

56th FITNESS WORKOUT PROGRAM

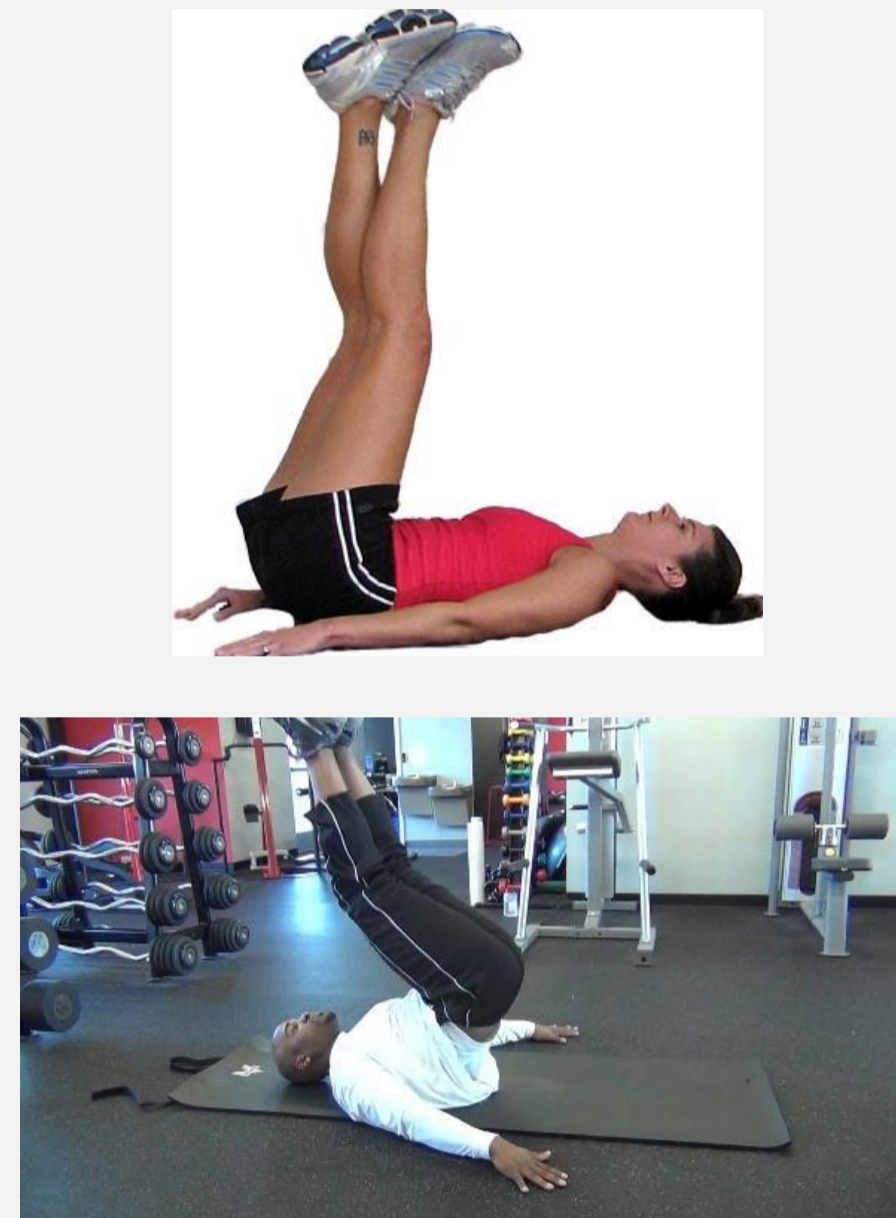
01

OBLIQUE JACK
12 REPS EACH SIDE



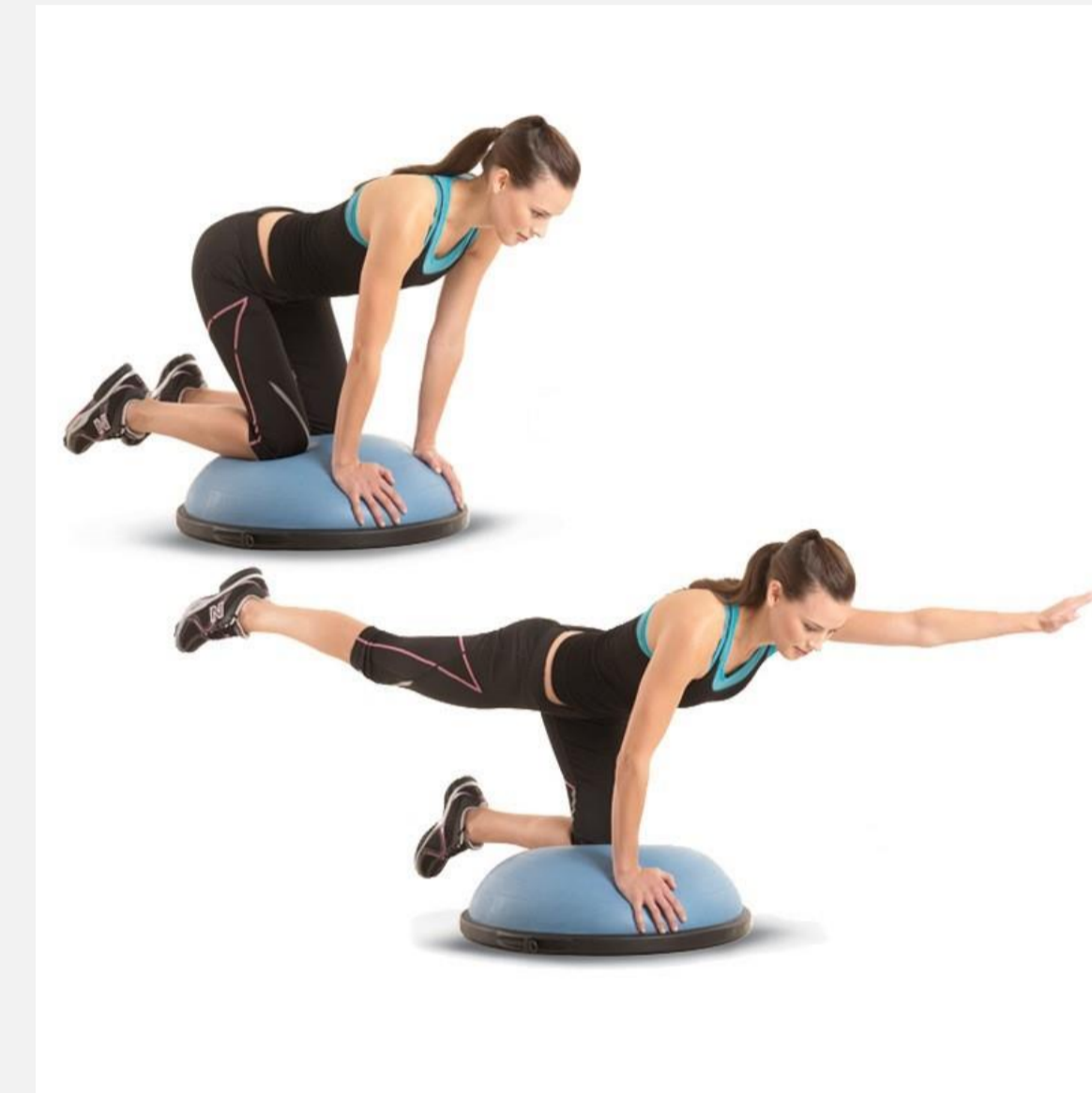
02

LYING HIP THRUST
12 REPS



03

BOSU KNEELING
ALTERNATE ARM LEG LIFT
12 REPS EACH SIDE



04

MEDICINE BALL CROSS
BODY CHOP
12 REPS EACH SIDE



05

KETTLEBELL GOBLET
SQUAT 12 REPS



06

CLIMBER PULL-UP
12 REPS EACH SIDE



07

VIPR LUNGE WITH
MULTI PLANE
REACHES 12 REPS
EACH SIDE



08

BOAT POSE
12 REPS



REPEAT THE CIRCUIT FOR 3 SETS