

92nd FITNESS WORKOUT PROGRAM

01

UPRIGHT BIKE
5 MINUTE



02

LOCUST POSE
12 REPS



03

STAGGERED STANCE BAND
CHEST PRESS
12 REPS



04

BAND SQUAT
12 REPS



05

BAND LATERAL RAISE
12 REPS



06

MEDICINE BALL WEIGHED
BOAT ROCK
12 REPS



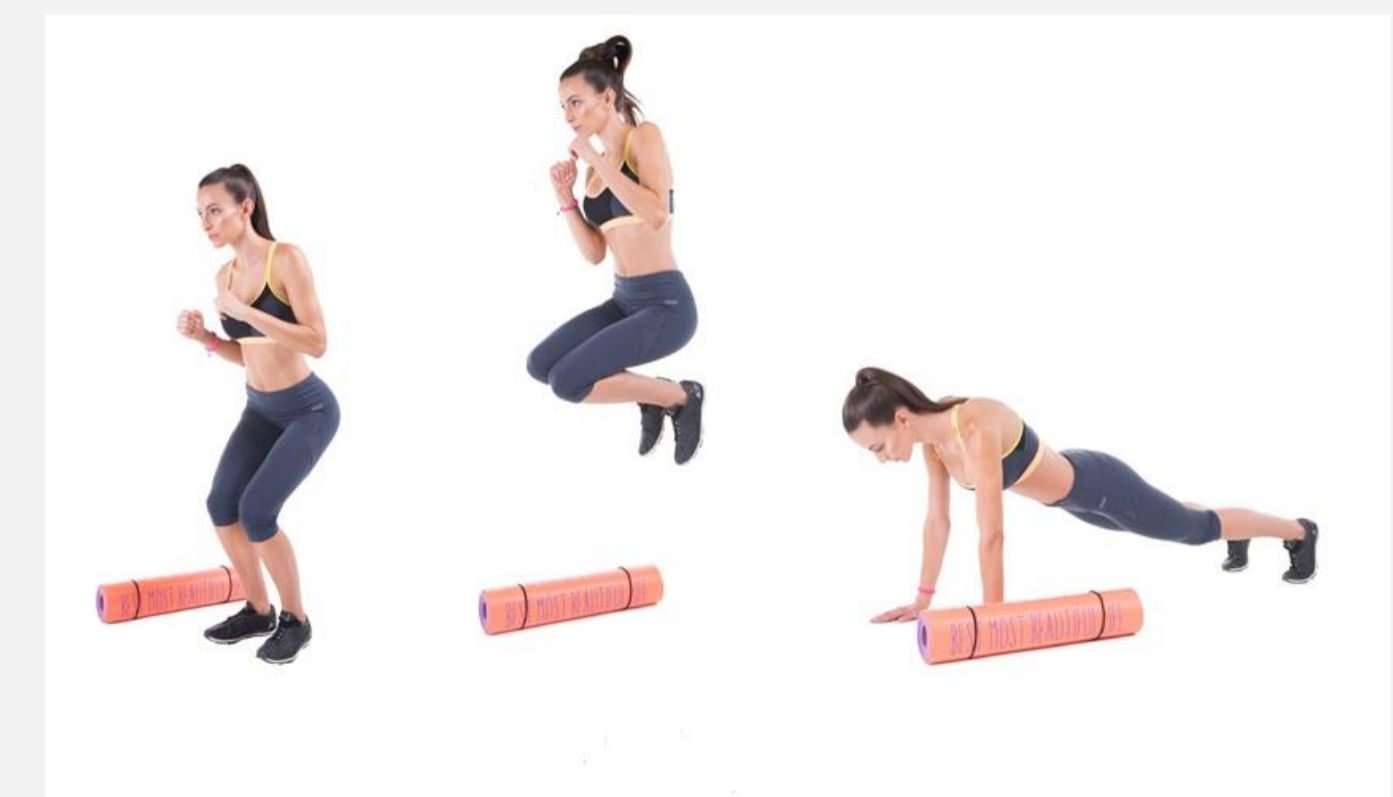
07

MEDICINE BALL CROSS
BODY CHOP
6 REPS EACH SIDE



08

LATERAL JUMPING BURPEE
6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS