

41st FITNESS WORKOUT PROGRAM

01

SUN SALUTATION
12 REPS



02

STANDING SPLIT -
6 REPS EACH SIDE



03

BOAT - 12 REPS



04

HALF MOON - 6 REPS
EACH SIDE



05

WIDE-LEGGED FORWARD
BEND C - 12 REPS



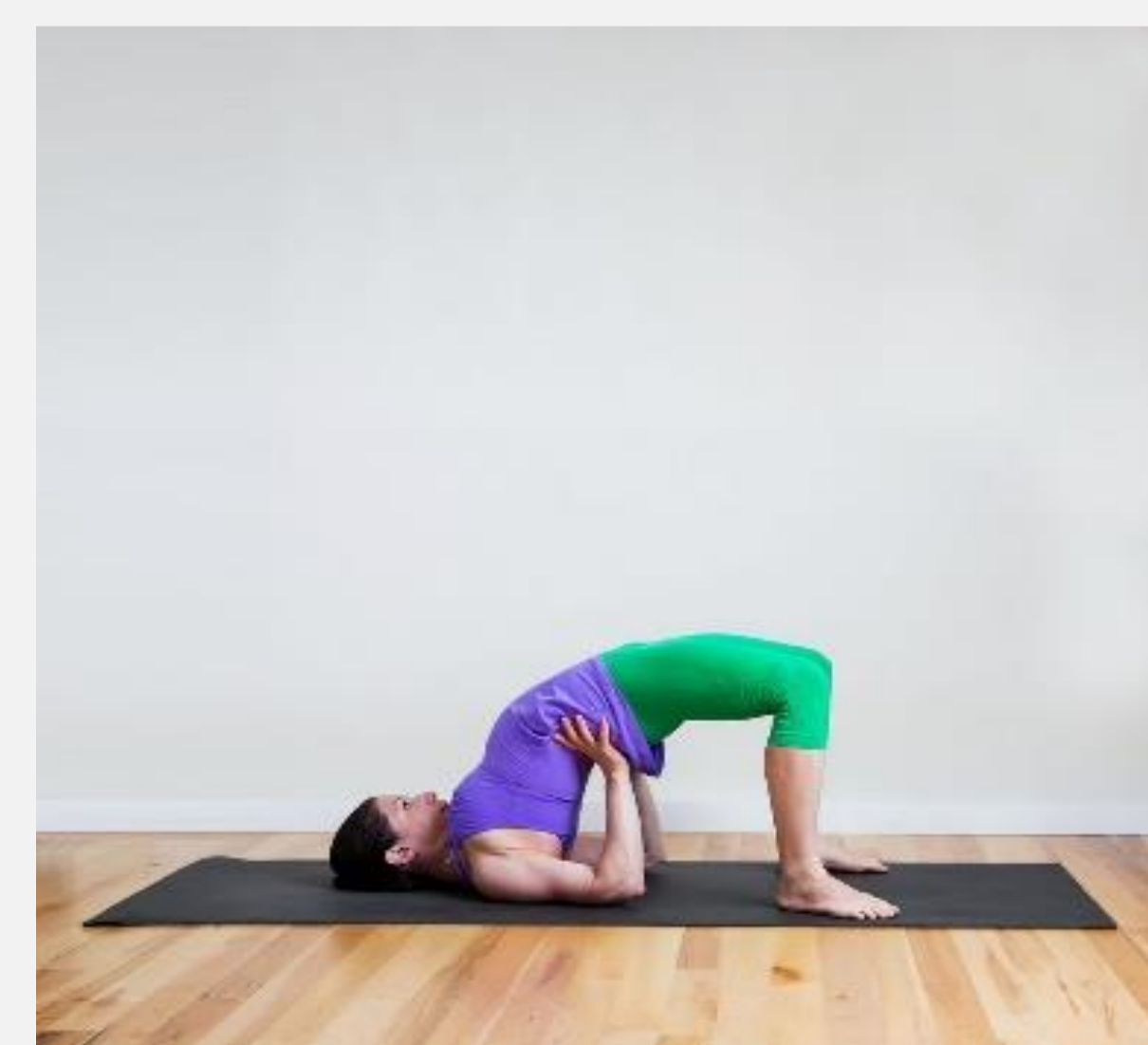
06

PLOW - 12 REPS



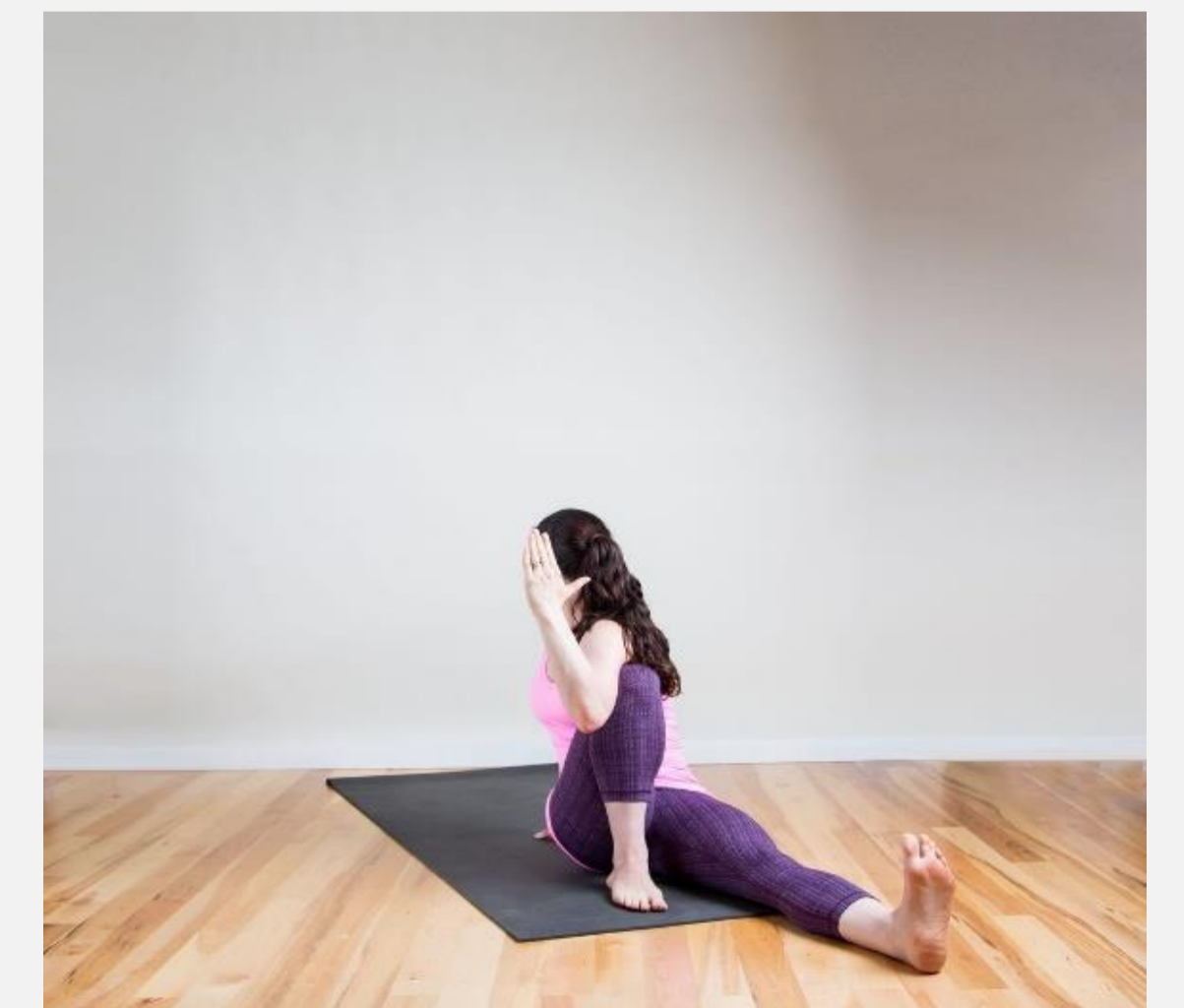
07

BRIDGE - 12 REPS



08

ONE-LEGGED SEATED
SPINAL TWIST - 6 REPS
EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS