

# FITNESS WORKOUT PROGRAM

**1. Lateral Hop**  
- 20 reps on each side



**2. Bent Over Row - 12 reps**



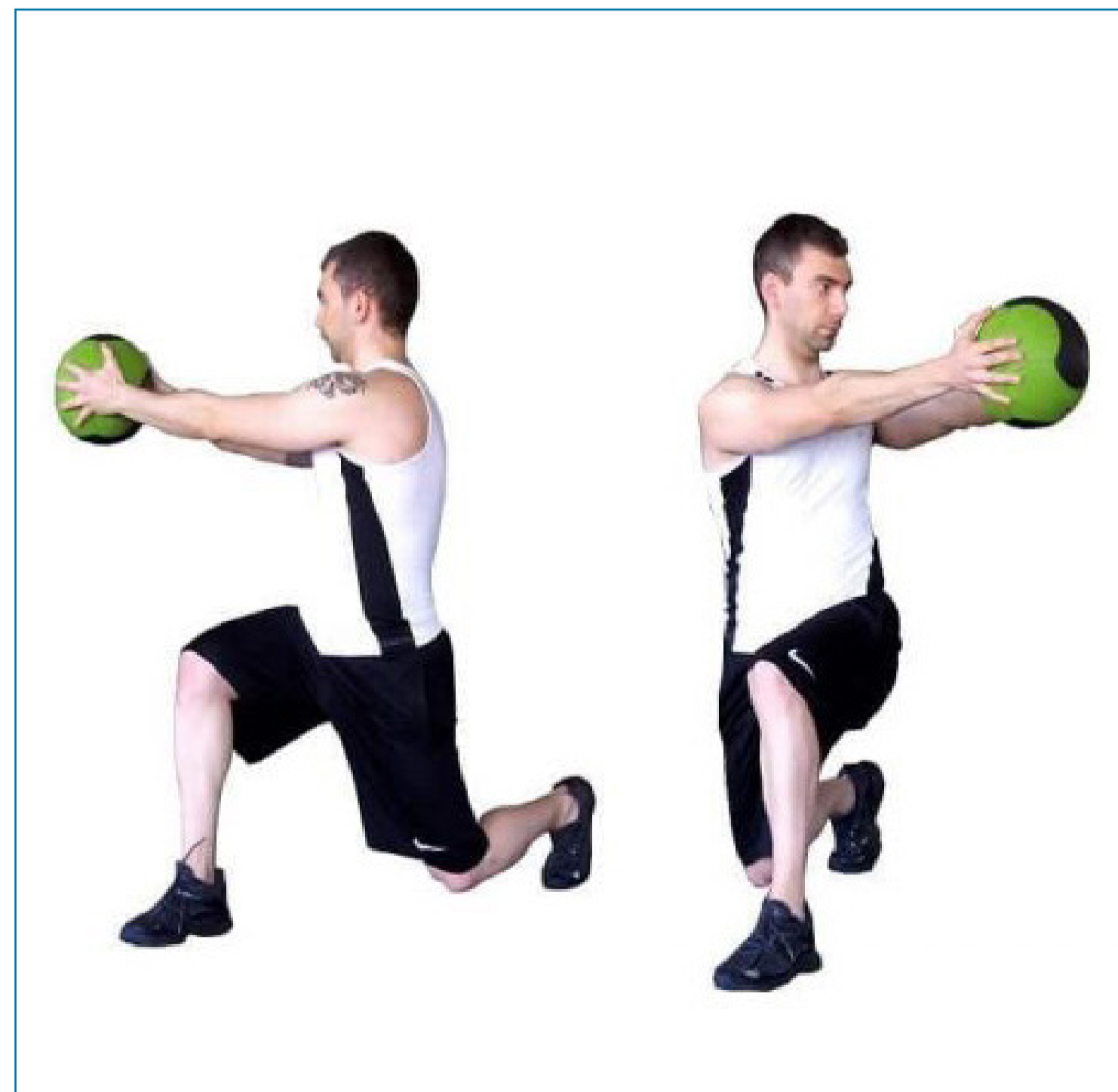
**3. Inch Worm - 10 reps**



**4. Spiderman Plank**  
- 12 reps on each side



**5. Lunge Twist**  
- 12 reps on each side



**6. Single Arm Overhead Press**  
- 12 reps on each side



**7. Triceps Push Up - 12 reps**



**8. Calisthenics Mountain Climber**  
- 20 seconds



**REPEAT THE CIRCUIT FOR 3 SETS**