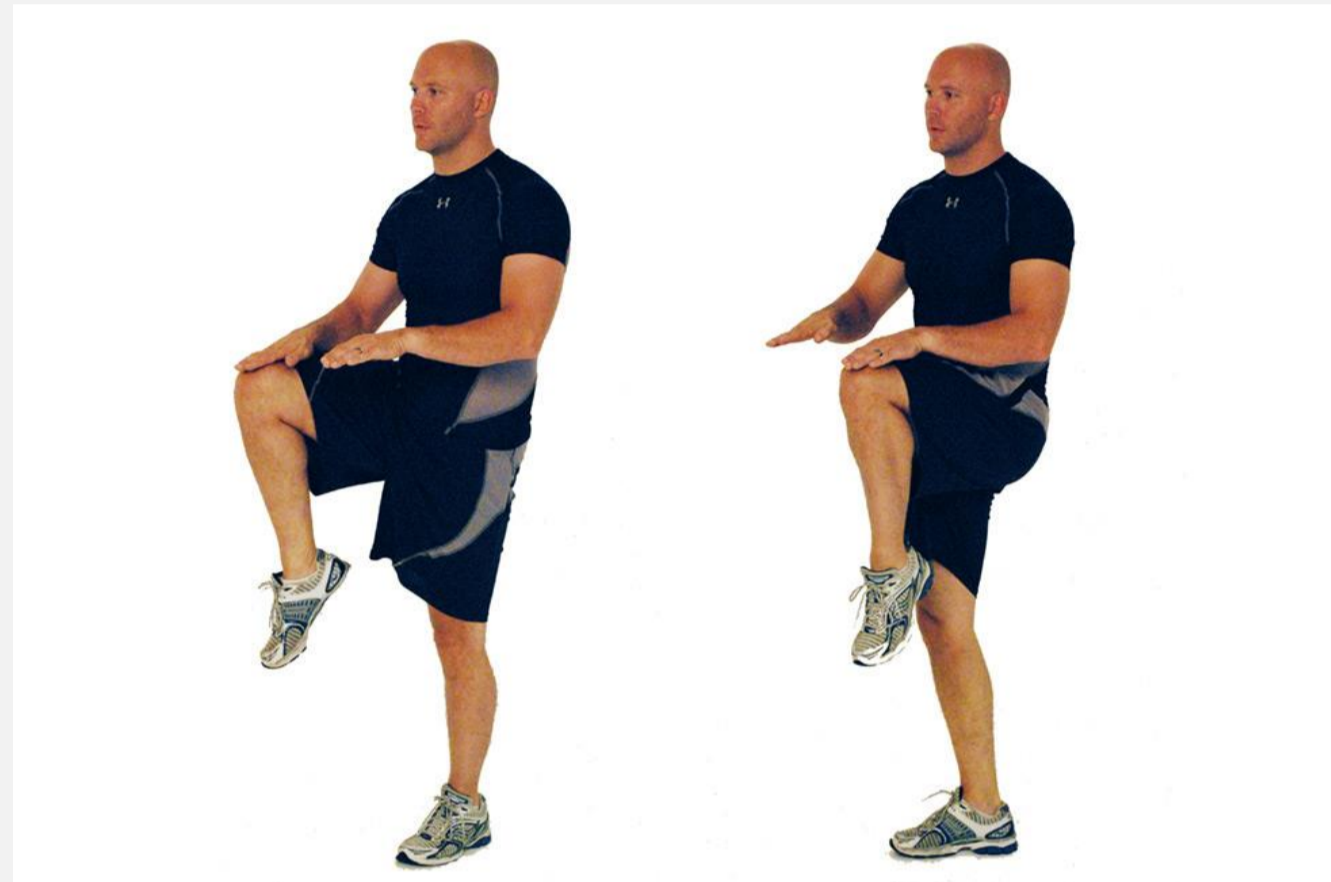


73rd FITNESS WORKOUT PROGRAM

01

RUNNING ON THE SPOT
HIGH KNEES
12 REPS



02

INCLINE PUSH-UP
12 REPS



03

KETTLEBELL HALO
6 REPS EACH DIRECTION



04

DECLINE PUSH-UP
12 REPS



05

BEAR SQUAT
12 REPS



06

PULL UP TARZAN
12 REPS



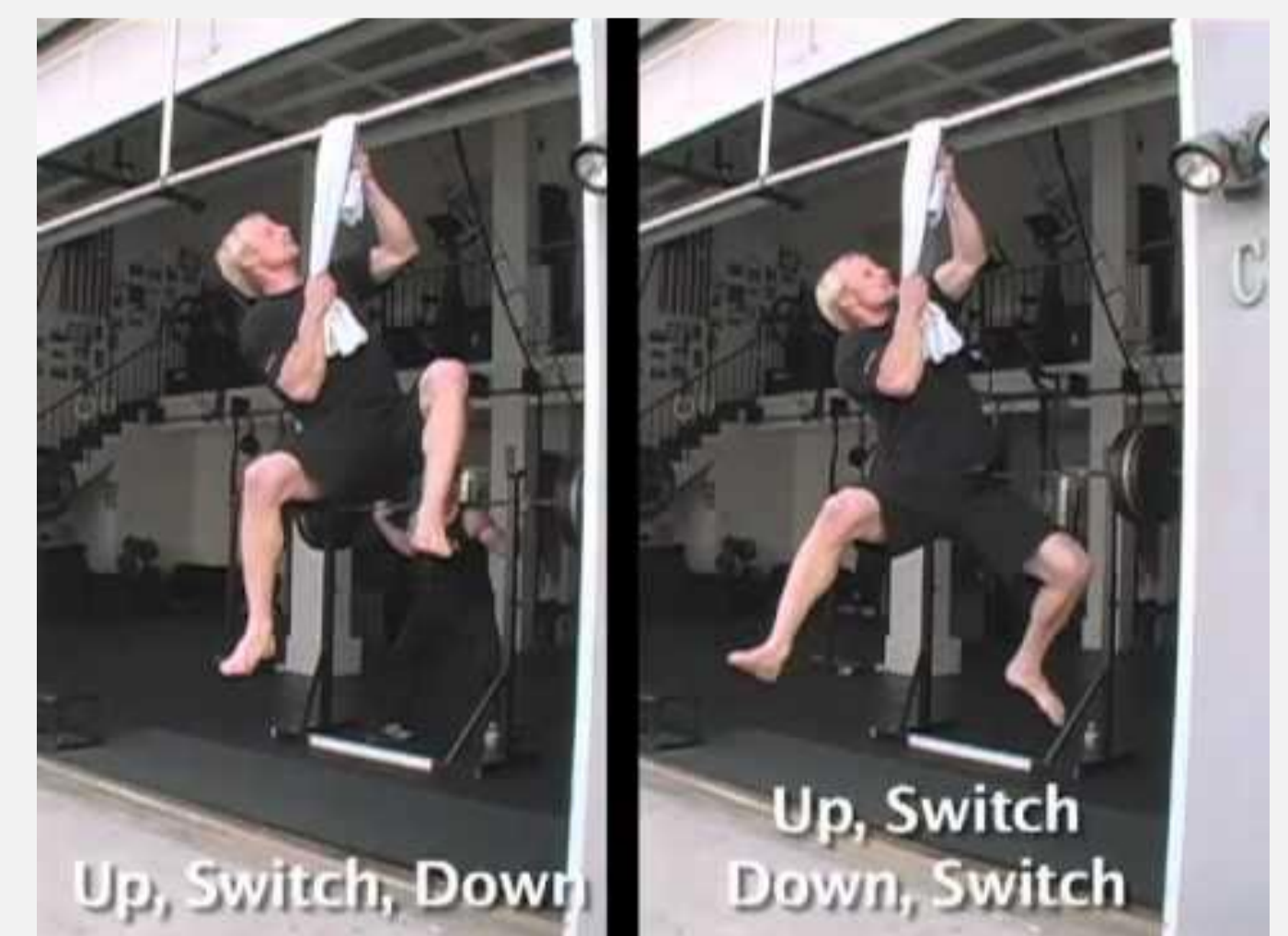
07

SQUAT THRUST
12 REPS



08

PULL UP TOWEL GRIP
UP SWITCH, DOWN SWITCH
12 REPS



REPEAT THE CIRCUIT FOR 3 SETS