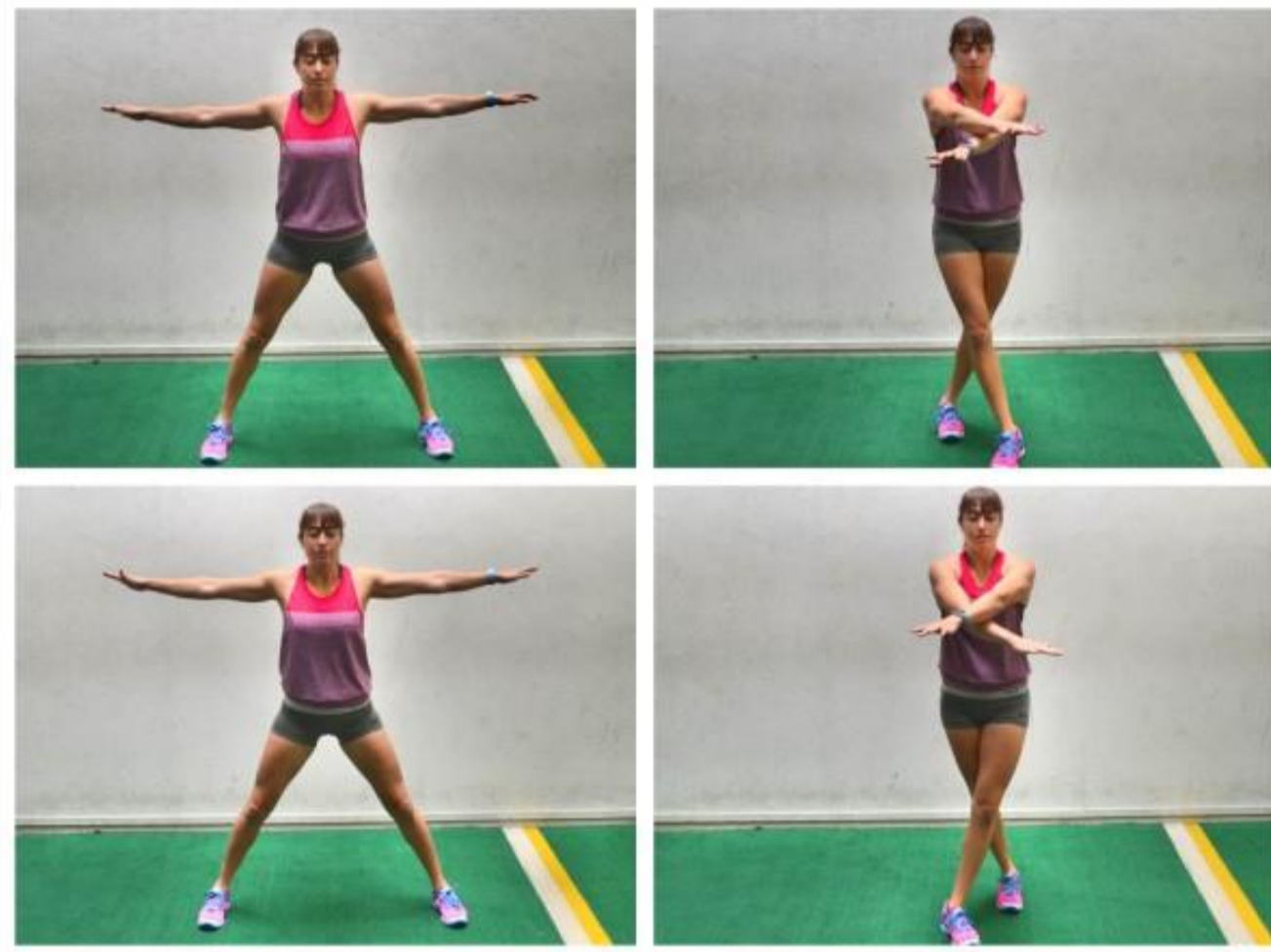


52ndFITNESS WORKOUT PROGRAM

01

CROSSOVER JACK
12 REPS EACH SIDE



02

TWISTING T-SPINE CRUCIFIX
12 REPS EACH SIDE



03

BOSU DEAD BUG
12 REPS EACH SIDE



04

HIP THRUST FEET ON
FITBALL
12 REPS



05

KETTLEBELL RENEGADE
ROW - 12 REPS EACH SIDE



06

SINGLE LEG TOUCH & HOP
12 REPS EACH SIDE



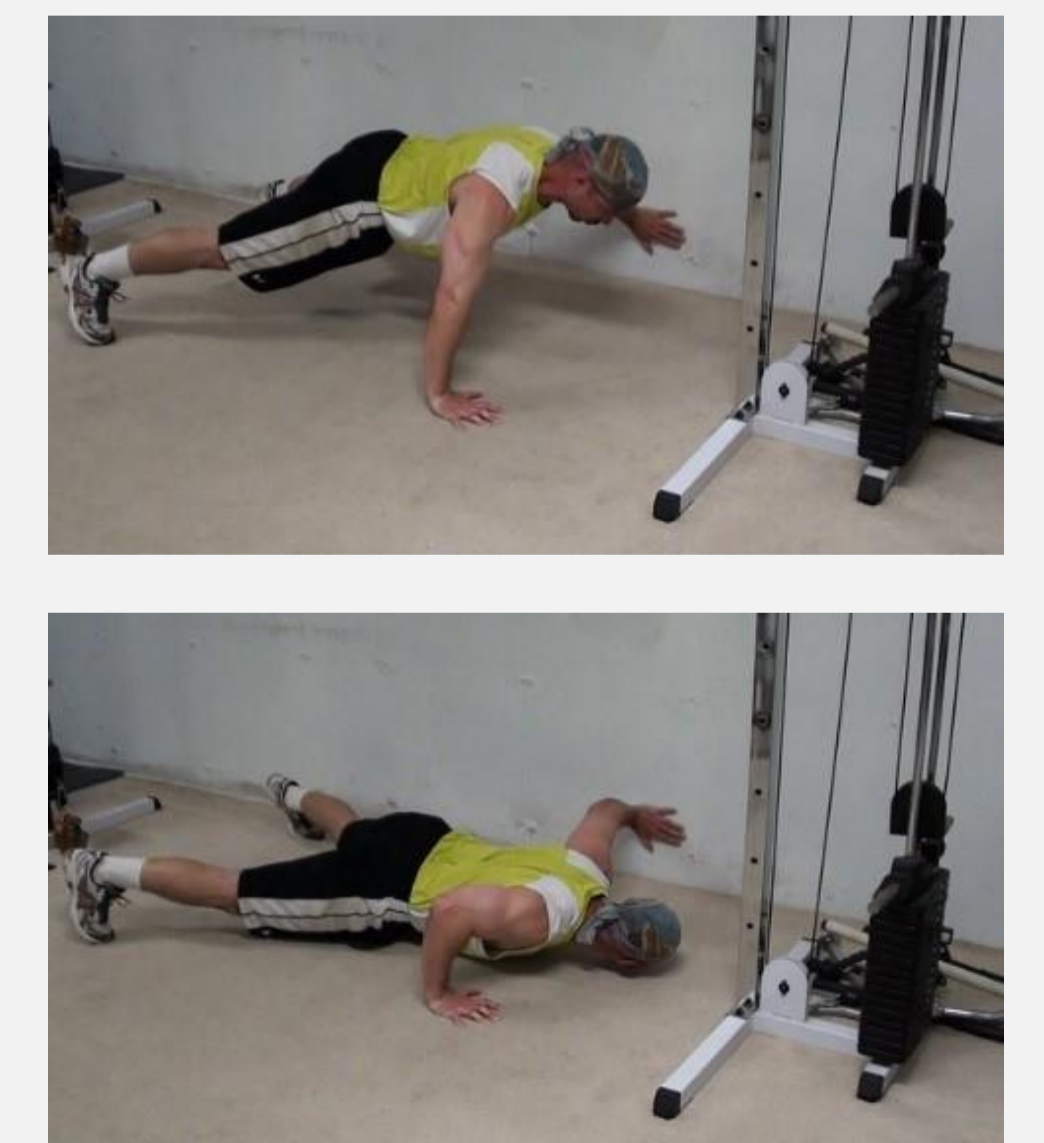
07

MEDICINE BALL FORWARD
LUNGE ROTATION
12 REPS EACH SIDE



08

WALL BRACED PUSH-UP
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS