

# 93rd FITNESS WORKOUT PROGRAM

01

BENCH HOP OVER  
6 REPS EACH SIDE



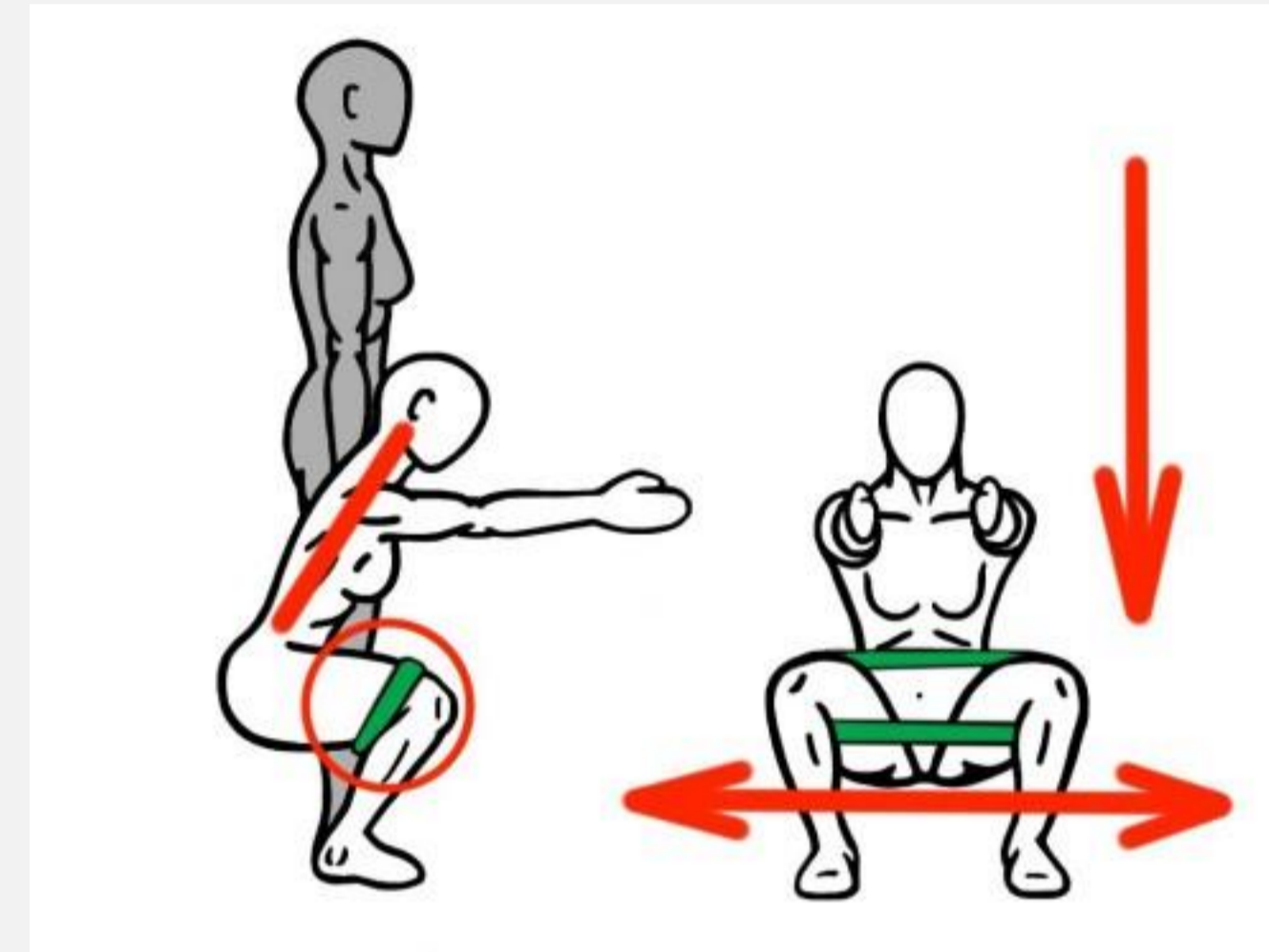
02

HIGH TO LOW  
BAND CHOP  
12 REPS



03

MINI BAND SQUAT  
12 REPS



04

STEP FORWARD BAND  
POWER PUNCH  
12 REPS EACH ARM



05

BAND RUSSIAN TWIST  
6 REPS EACH SIDE



06

MEDICINE BALL  
SQUAT & TOSS  
12 REPS



07

MEDICINE BALL PUSH UP  
WITH KNEE TUCK  
6 REPS EACH ARM



08

MEDICINE BALL REVERSE  
LUNGE WITH TWIST  
6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS