

63rd FITNESS WORKOUT PROGRAM

01

MOUNTAIN CLIMBER
SIDE PLANK
12 REPS EACH SIDE



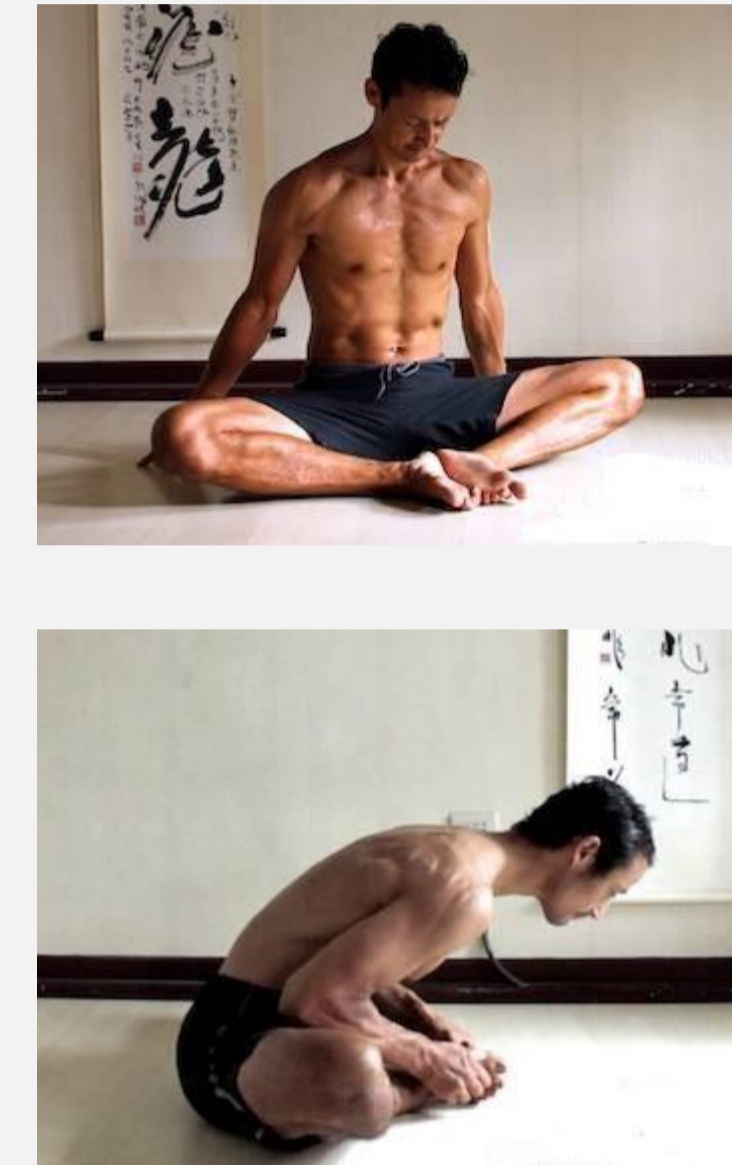
02

TURKISH GET-UP
12 REPS EACH SIDE



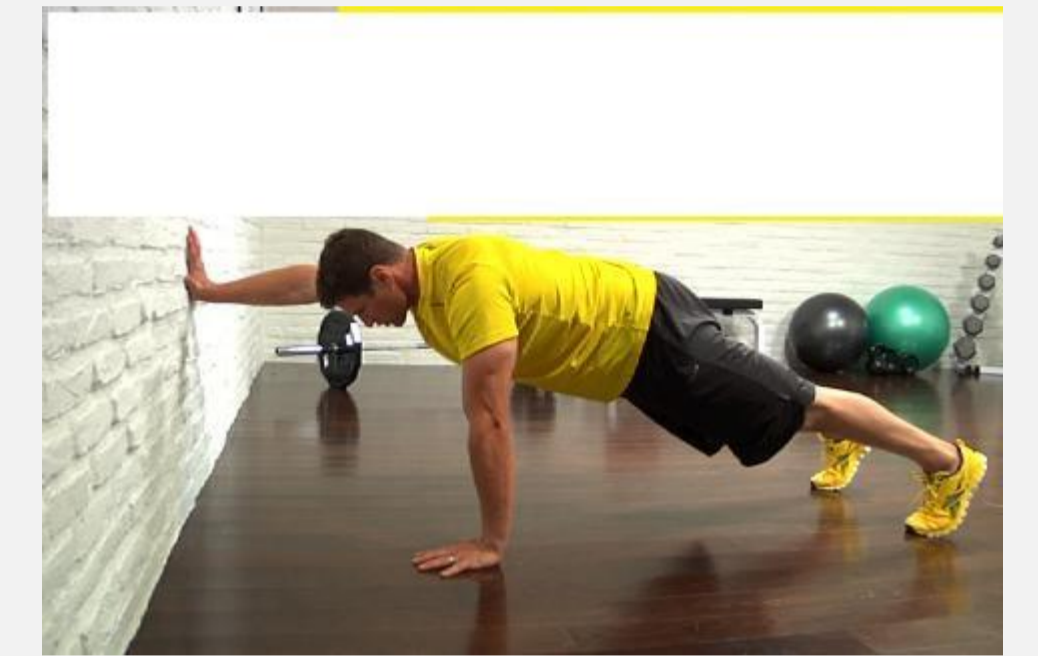
03

BUTTERFLY POSE
12 REPS



04

SINGLE ARM WALL PUSH
12 REPS EACH SIDE



05

DB SIDE LUNGE
12 REPS EACH SIDE



06

BOSU DEAD BUG
12 REPS EACH SIDE



07

TUCK JUMP
12 REPS



08

HALF MOON POSE
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS