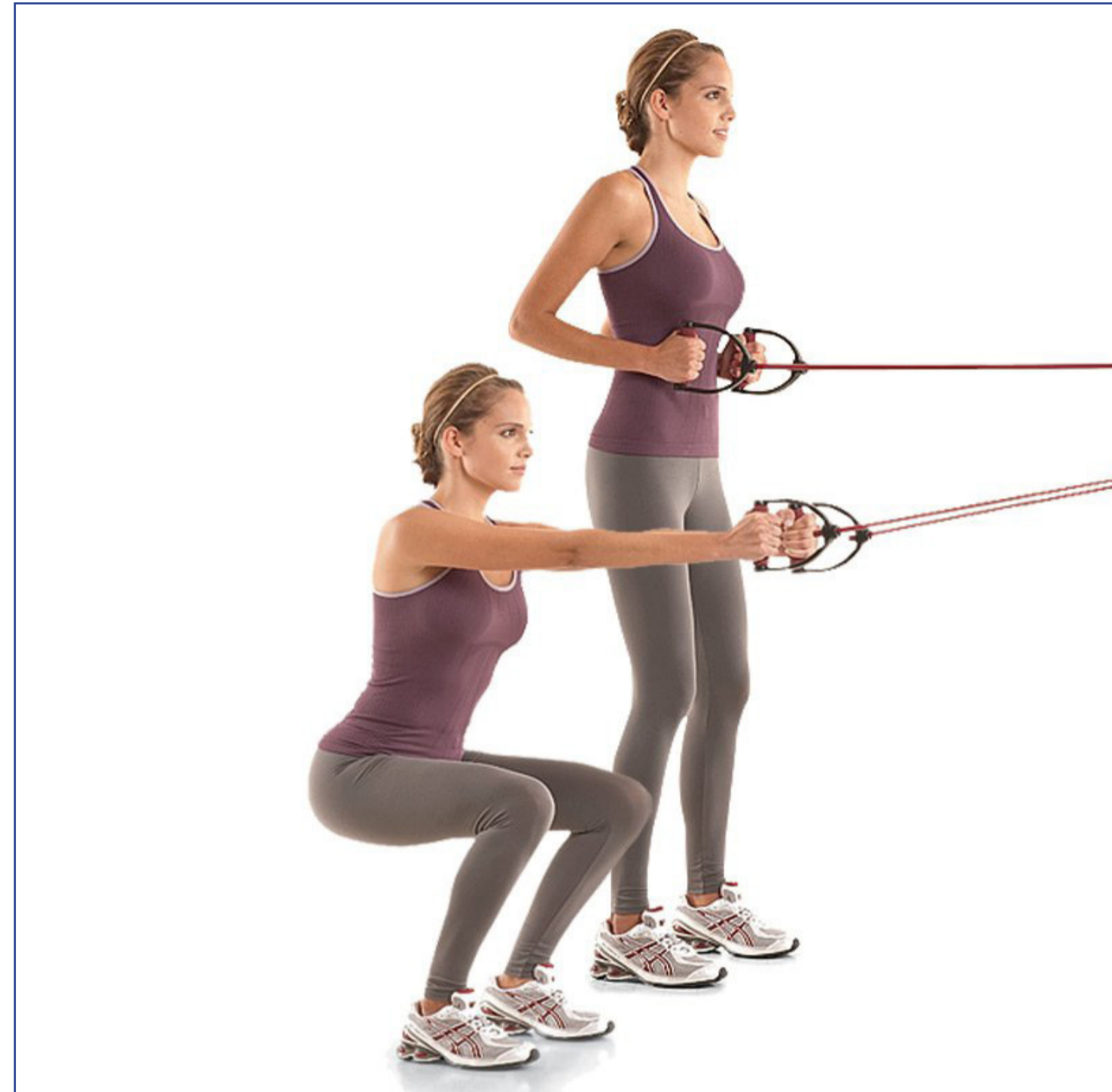


FITNESS WORKOUT PROGRAM

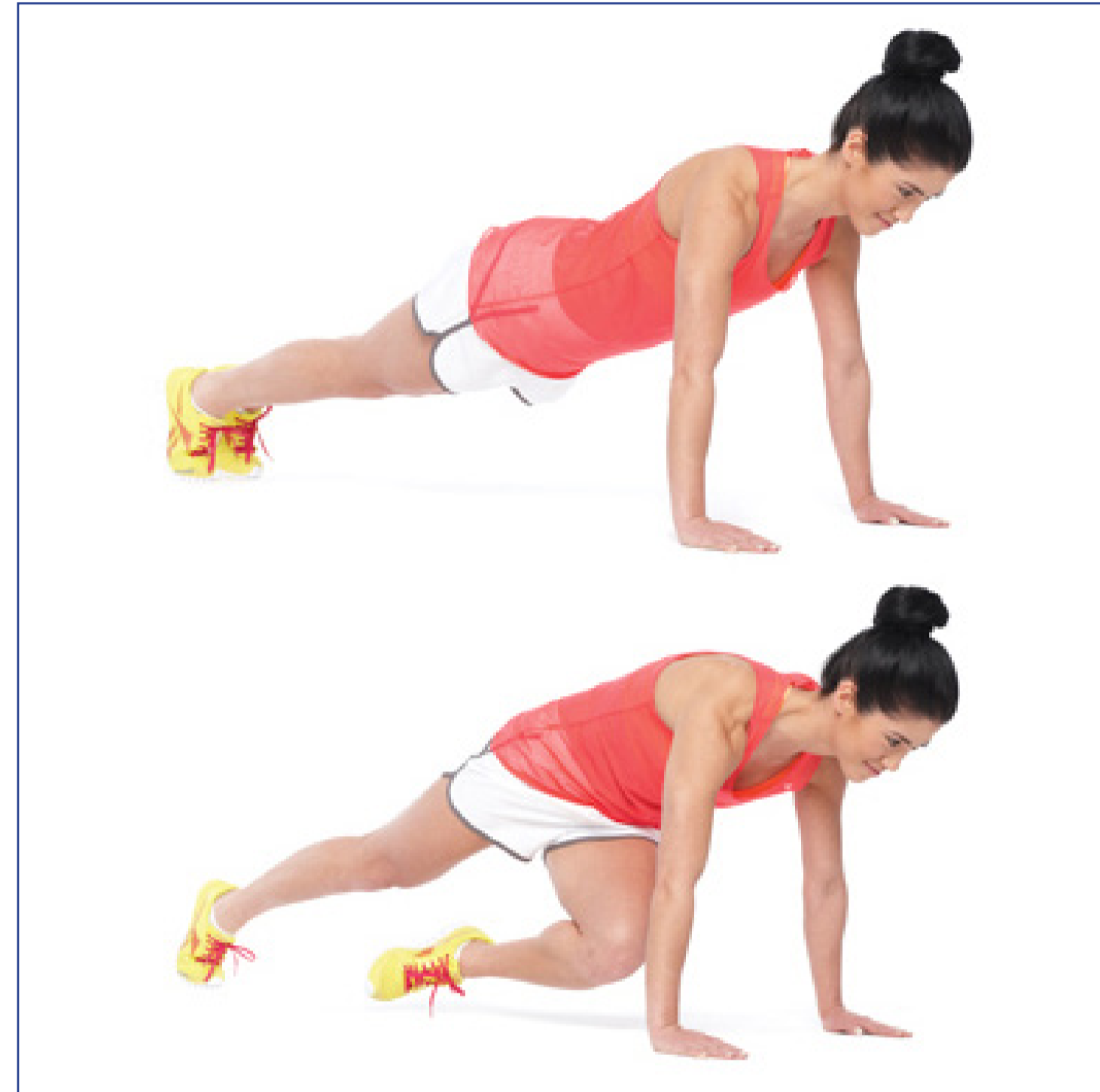
1. High knees – 30 seconds



2. Resistance Band squat row – 12 reps



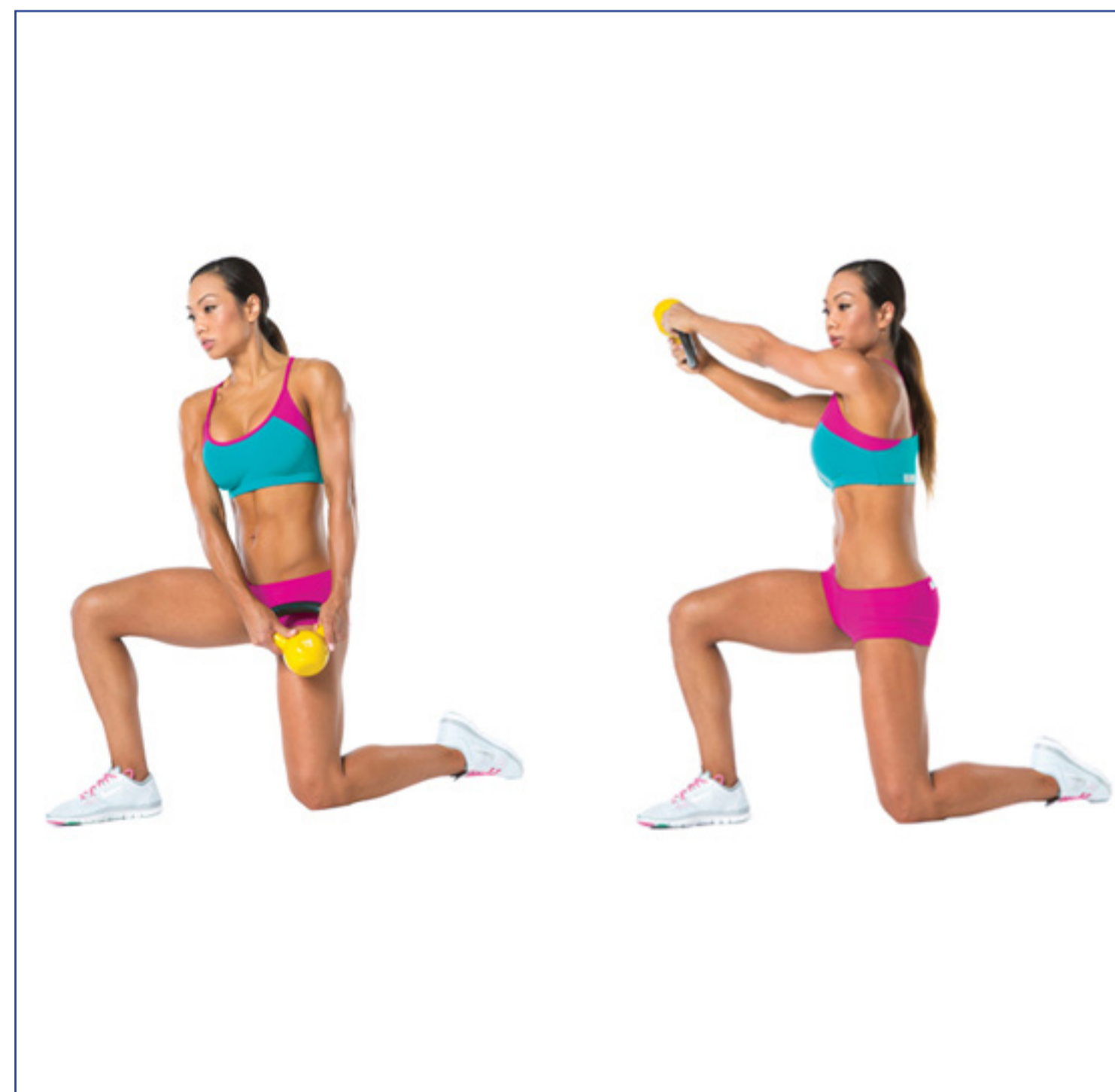
3. Cross Over Mountain Climbers – 12 reps each sides



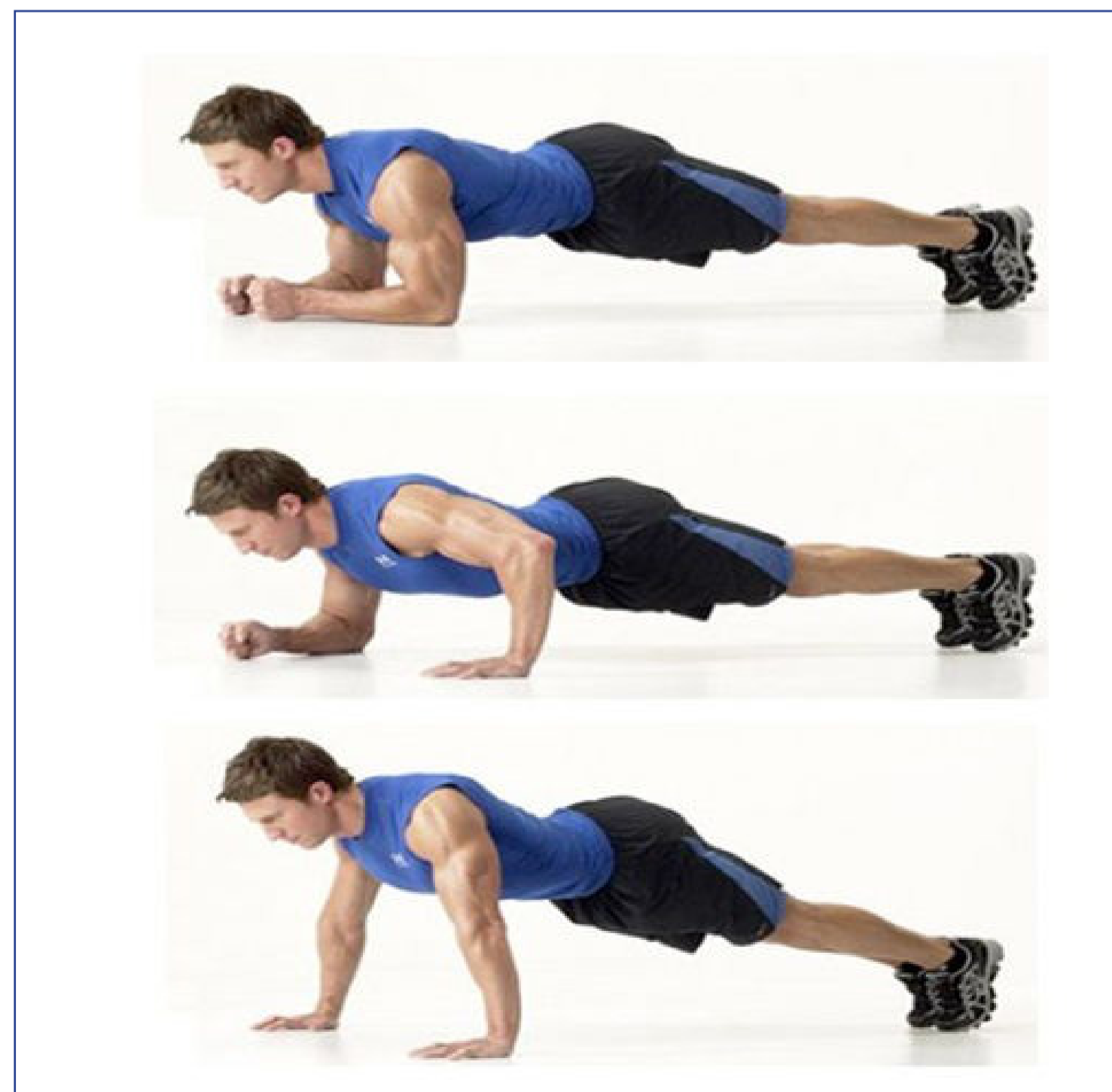
4. Squat Kicks – 12 reps each sides



5. Half Kneeling Chop – 12 reps each sides



6. Plank to Push ups – 12 reps each sides



7. Dumbbell Bottom Half Get Up – 12 reps each sides



8. Reverse Crunch - 12 reps



REPEAT THE CIRCUIT IN 3 SETS