

FITNESS WORKOUT PROGRAM

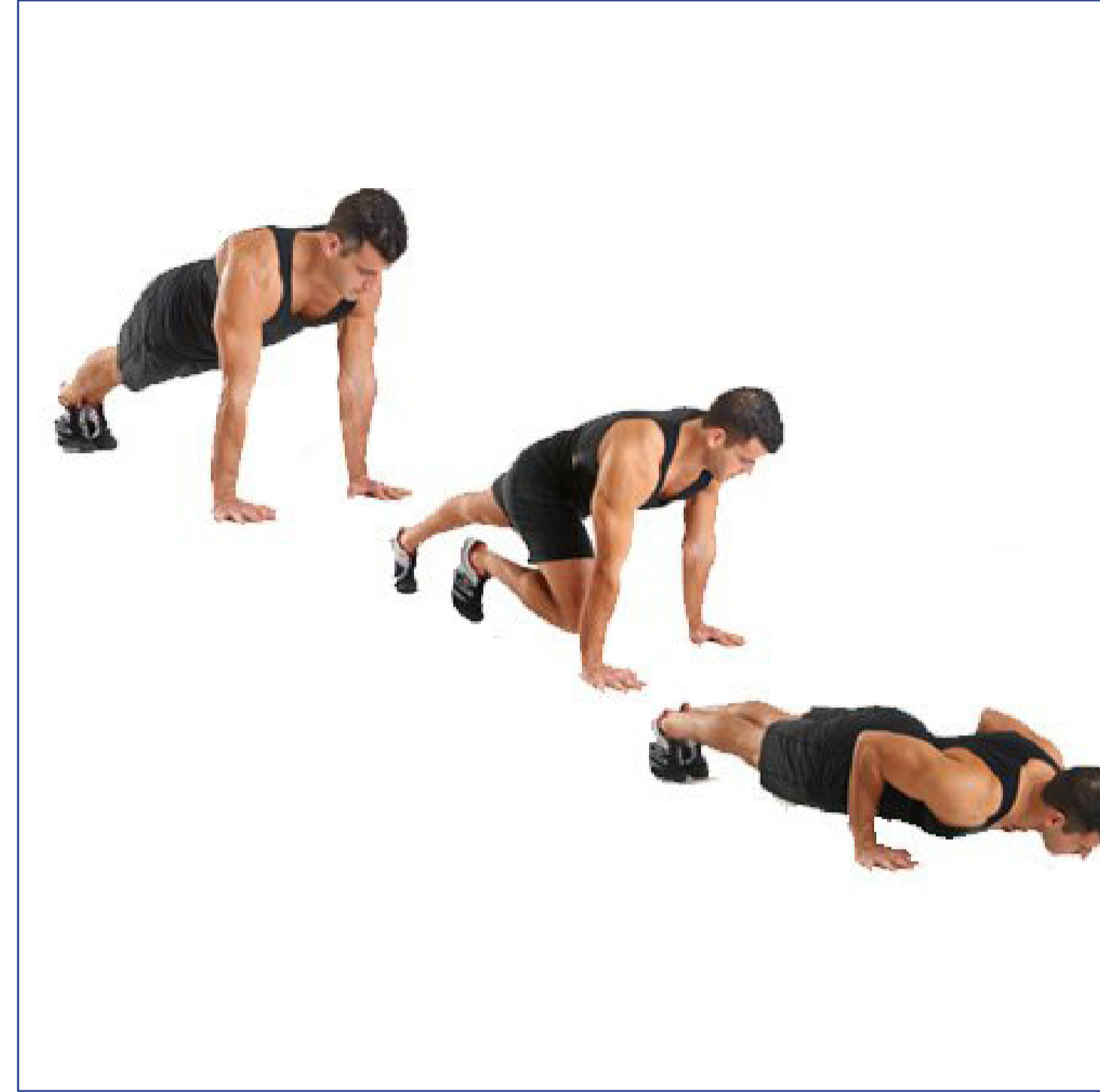
1. Side to Side Hops – 30 seconds



2. Resistance Band Squat Rows - 12 reps



3. Mountain Climbers to Push Ups – 12 reps each side



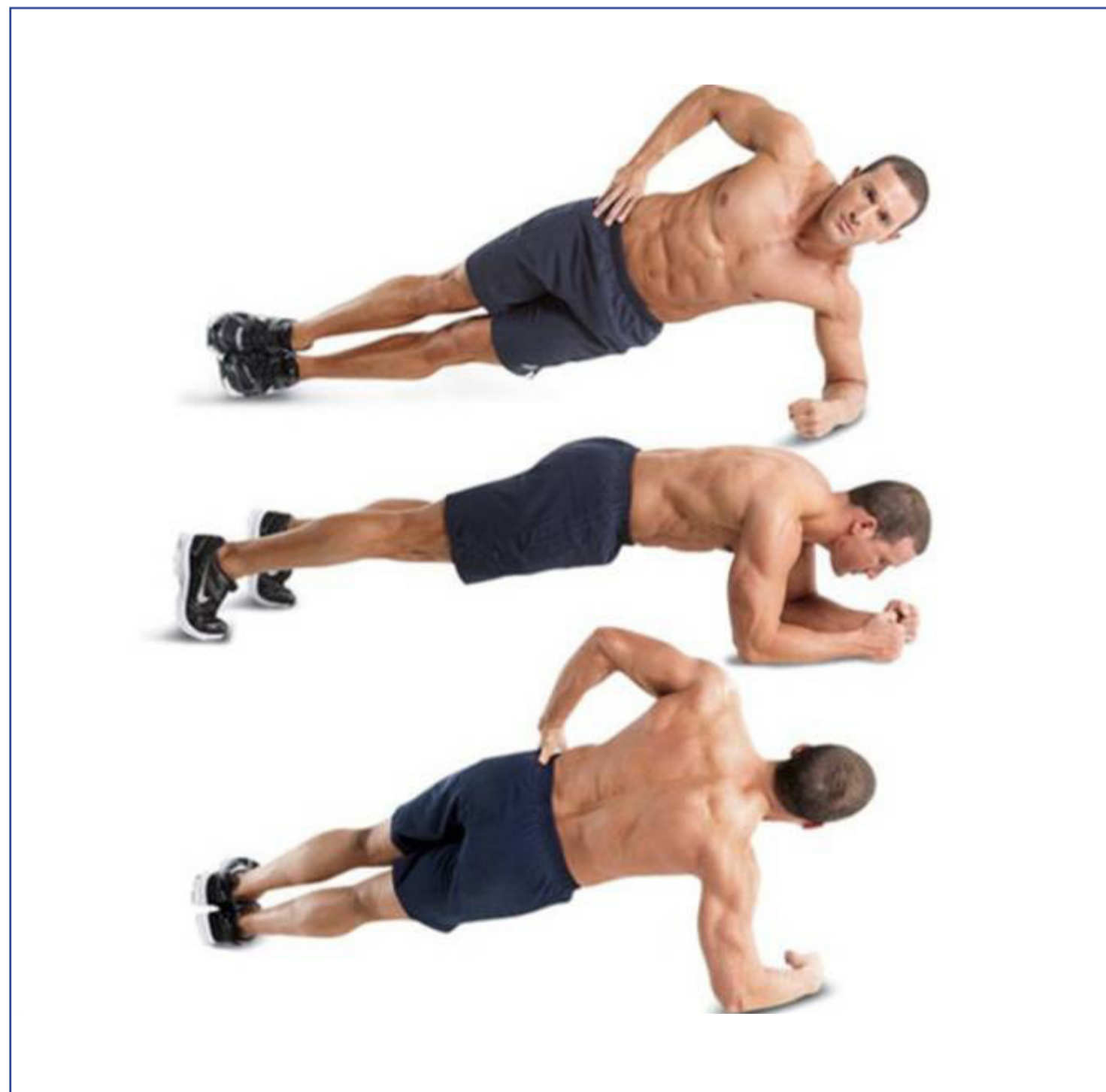
4. Ice Skaters - 12 reps each side



5. Bicep Curls to Shoulder Press Ups – 12 reps



6. Rotating Side Planks – 12 reps each side



7. Squat Push Press – 12 reps



8. Sit outs – 12 reps each side



REPEAT THE CIRCUIT IN 3 SETS