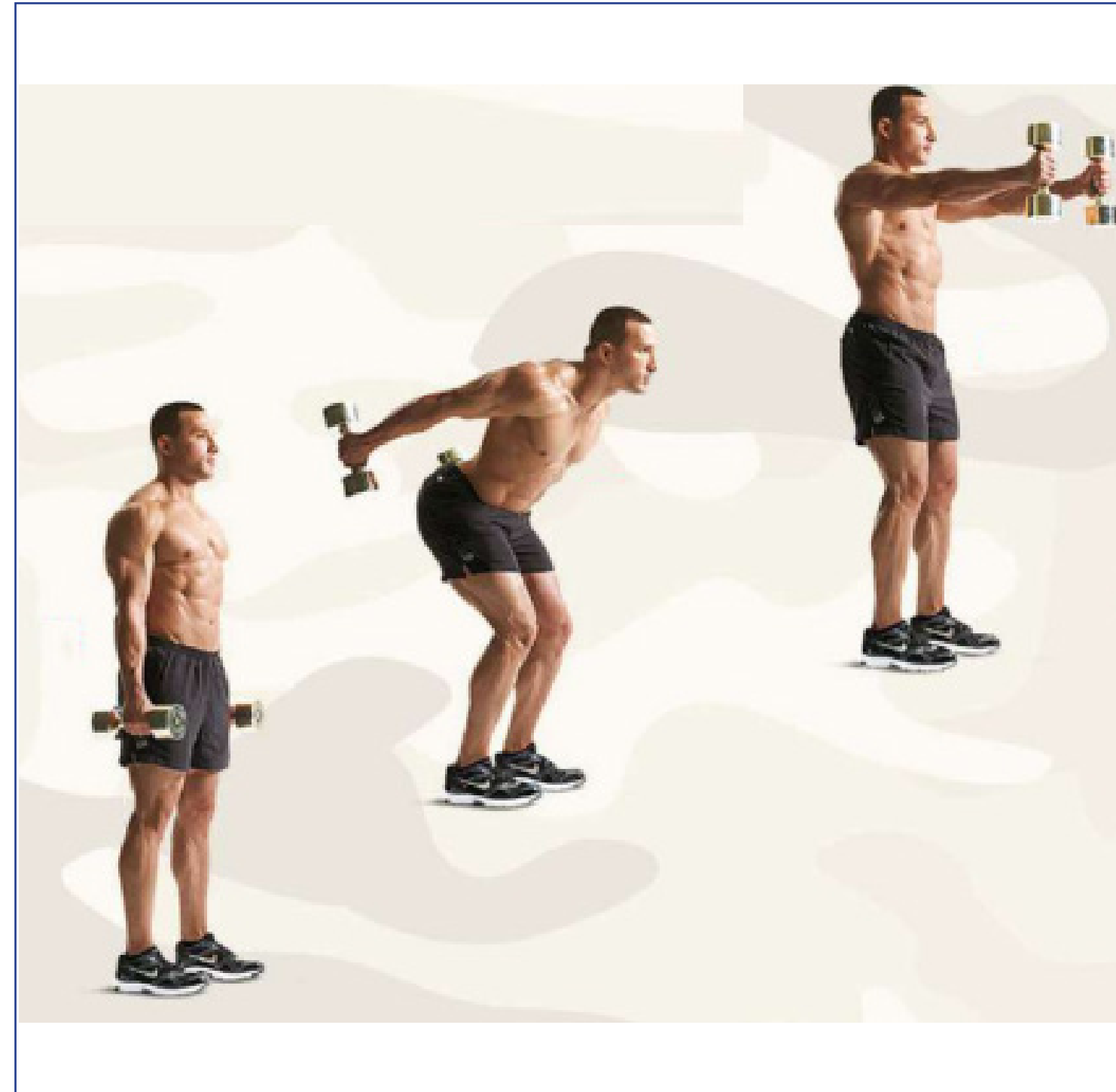


# FITNESS WORKOUT PROGRAM

**1. Dumbbell Skier Swing – 20 reps**



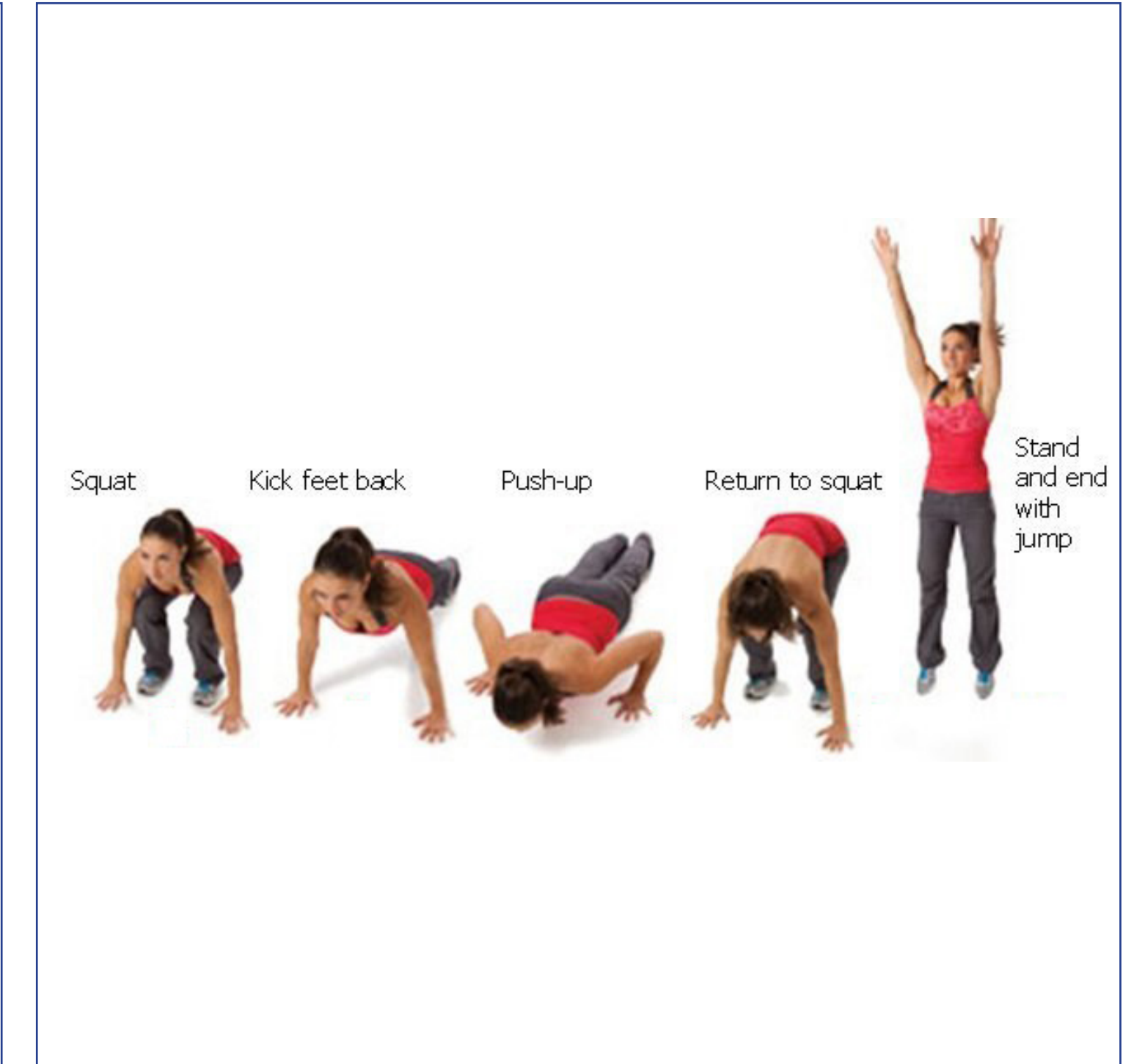
**2. Reverse Lunge & Kick – 12 reps each side**



**3. Resistance Band Rotations – 12 reps each side**



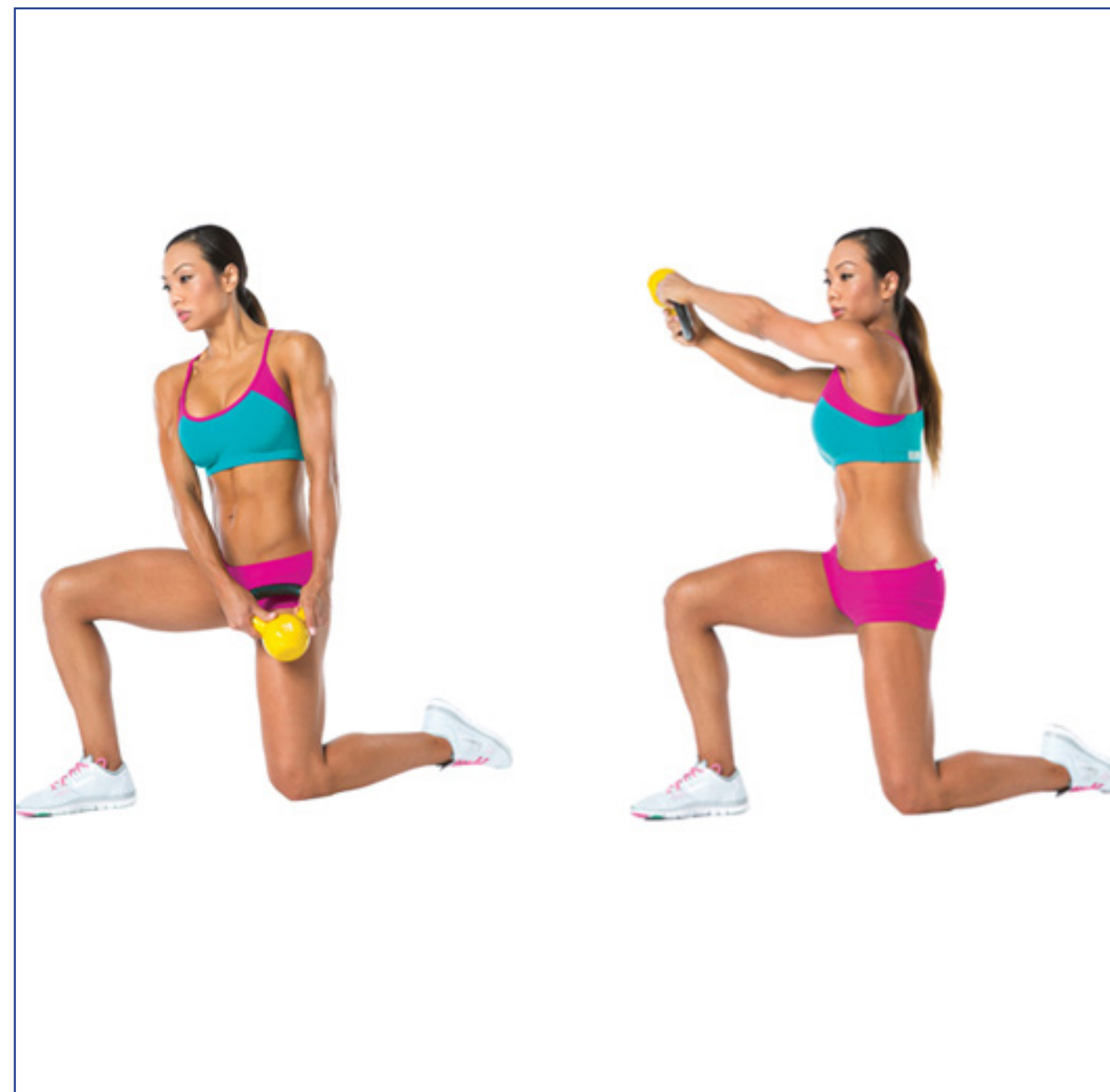
**4. Burpees Push ups – 12 reps**



**5. Dumbbell Half Get Up – 12 reps each side**



**6. Half Kneeling Chop – 12 reps each side**



**7. Dumbbell Side Lunge – 12 reps each side**



**8. Inchworm To Side Rotation - 10 reps each side**



**REPEAT THE CIRCUIT IN 3 SETS**