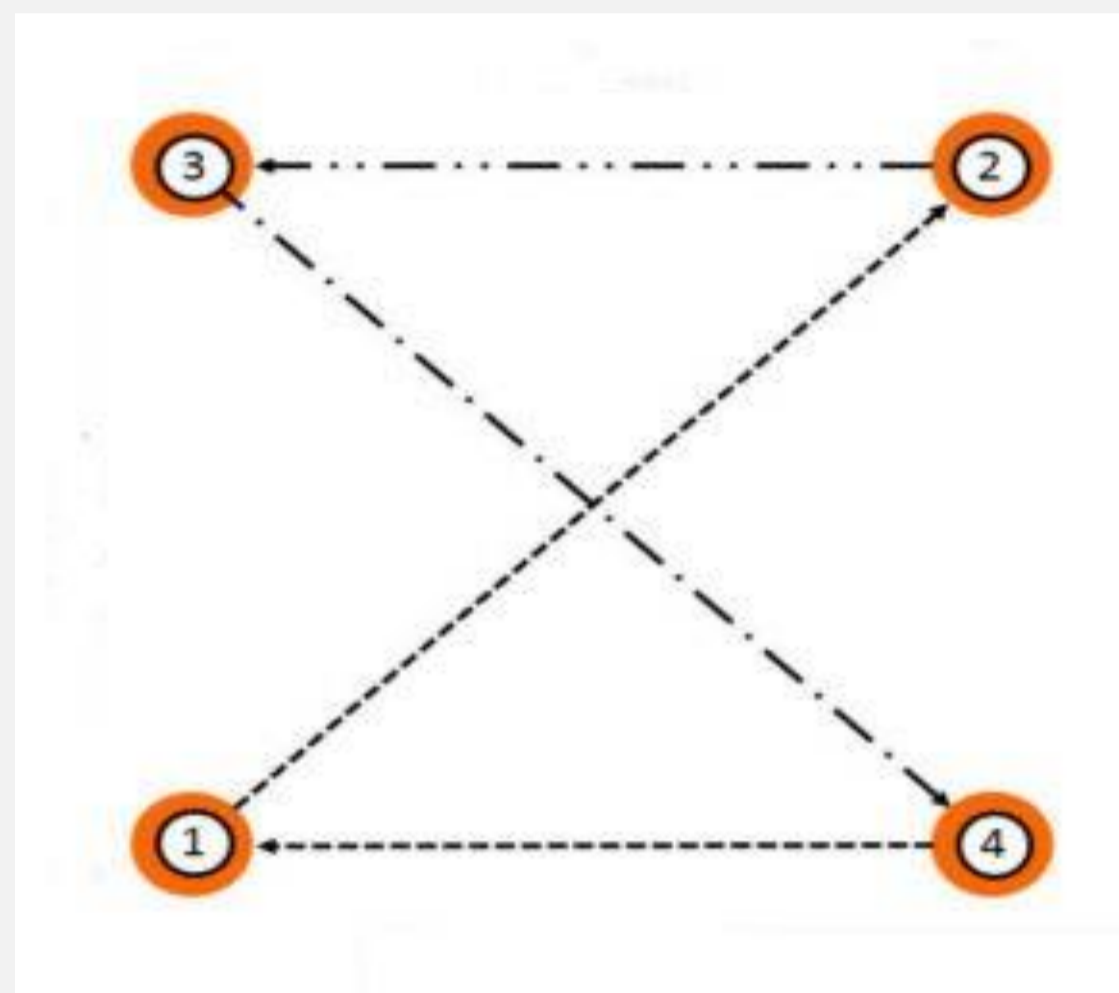


37TH FITNESS WORKOUT PROGRAM

01

FOUR CONE AGILITY DRILL - 6 ROUNDS



02

HINDU PUSH-UP - 12 REPS



03

REVERSE PLANK WITH LEG LIFT - 6 REPS EACH LEG



04

BAND PULL APART - 12 REPS



05

PRISONER SQUAT JUMP - 12 REPS



06

BIRD DOG CRUNCH - 6 REPS EACH SIDE



07

STICK UP - 12 REPS



08

ALTERNATING LATERAL LUNGE - 6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS