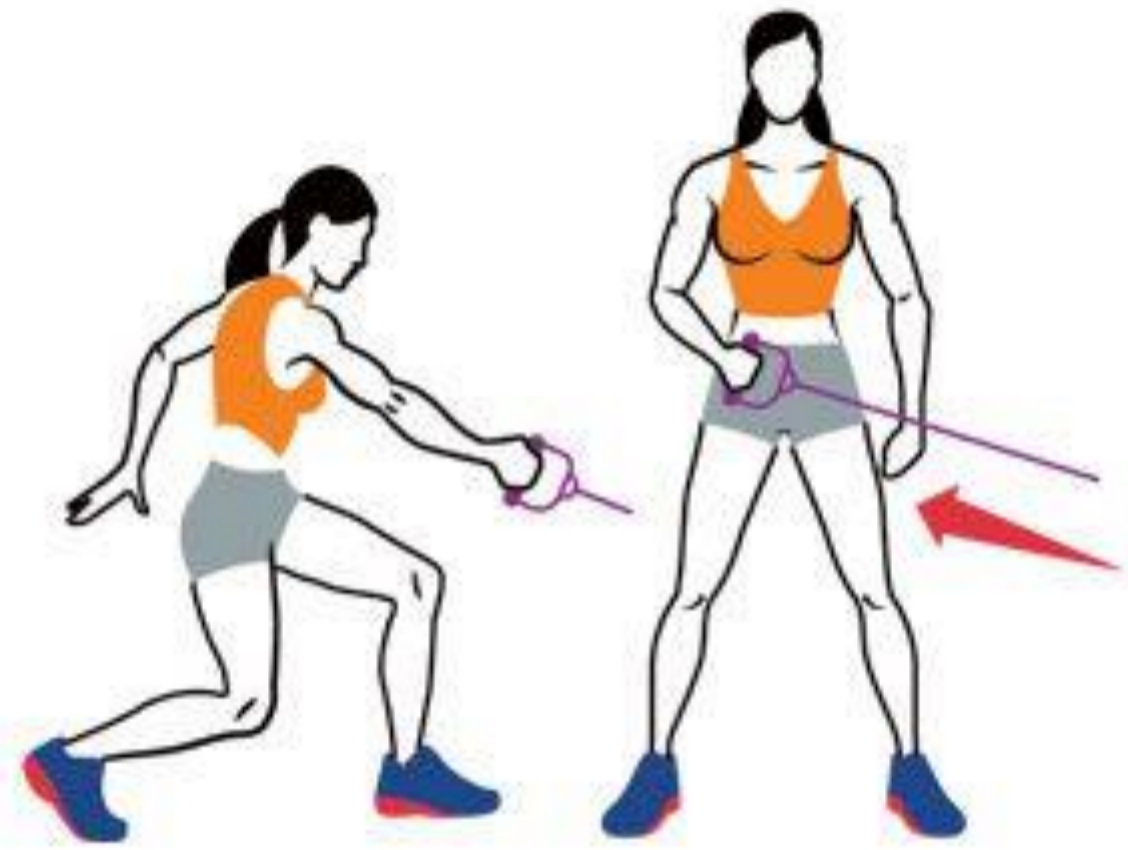


# 68th FITNESS WORKOUT PROGRAM

01

ROTATIONAL CABLE ROW  
12 REPS EACH SIDE



02

SINGLE LEG SUSPENDED  
PUSH UP  
12 REPS EACH SIDE



03

CABLE OBLIQUE CRUNCH  
12 REPS EACH SIDE



04

LYING LEG RAISES  
12 REPS



05

KNEELING PALLOF PRESS  
12 REPS



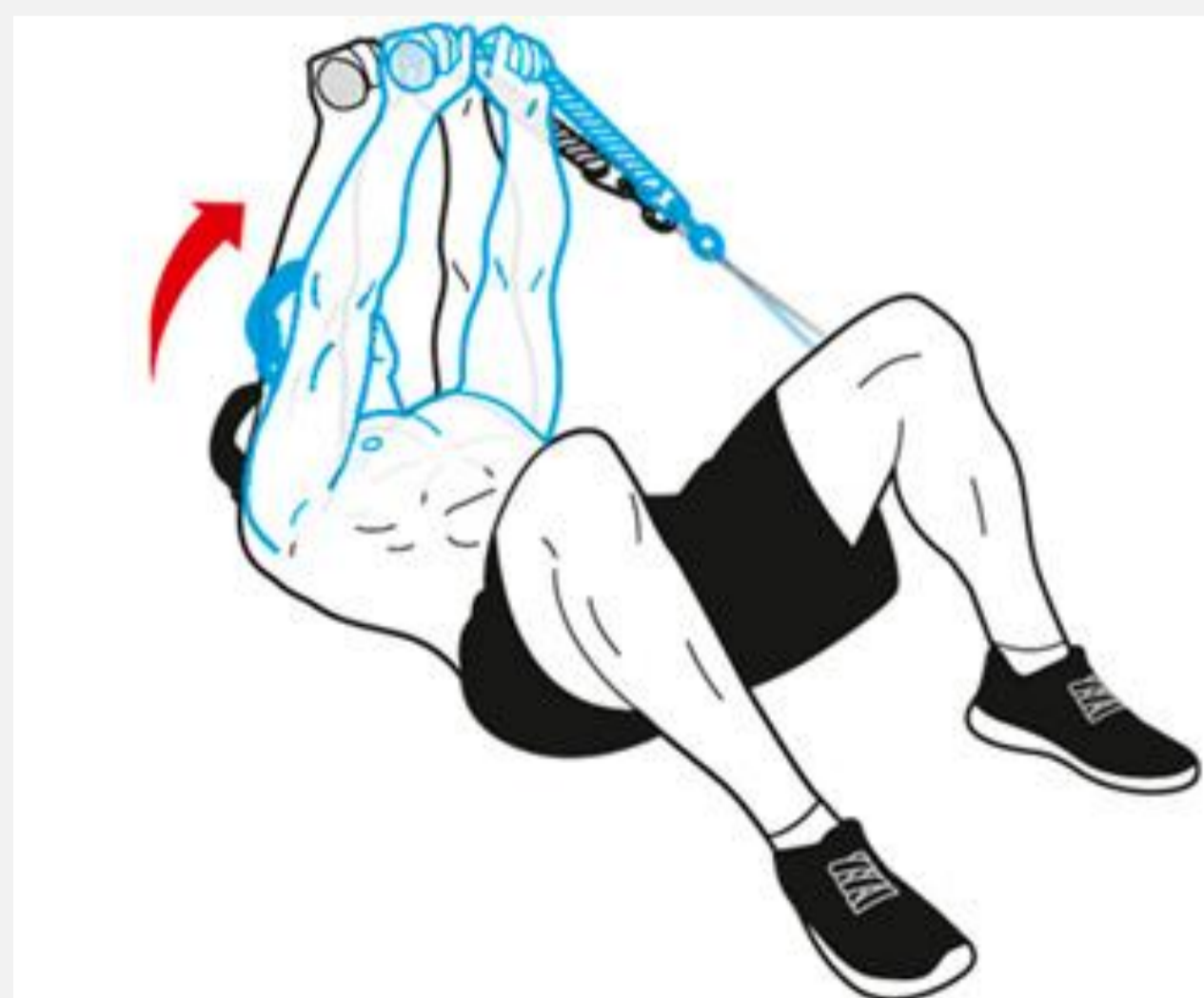
06

STEP UP AND SINGLE ARM  
DB OVERHEAD PRESS  
12 REPS EACH SIDE



07

ANTI ROTATION  
HALF SIT UP  
12 REPS



08

SQUAT AND FRONT KICK  
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS