

# 89th FITNESS WORKOUT PROGRAM

01

ARC TRAINER  
5 MINUTE



02

COW CAT POSE  
12 REPS



03

BAND BOX SQUAT  
12 REPS



04

LOW TO HIGH  
BAND CHOP  
6 REPS EACH SIDE



05

BAND FLEX AND CRUNCH  
12 REPS



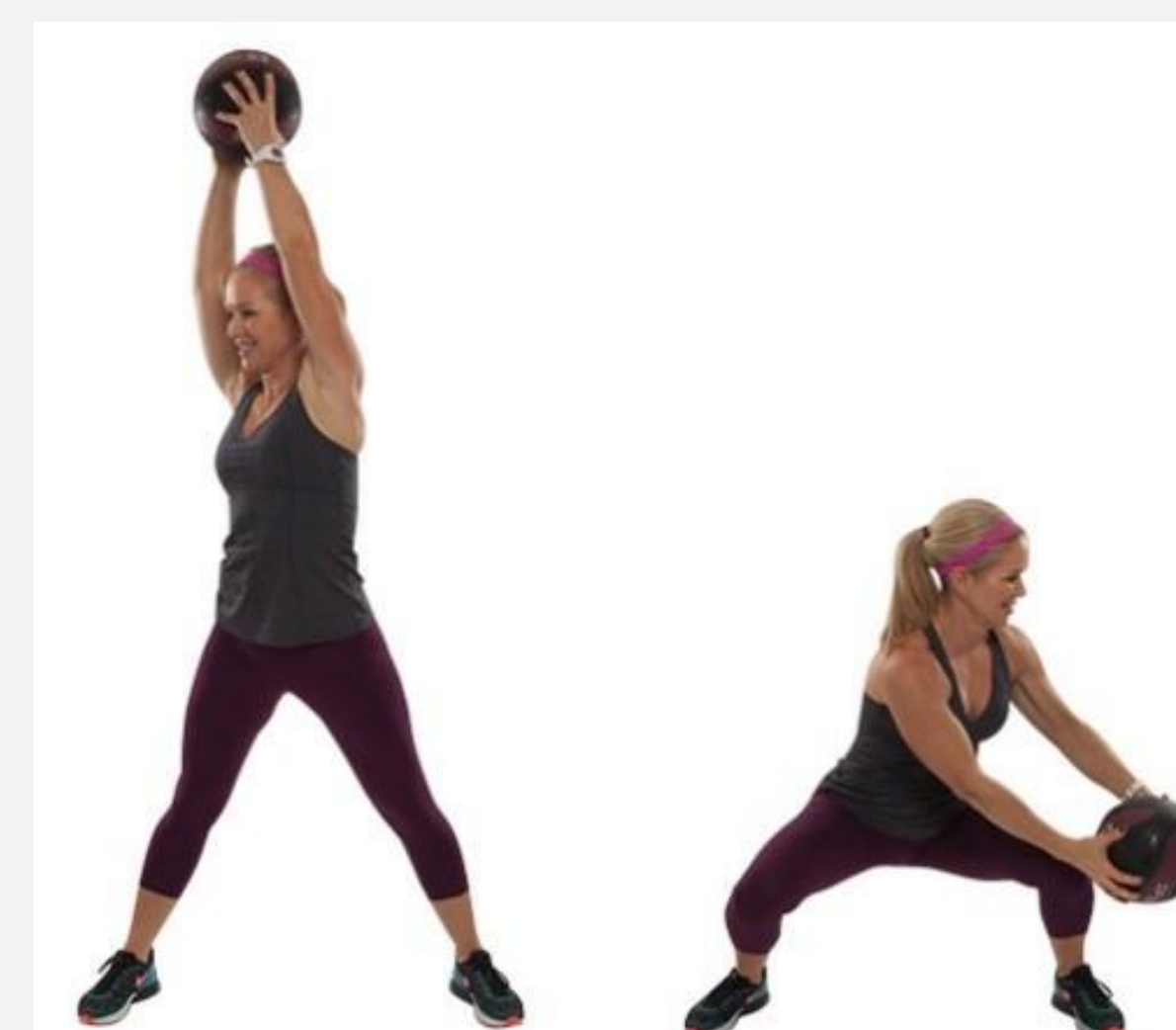
06

MEDICINE BALL  
EXTENSION PASS  
12 REPS



07

MEDICINE BALL HIGH  
TO LOW CHOP  
6 REPS EACH SIDE



08

BULLDOG BURPEE  
12 REPS



REPEAT THE CIRCUIT FOR 3 SETS