

53rd FITNESS WORKOUT PROGRAM

01

VIPR LATERAL FLIP
12 REPS EACH SIDE



02

VIPR FORWARD STEP WITH
UPPERCUT
12 REPS EACH SIDE



03

VIPR OPPOSITE
DIRECTION JUMP & TWIST
12 REPS EACH SIDE



04

VIPR CYLINDER LIFT
12 REPS



05

VIPR FLOOR TO OVERHEAD
STEERING WHEEL TURN
12 REPS EACH SIDE



06

VIPR FORWARD LUNGE
WITH SIDE TILT
12 REPS EACH SIDE



07

VIPR FRONT CARRY
LATERAL LUNGE
12 REPS EACH SIDE



08

VIPR ICE SKATER
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS