

69th FITNESS WORKOUT PROGRAM

01

DB SKIER SWING
12 REPS



02

SIDE TO SIDE HOP
12 REPS



03

OVERHEAD PALLOF PRESS
12 REPS



04

FORWARD AND
BACKWARDS HOP
12 REPS



05

BEAR SQUAT
12 REPS



06

DB BENT OVER ROW
12 REPS



07

SQUAT THRUST
12 REPS



08

PUSH UP TO SIDE PLANK
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS