

79th FITNESS WORKOUT PROGRAM

01

STEPPER
2 MINUTES



02

CHIN UP TOWEL
12 REPS



03

LYING SINGLE LEG PLYO HIP
THRUST
6 REPS EACH LEG



04

SIDE WALL BRACED
SINGLR ARM PUSH UP
6 REPS EACH SIDE



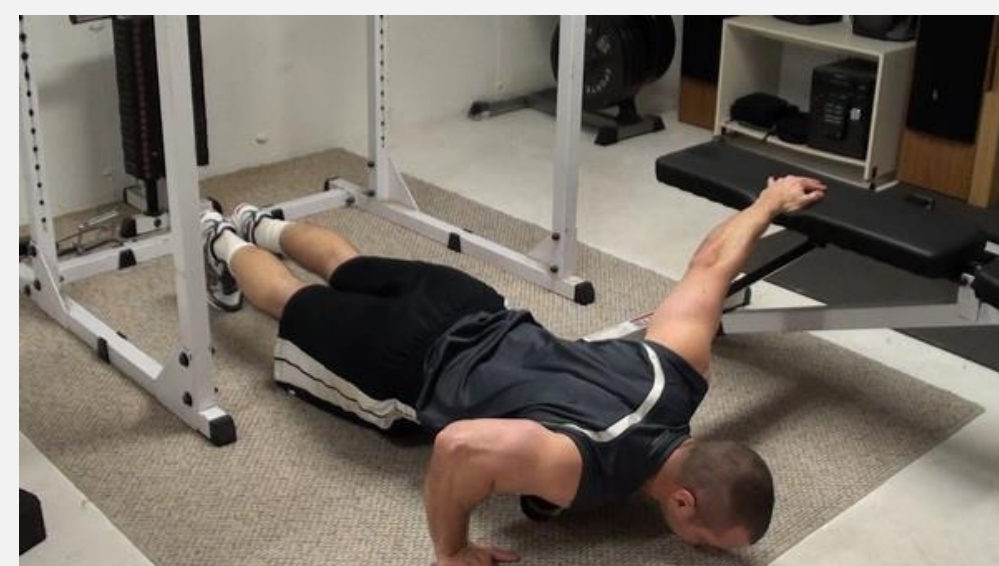
05

SINGLE LEG TOUCH AND HOP
6 REPS EACH SIDE



06

OUTRIGGER BENCH
SINGLE ARM PUSH UP
6 REPS



07

TOES KNEES TOUCHING
THE WALL SQUAT
12 REPS



08

AROUND THE WORLD
PUSH UP
6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS