

# 74th FITNESS WORKOUT PROGRAM

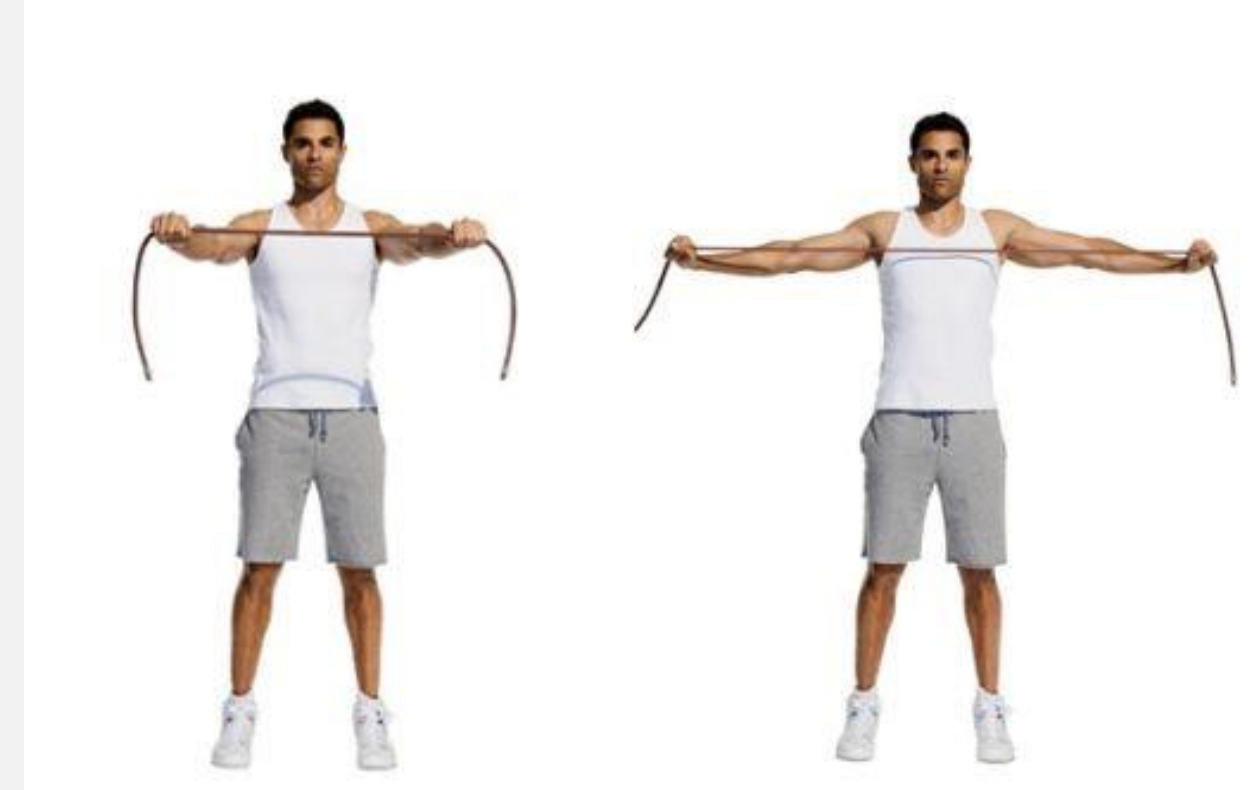
01

BENCH HOP OVER  
6 REPS EACH SIDE



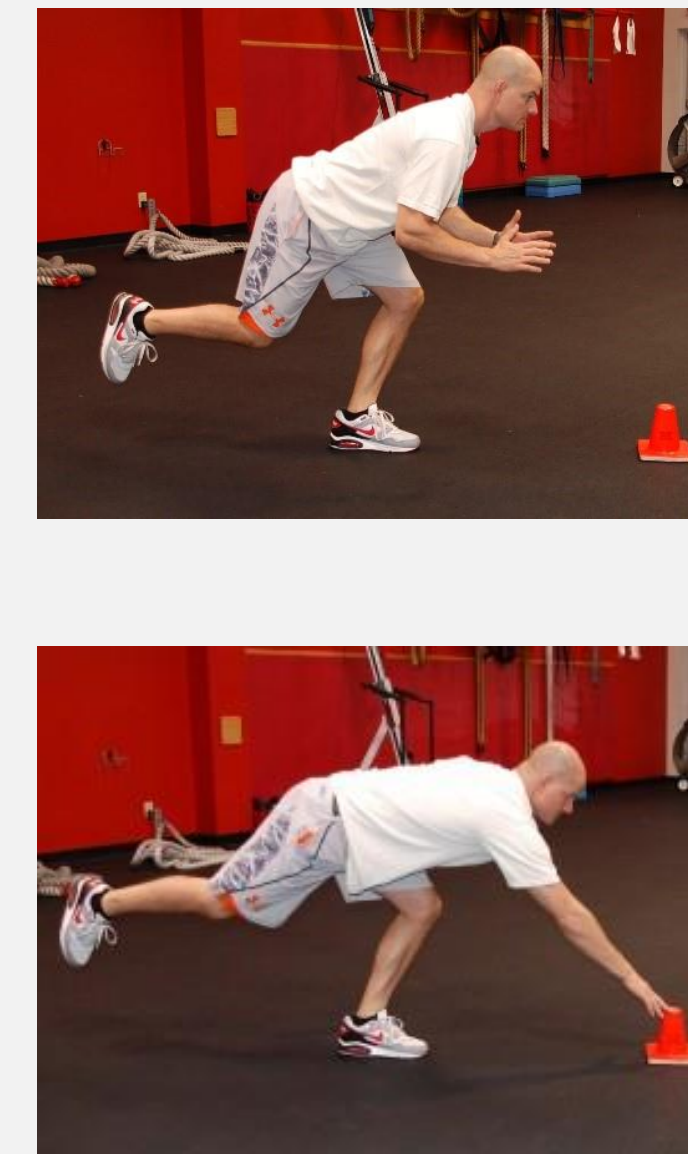
02

BAND PULL APART  
12 REPS



03

SINGLE LEG OPPOSITE  
ARM REACH  
6 REPS EACH HAND



04

LYING HIP LIFT  
TOES TO CEILING  
12 REPS



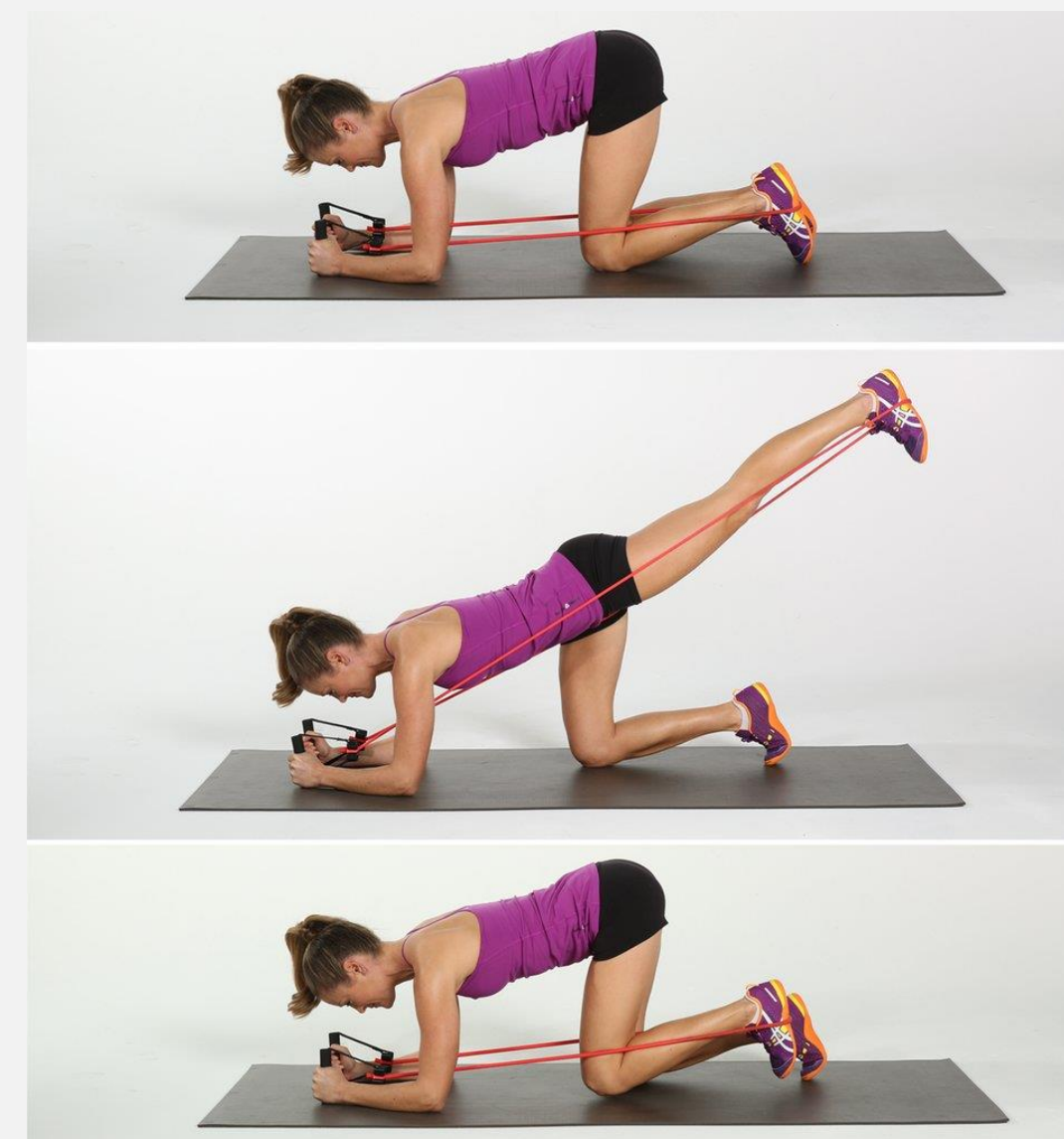
05

BAND BENT OVER ROW  
12 REPS



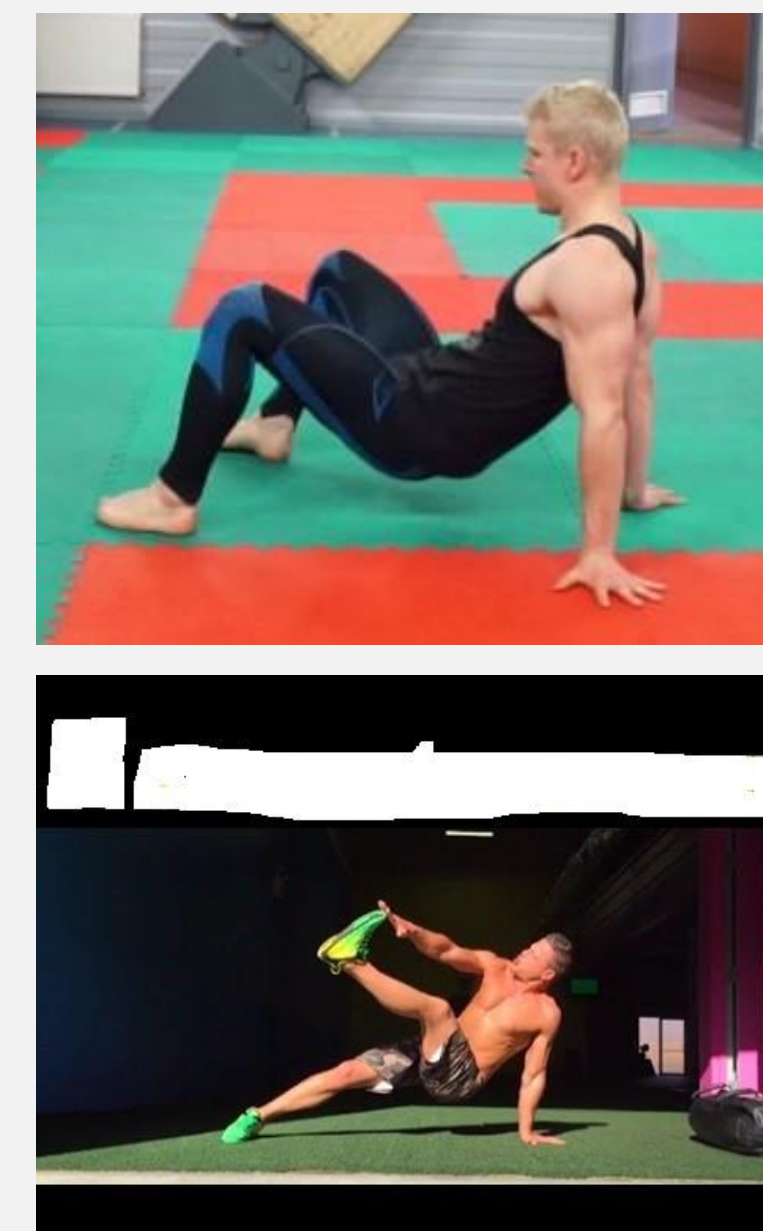
06

BAND BOOTY KICK  
6 REPS EACH LEG



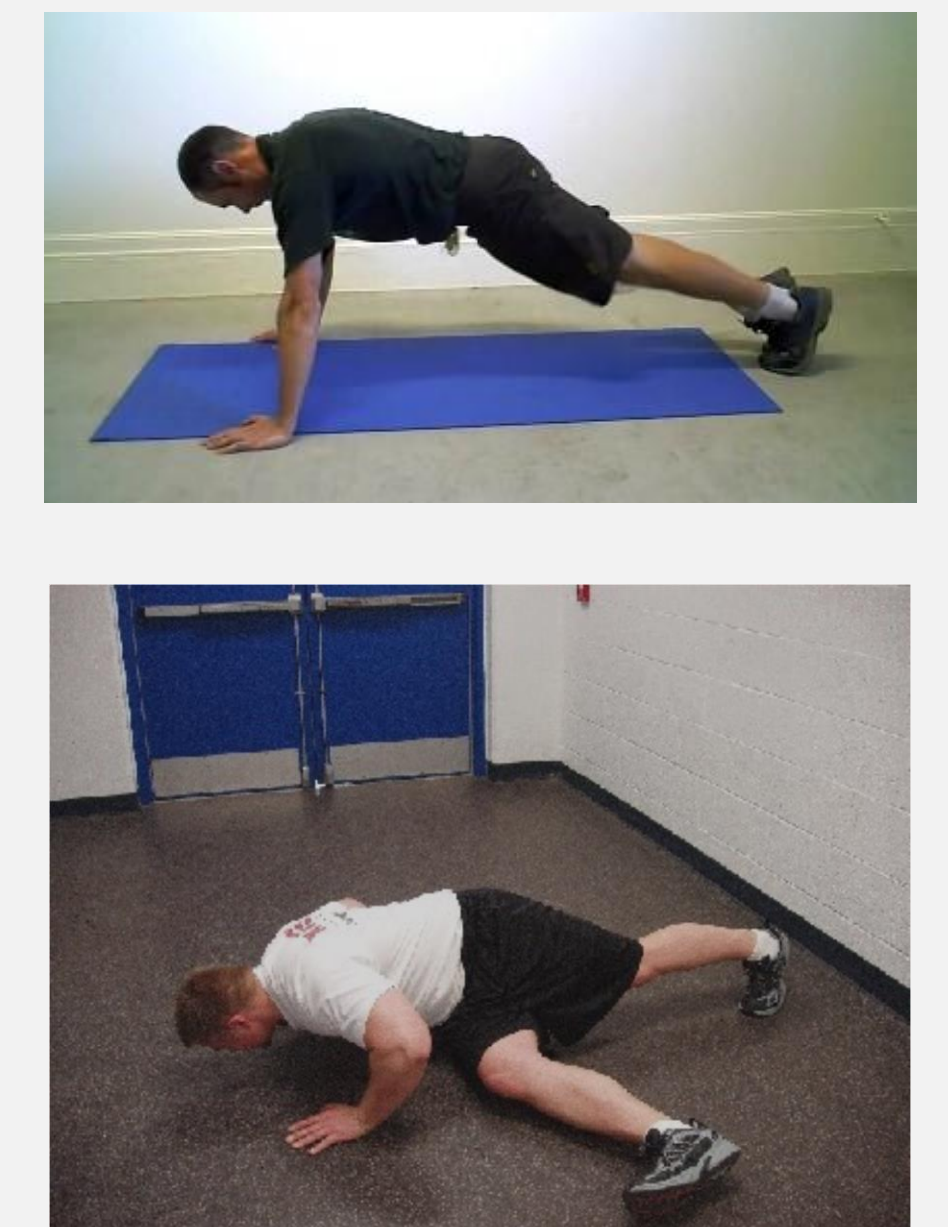
07

MODIFIED SCORPION  
6 REPS EACH SIDE



08

GRASSHOPPER PUSH UP  
6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS