

91st FITNESS WORKOUT PROGRAM

01

TECHNOGYM VARIO
5 MINUTE



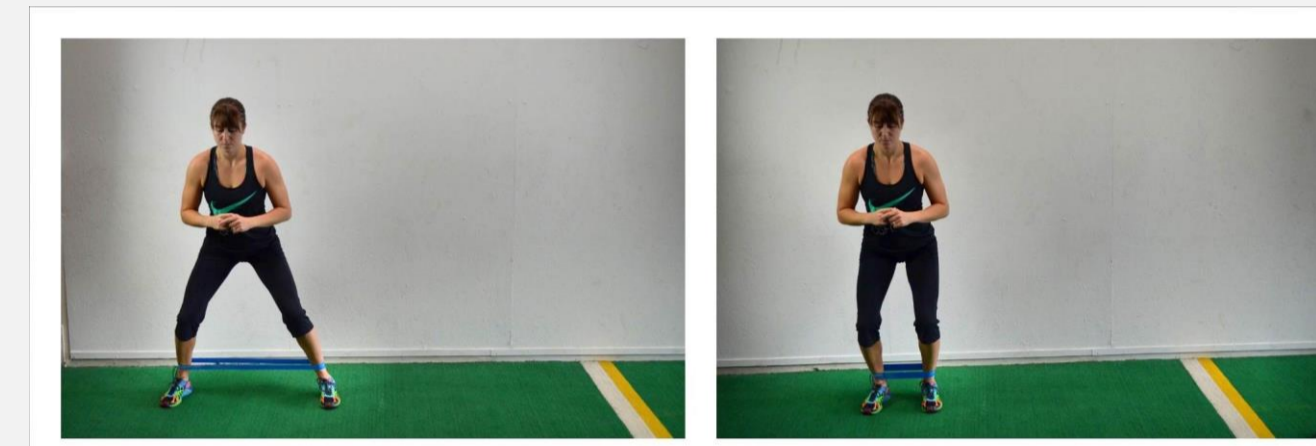
02

CROW POSE
12 REPS



03

MINI BAND
LATERAL SHUFFLE
6 REPS EACH DIRECTION



04

BAND THE ARCHER
6 REPS EACH SIDE



05

BAND HIP DIP
6 REPS EACH SIDE



06

MEDICINE BALL
TRICEP PRESS MATRIX
12 REPS



07

MEDICINE BALL
RUSSIAN TWIST
12 REPS



08

MEDICINE BALL
BALANCING BURPEE
12 REPS



REPEAT THE CIRCUIT FOR 3 SETS