

39TH FITNESS WORKOUT PROGRAM

01

REVERSE LUNGE & HOP -
6 REPS EACH SIDE



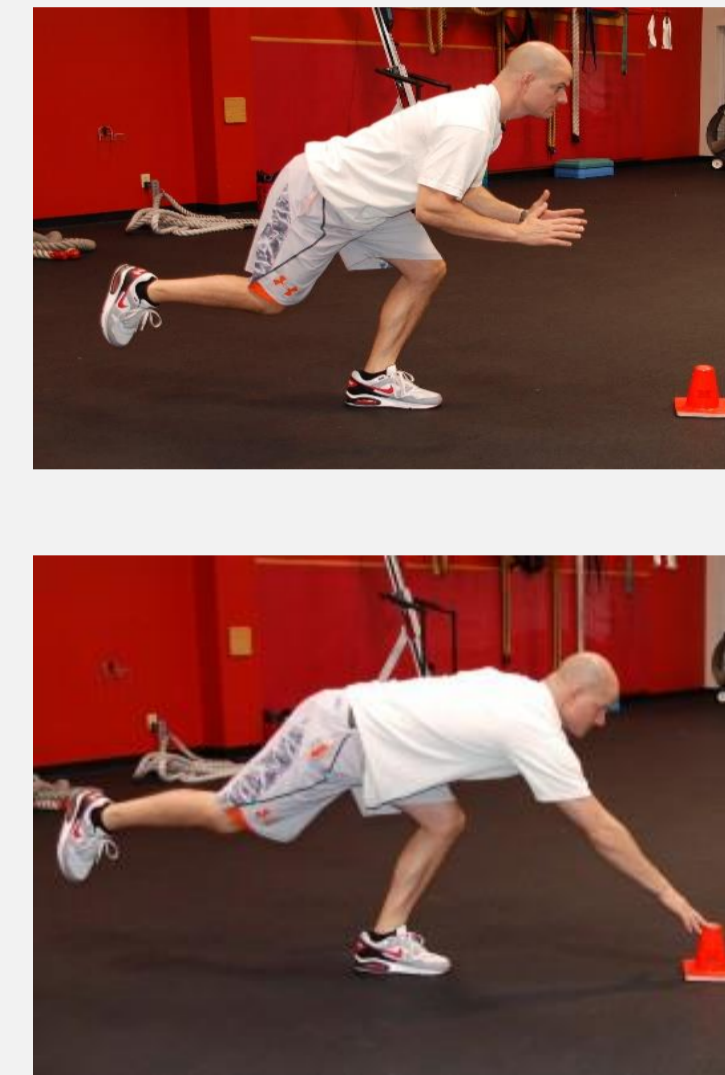
02

GRASSHOPPER PUSH-UP -
6 REPS EACH SIDE



03

ONE LEG WRESTLING REACH-
6 REPS EACH SIDE



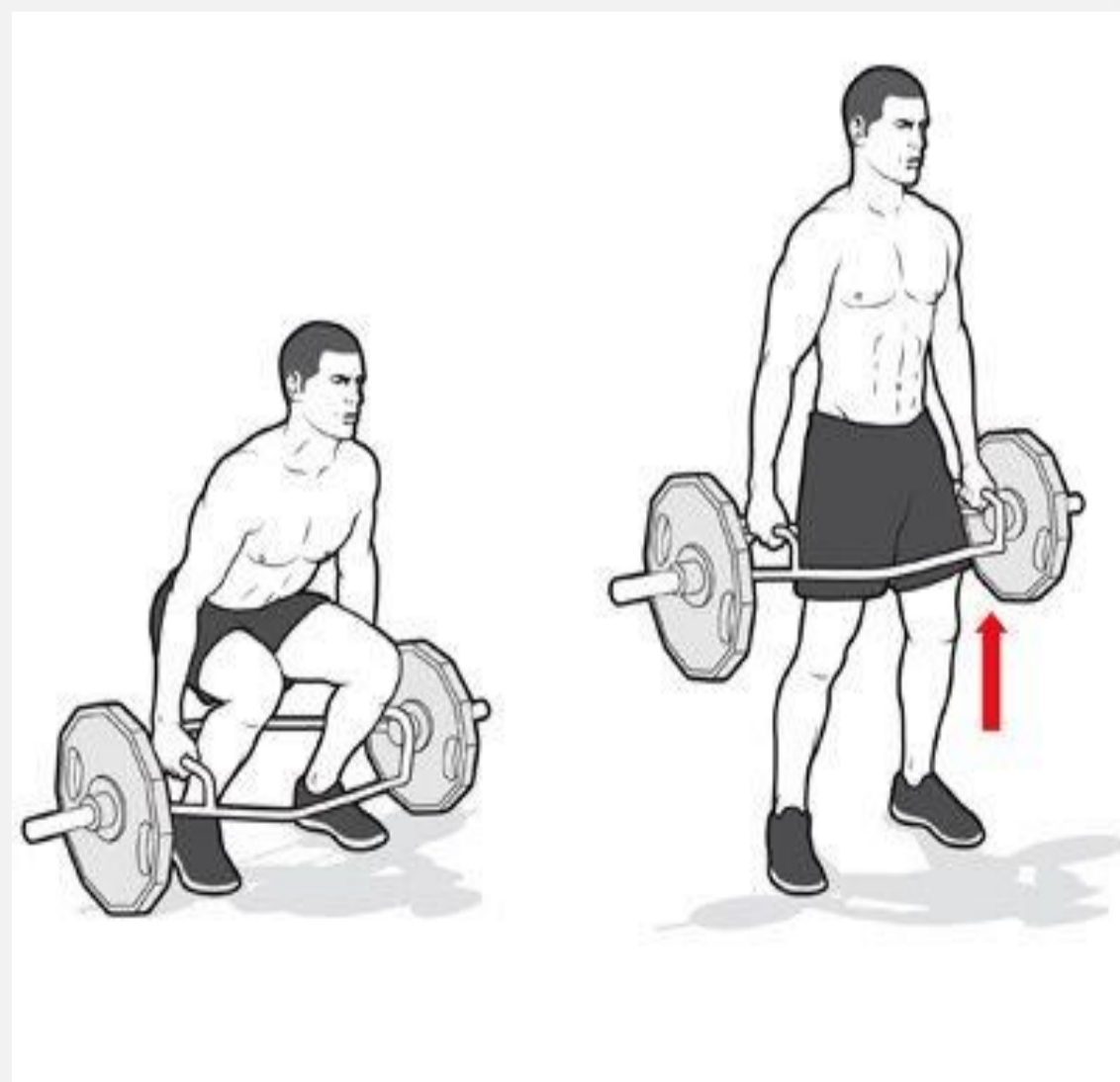
04

INVERTED ROW - 12
REPS



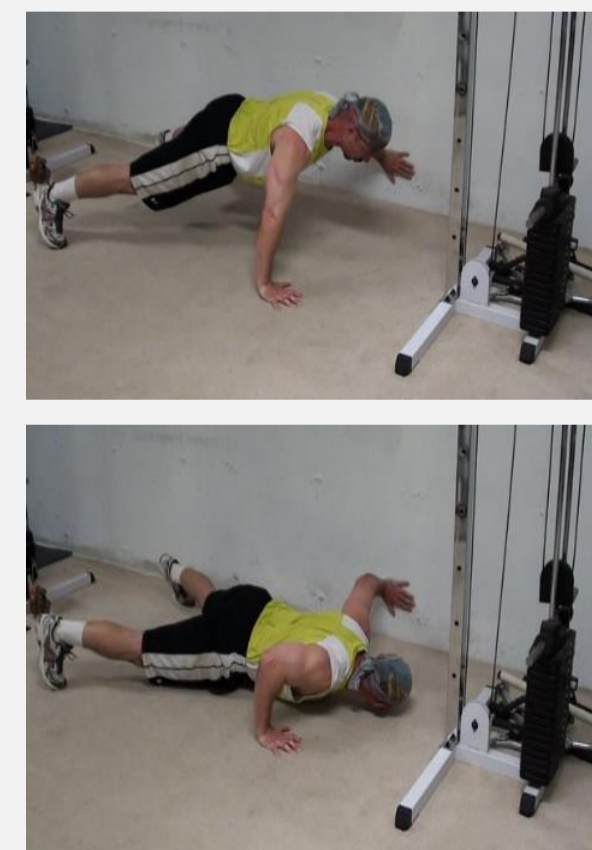
05

TRAP BAR DEADLIFT JUMP -
12 REPS



06

ONE ARM WALL BRACED
PUSH-UP - 6 REPS EACH
SIDE



07

GLUTE HAM RAISE - 12
REPS



08

SINGLE ARM WALL PUSH
- 6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS