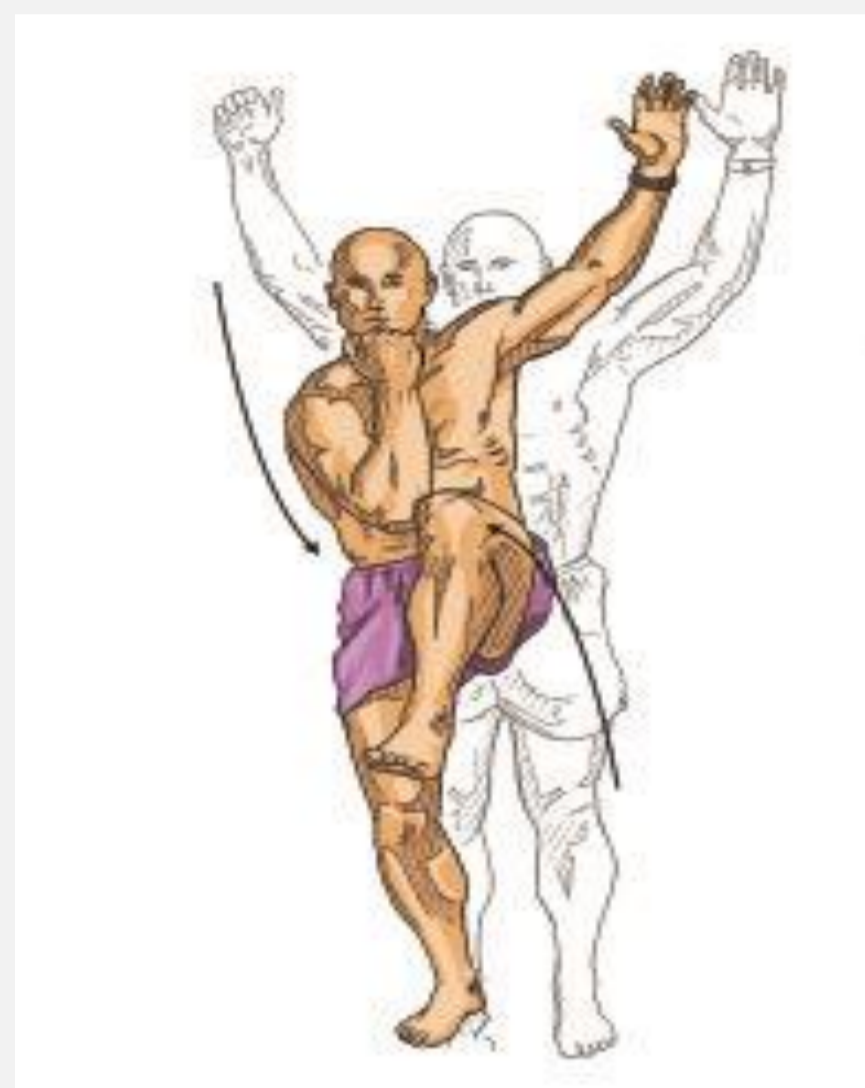


38TH FITNESS WORKOUT PROGRAM

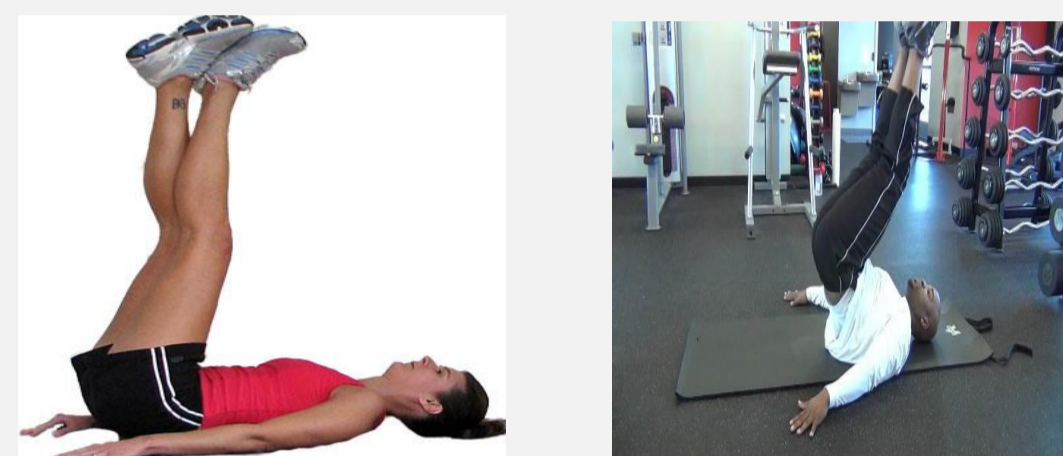
01

CROSS CRAWL - 6 REPS EACH SIDE



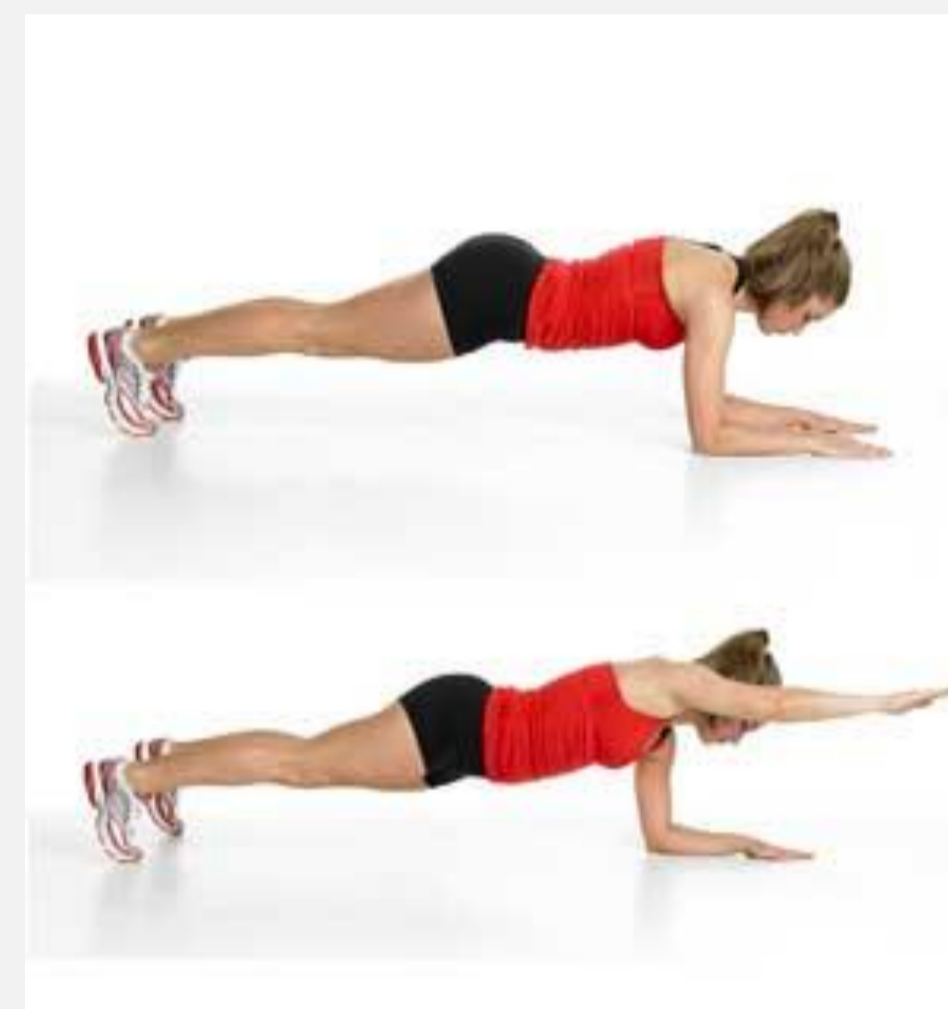
02

LYING HIP THRUST - 12 REPS



03

PLANK WITH ALTERNATING EXTENDED ARM - 6 REPS EACH SIDE



04

MEDICINE BALL REVERSE LUNGE ROTATION - 6 REPS EACH SIDE



05

MEDICINE BALL HIGH TO LOW CHOP - 6 REPS EACH SIDE



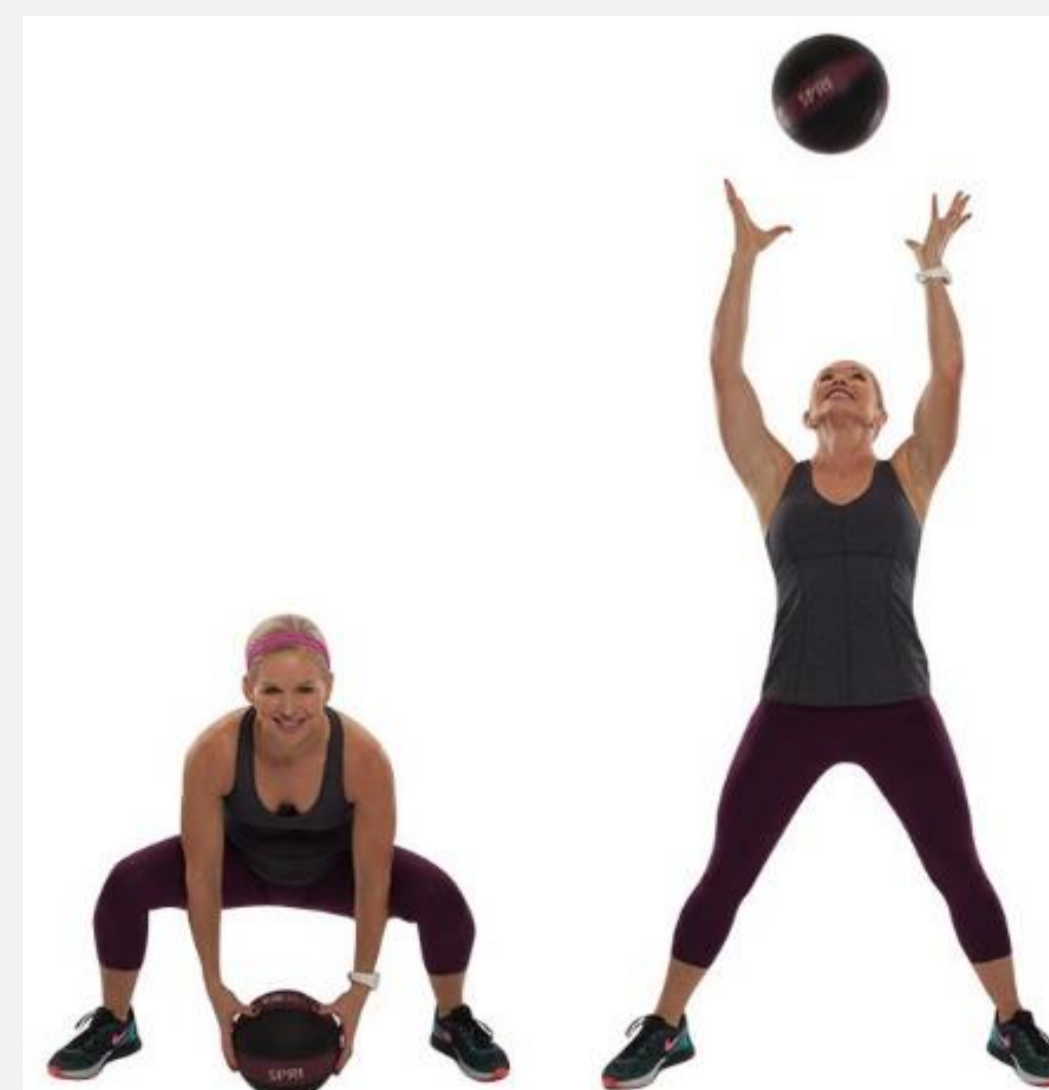
06

PUSH-UP & ROTATE - 6 REPS EACH SIDE



07

MEDICINE BALL SQUAT TOSS - 12 REPS



08

BREAKDANCE KICK - 6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS