

72nd FITNESS WORKOUT PROGRAM

01

ROWING
2 MINUTES



02

PUSH-UP
NARROW WIDTH
12 REPS



03

FIRE HYDRANT
6 REPS EACH SIDE



04

TRX CLOCK PRESS
6 REPS EACH SIDE



05

LATERAL LUNGE
DB OVERHEAD PRESS
6 REPS EACH SIDE



06

PALLOF PRESS
BOTTOM UP, IN OUT
6 REPS EACH SIDE



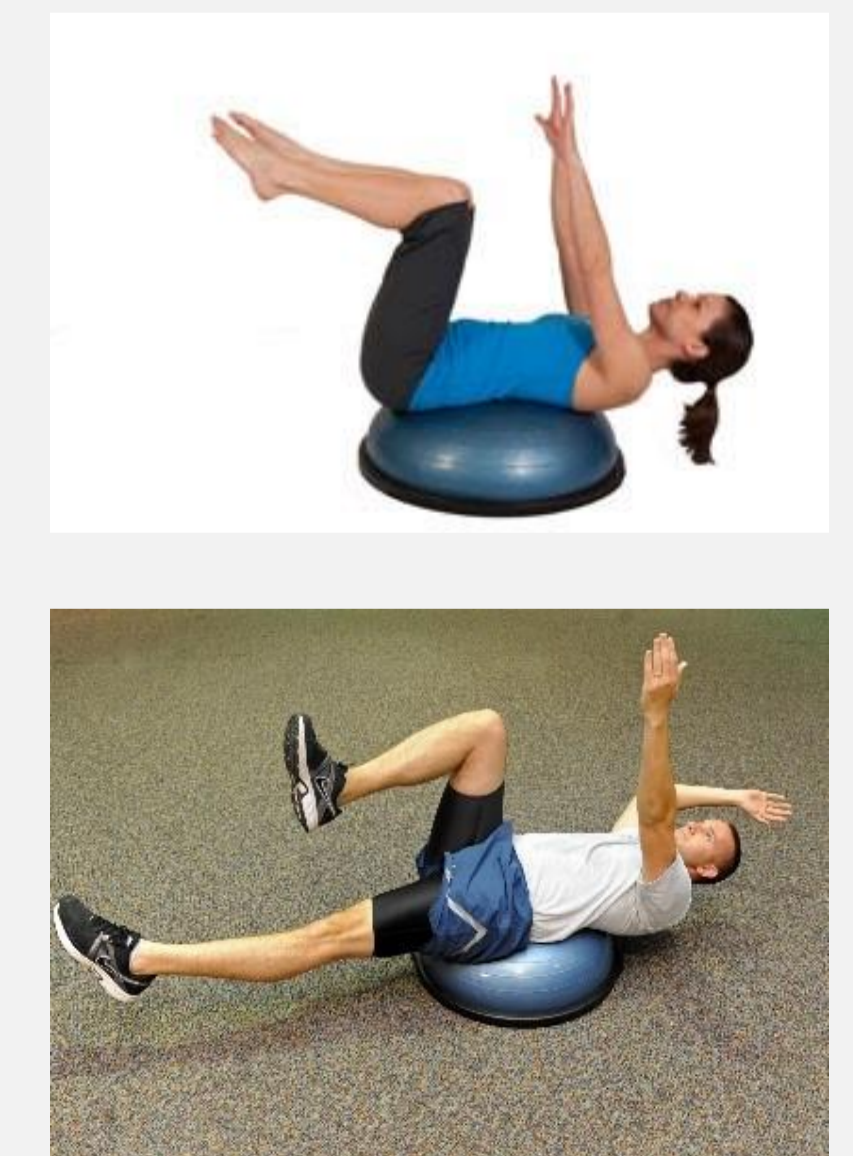
07

SINGLE ARM BURPEE
6 REPS EACH HAND



08

BOSU DEADBUG
6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS