

# FITNESS WORKOUT PROGRAM

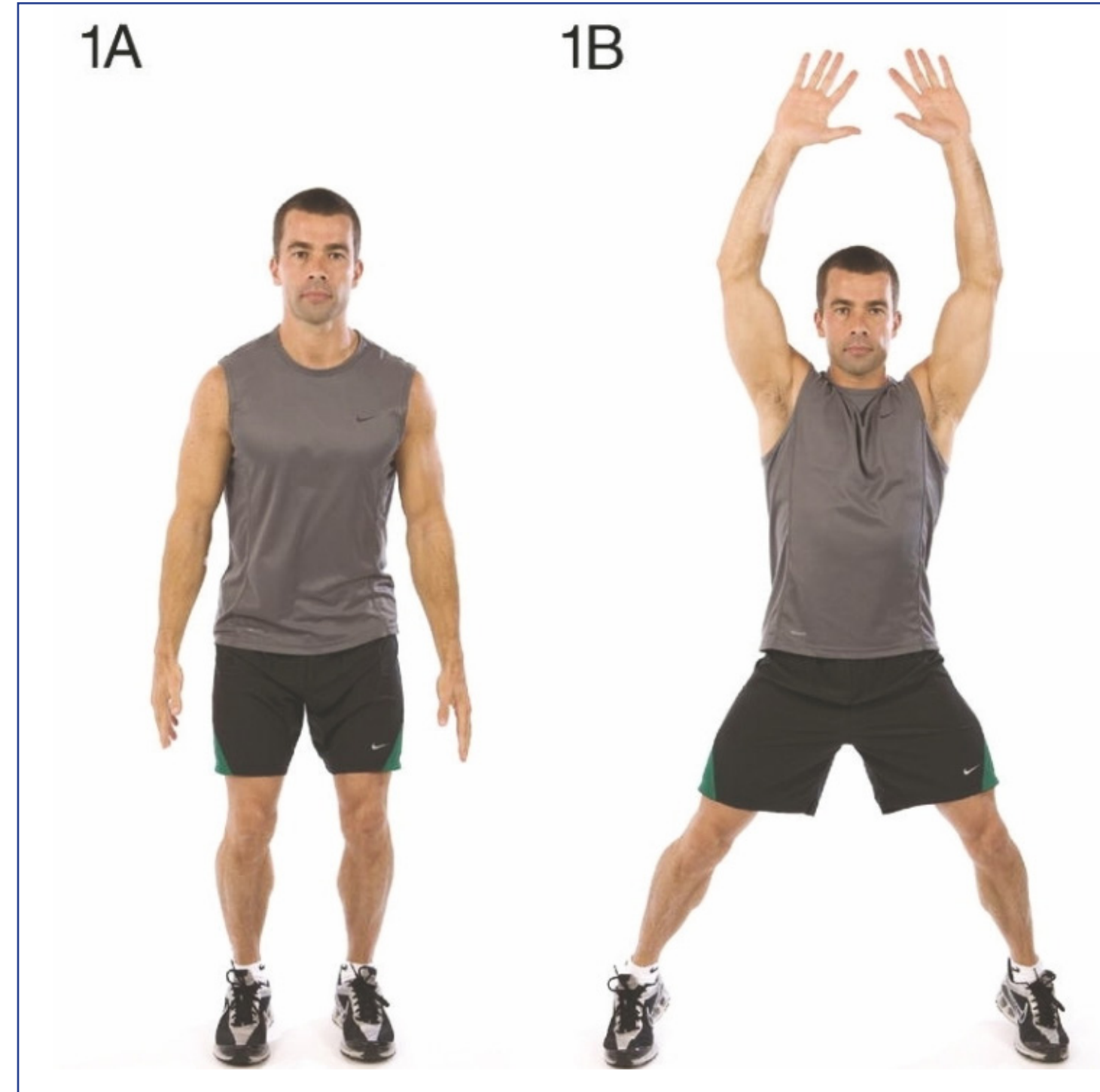
**1. Ball Slams – 15 reps**



**2. Plank to Push ups – 10 reps on each sides**



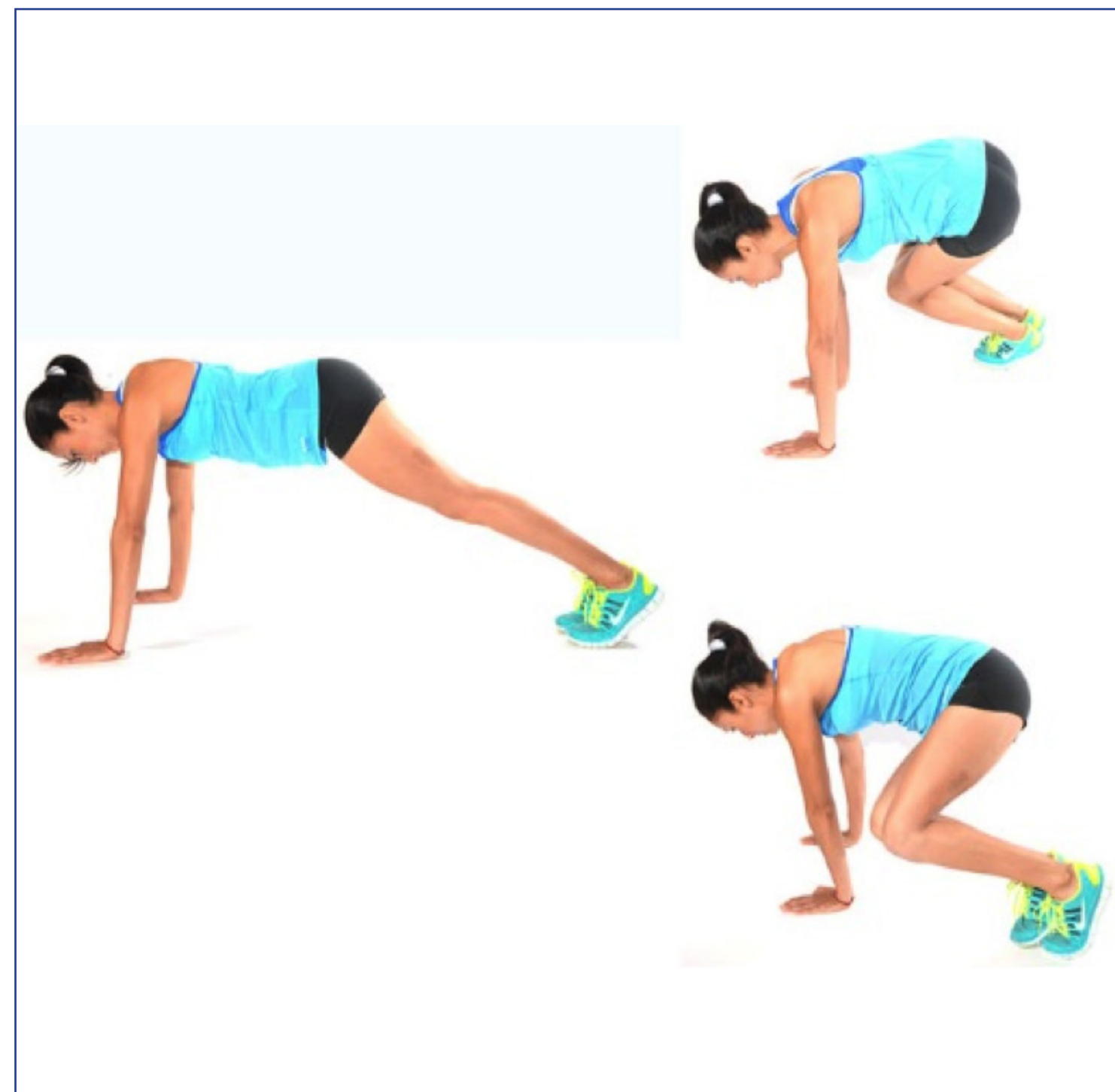
**3. Jumping Jacks – 30 seconds**



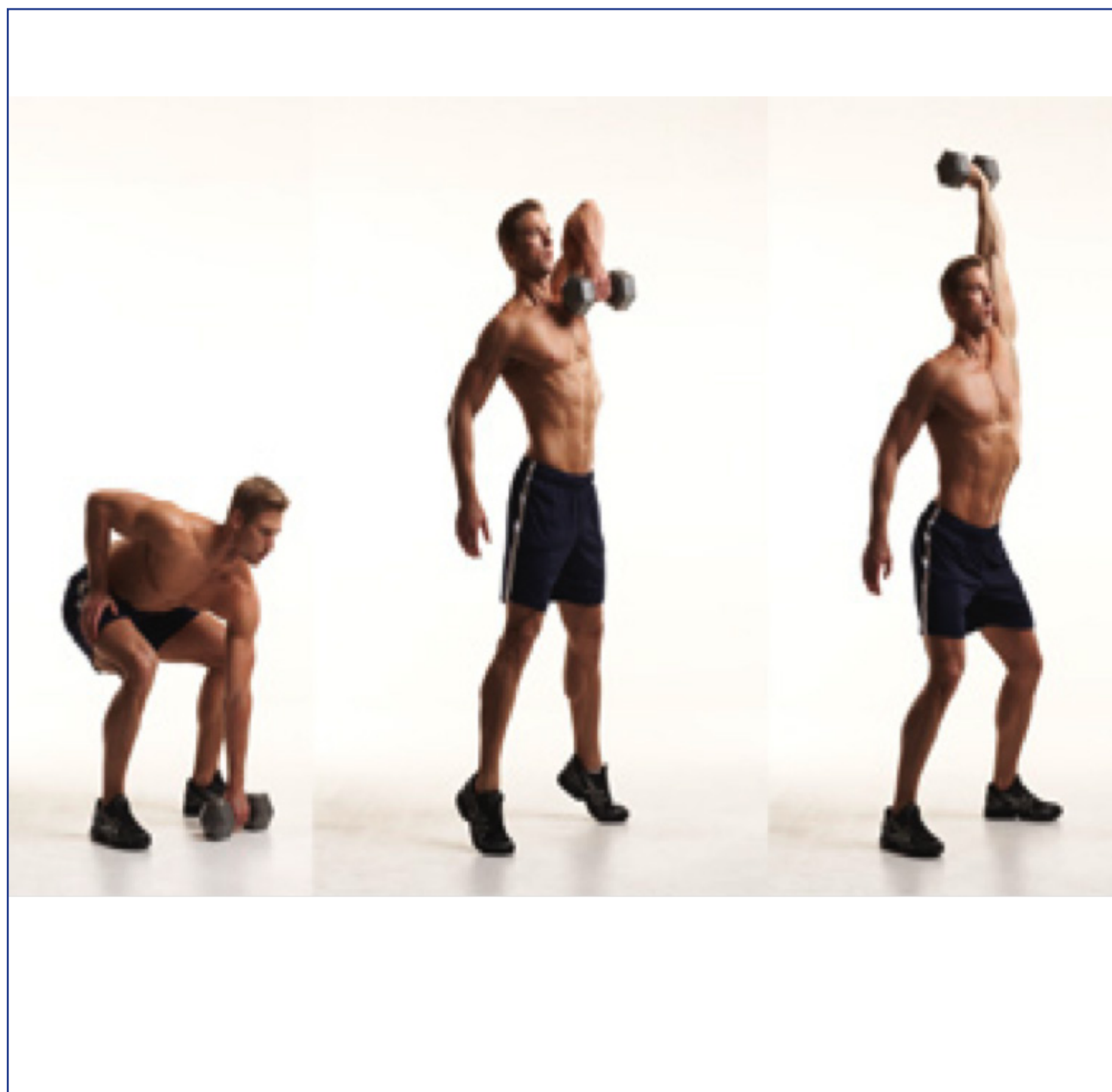
**4. Standing Dumbbell Press – 12 reps**



**5. Plank Bunny Hops – 12 reps on each sides**



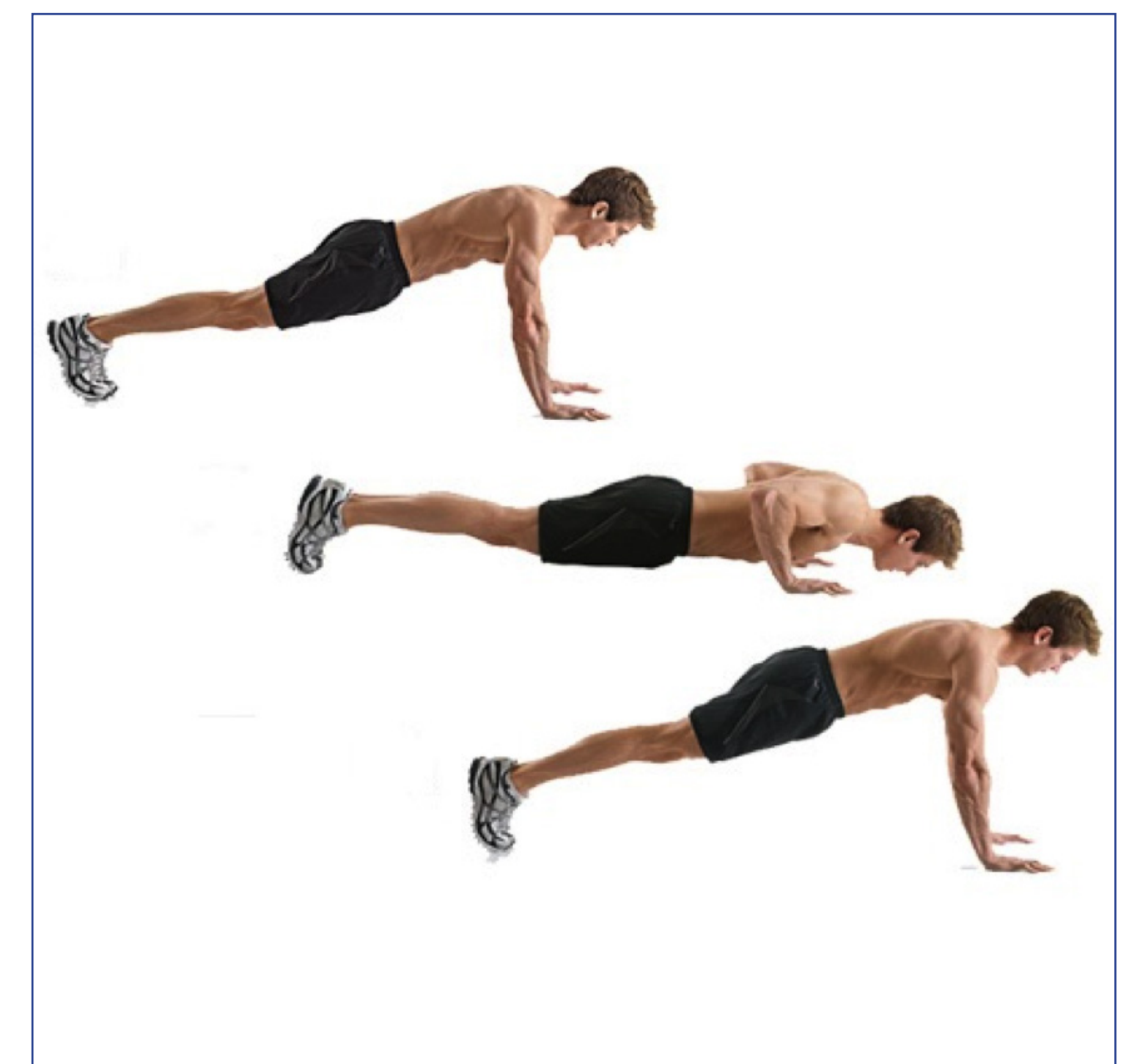
**6. Single Arm Dumbbell Snatch – 12 reps on each sides**



**7. Lateral Hops – 12 reps on each sides**



**8. Push Ups – 12 reps**



**REPEAT THE CIRCUIT IN 3 SETS**