

85th FITNESS WORKOUT PROGRAM

01

TRX MOUNTAIN CLIMBER
12 REPS



02

TRX KNEELING ROLLOUT
12 REPS



03

TRX SINGLE LEG
LUNGE PLYO HOP
6 REPS EACH LEG



04

TRX SINGLE ARM ROW
6 REPS EACH ARM



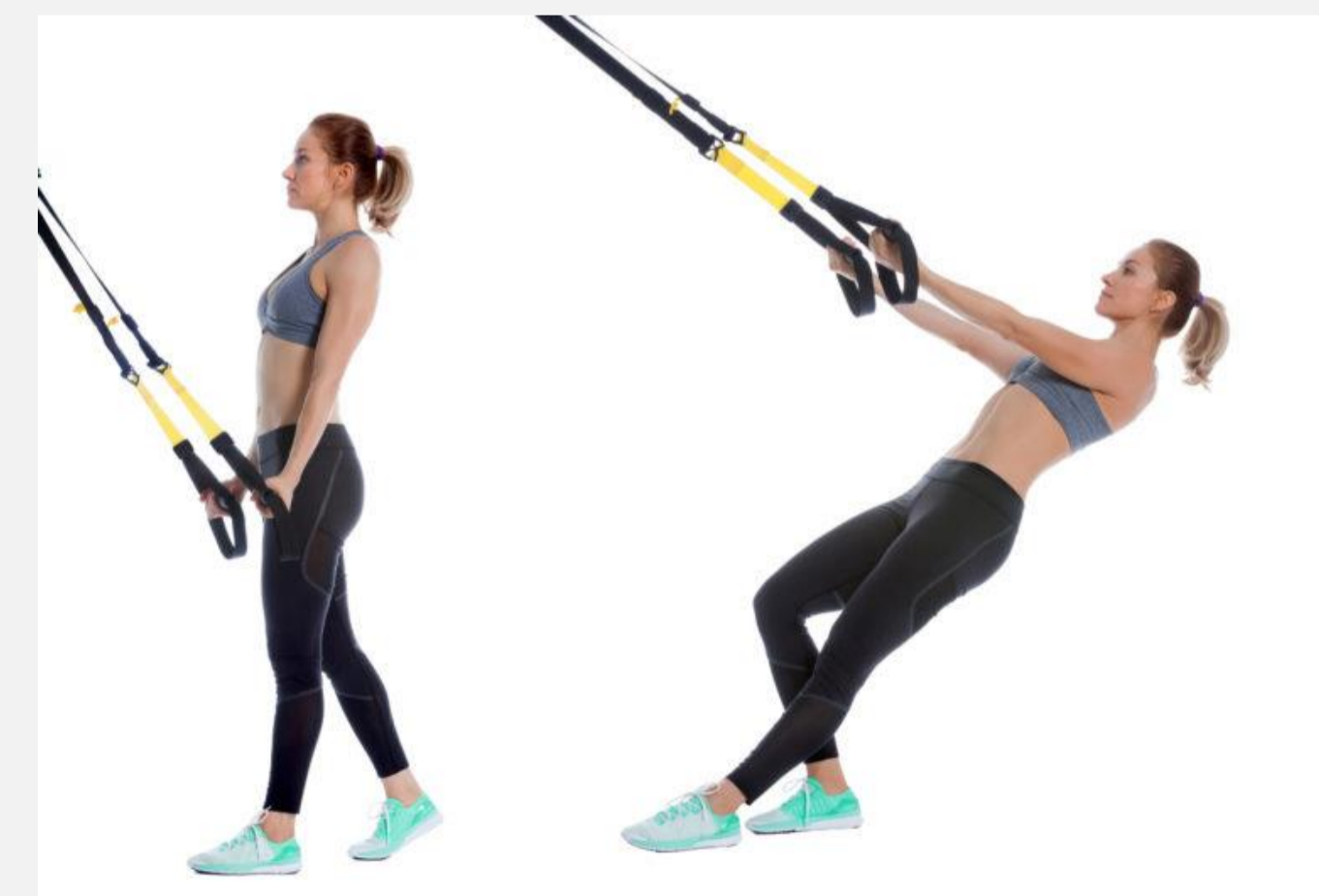
05

TRX SINGLE LEG PLANK
6 REPS EACH LEG



06

TRX UNDERGRIP REAR
DELTOID PULL
12 REPS



07

TRX SIDE
BALANCE LUNGE
6 REPS EACH LEG



08

TRX TORSO ROTATING
LOWER BACK STRETCH
6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS