

# FITNESS WORKOUT PROGRAM

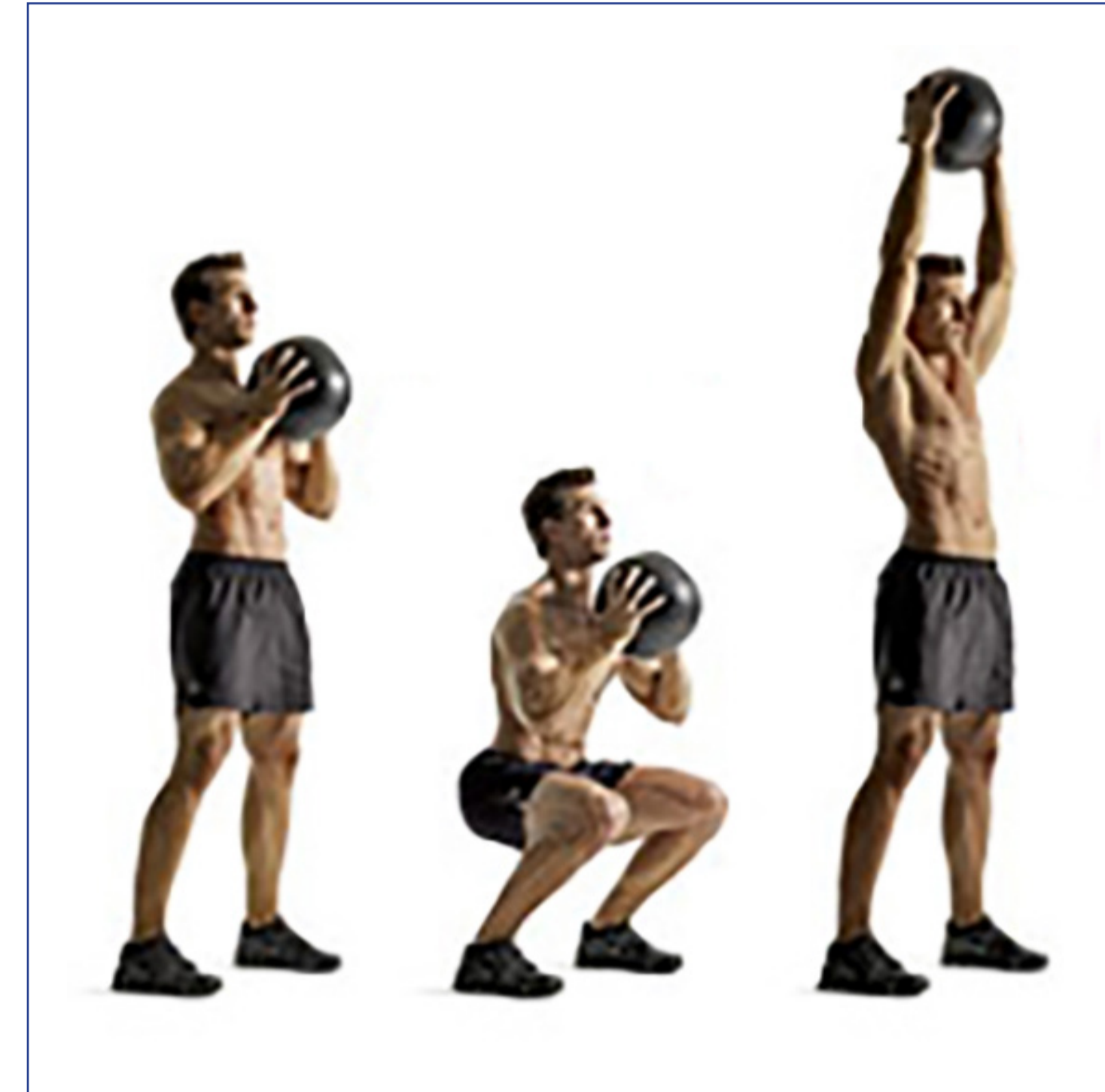
1. Side To Side Hop - 30 seconds



2. Squats - 12 reps



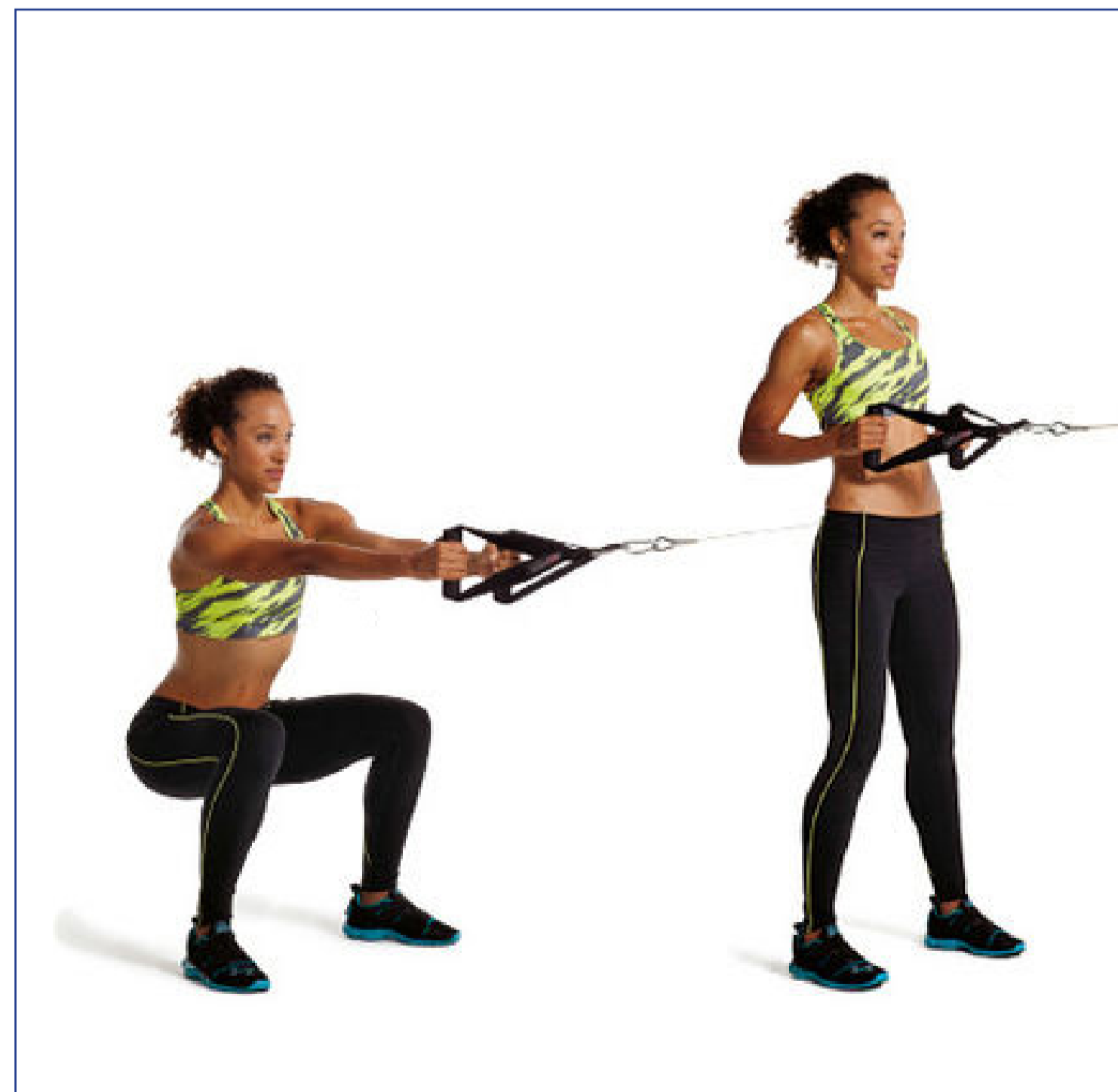
3. Medicine Ball Squat Press- 12 reps



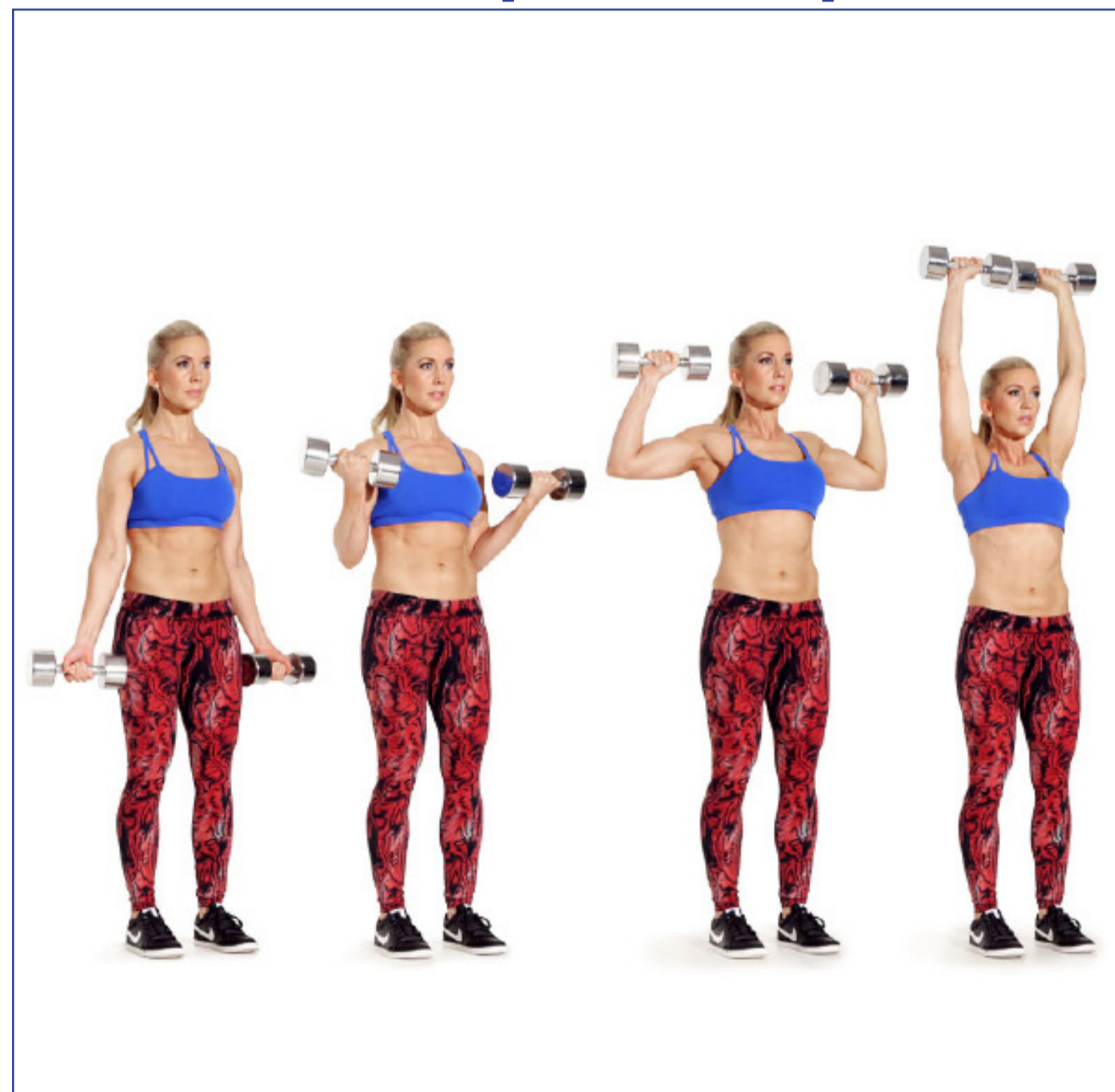
4. Standing Russian Twist- 12 reps each side



5. Squatted Back Row - 12 reps



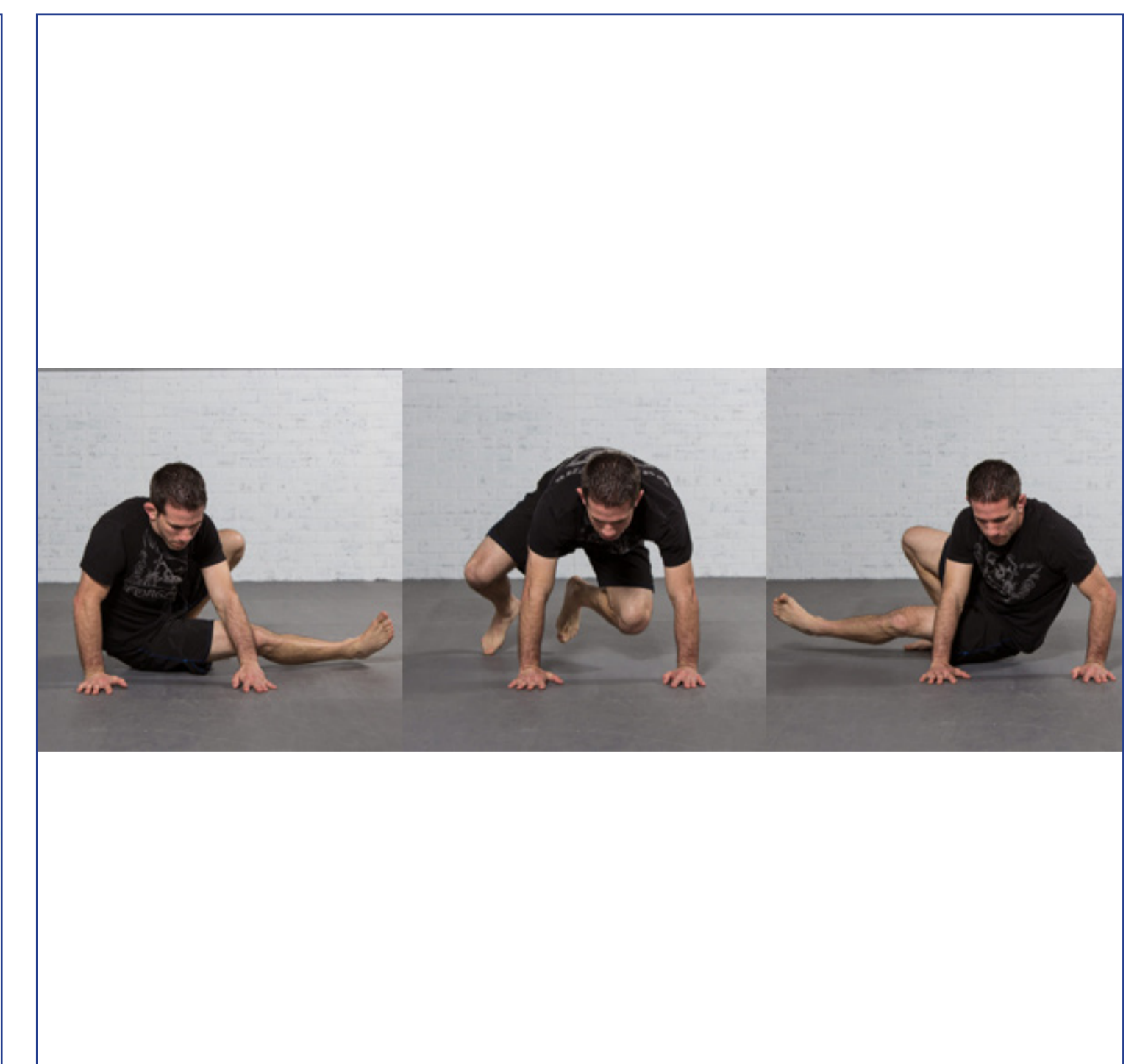
6. Bicep Curls to Shoulder Press ups - 12 reps



7. Push ups - 12 reps



8. Sit Out - 12 reps each side



**REPEAT THE CIRCUIT IN 3 SETS**