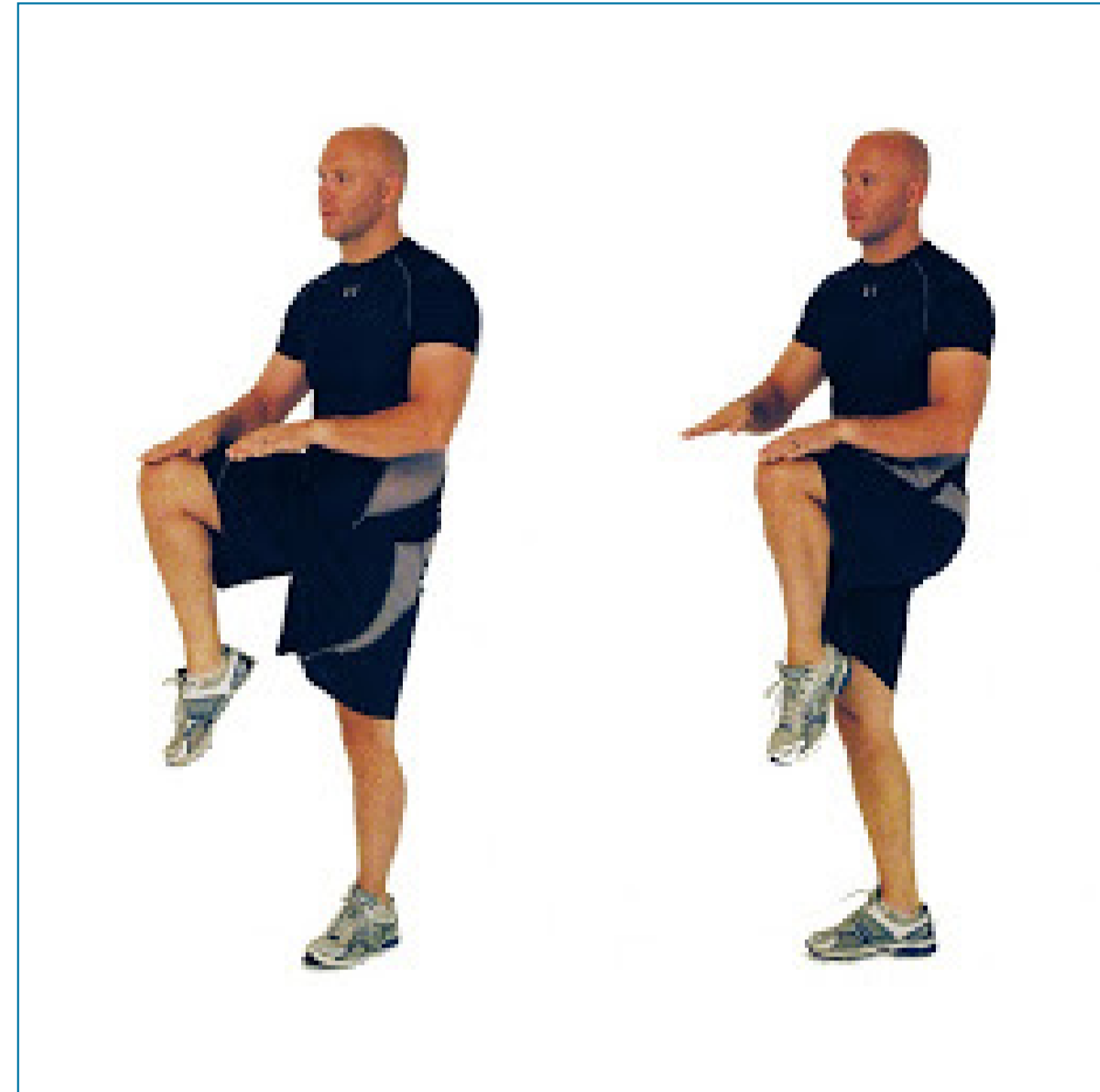
1. Squats – 20 reps



**2. Bird Dog Plank
- 12 reps each sides**



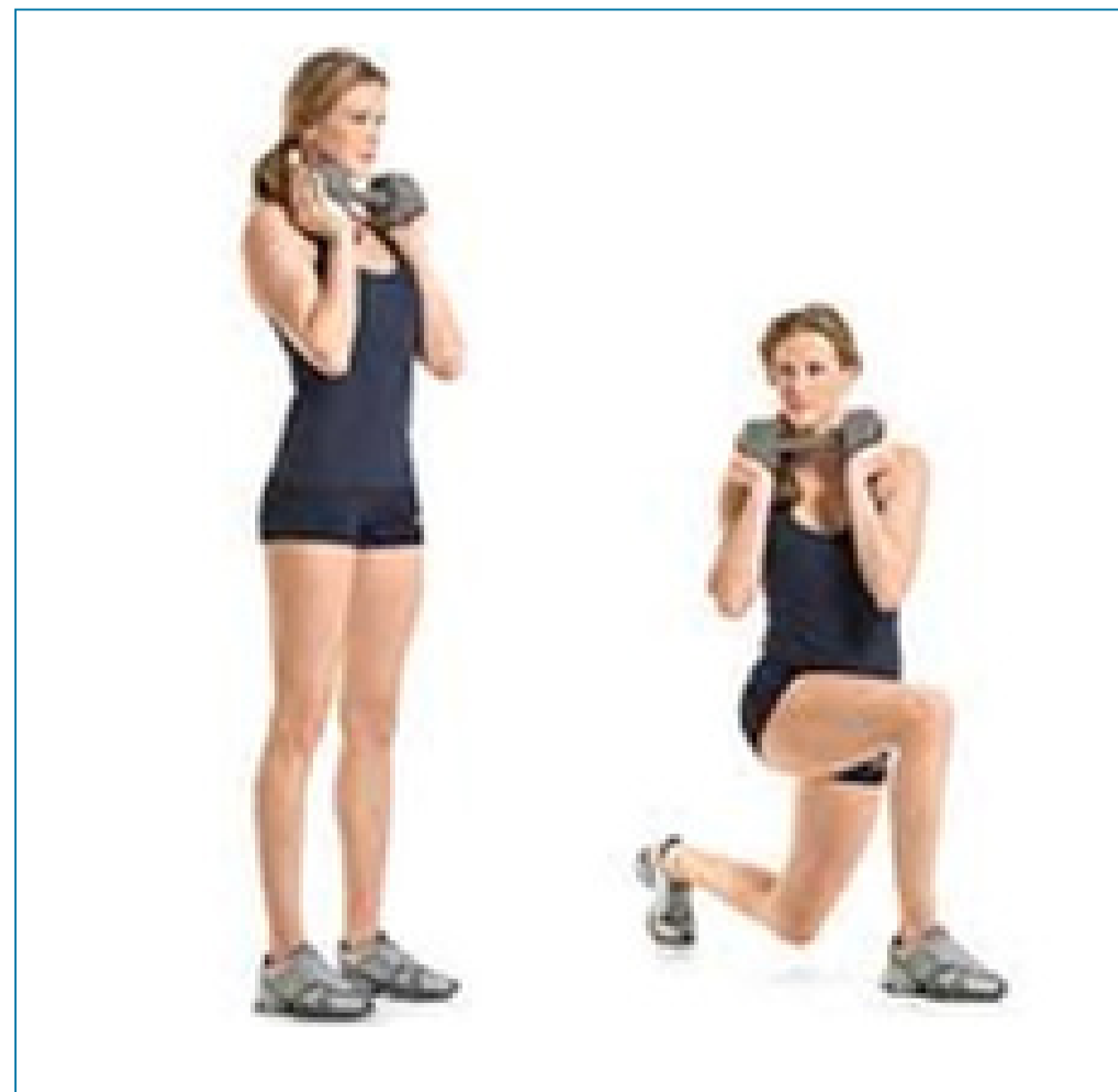
3. High Knee – 15 reps each sides



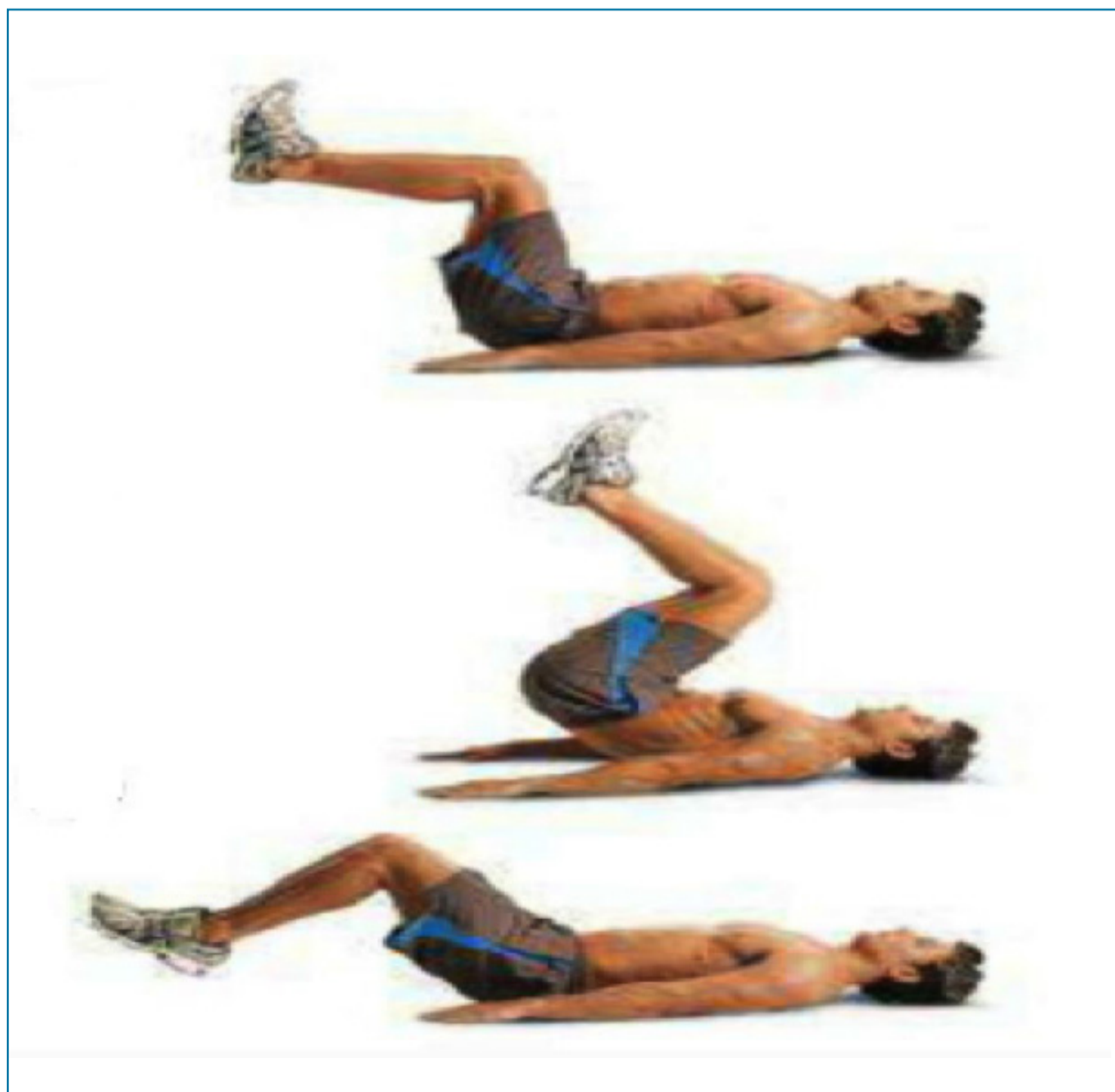
4. Push Press - 12 reps



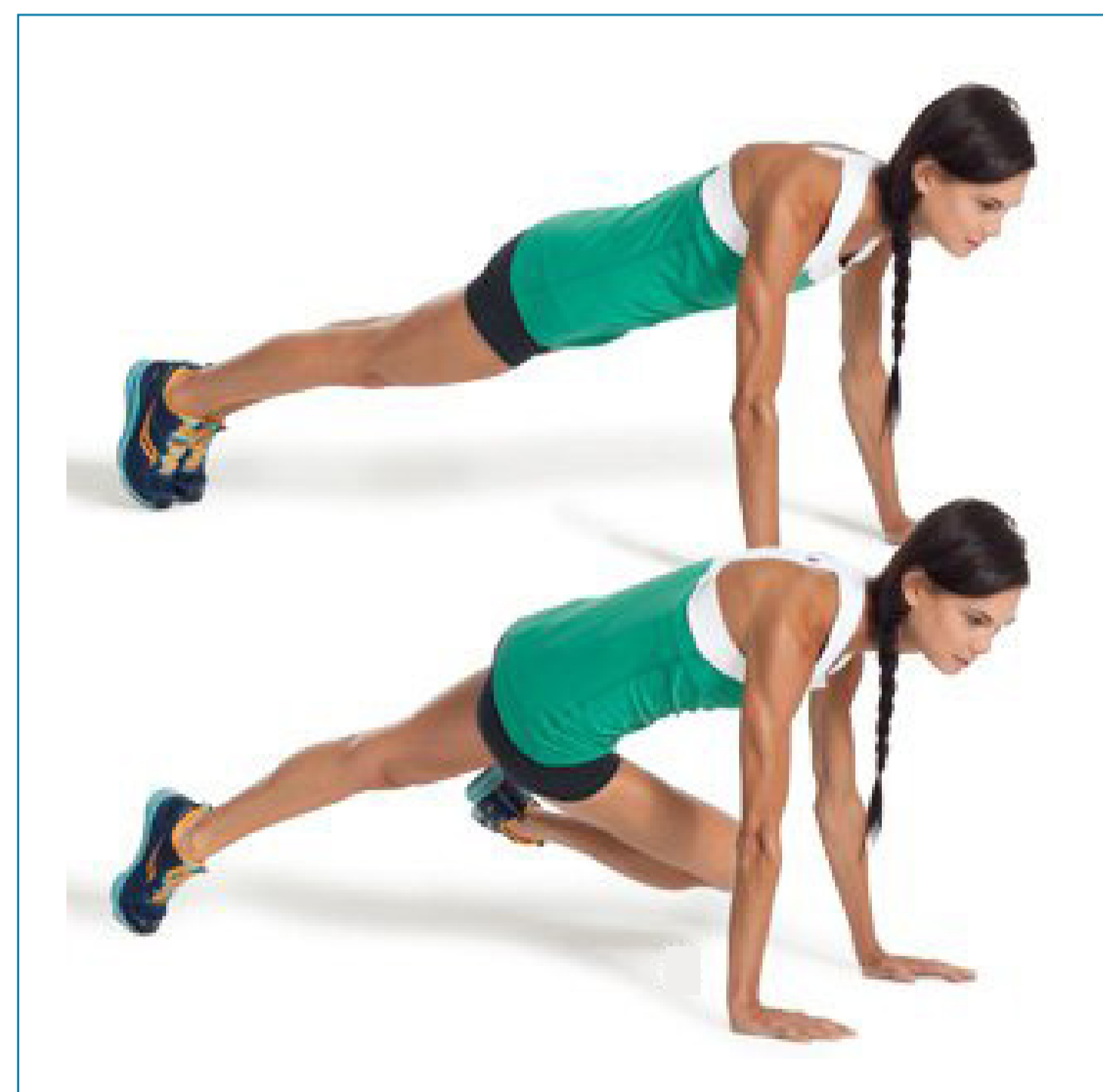
**5. Rotation Lunge
- 12 reps on each sides**



6. Reverse Crunch – 15 reps



**7. Cross Body Mountain Climbers
- 12 reps on each sides**



**8. Side Lunge to Balance
- 12 reps on each sides**



REPEAT THE CIRCUIT IN 3 SETS