

# 75th FITNESS WORKOUT PROGRAM

01

ROWING  
2 MINUTES



02

STICK UP  
12 REPS



03

MEDICINE BALL FORWARD  
LUNGE PASS UNDER  
6 REPS EACH LEG



04

BAND BIRD DOG  
12 REPS EACH SIDE



05

TWISTING T-SPINE CRUCIFIX  
6 REPS EACH SIDE



06

PLANK UP KNEELING  
12 REPS



07

BAND DEADLIFT  
12 REPS



08

SLEEPER STRETCH  
6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS