

78th FITNESS WORKOUT PROGRAM

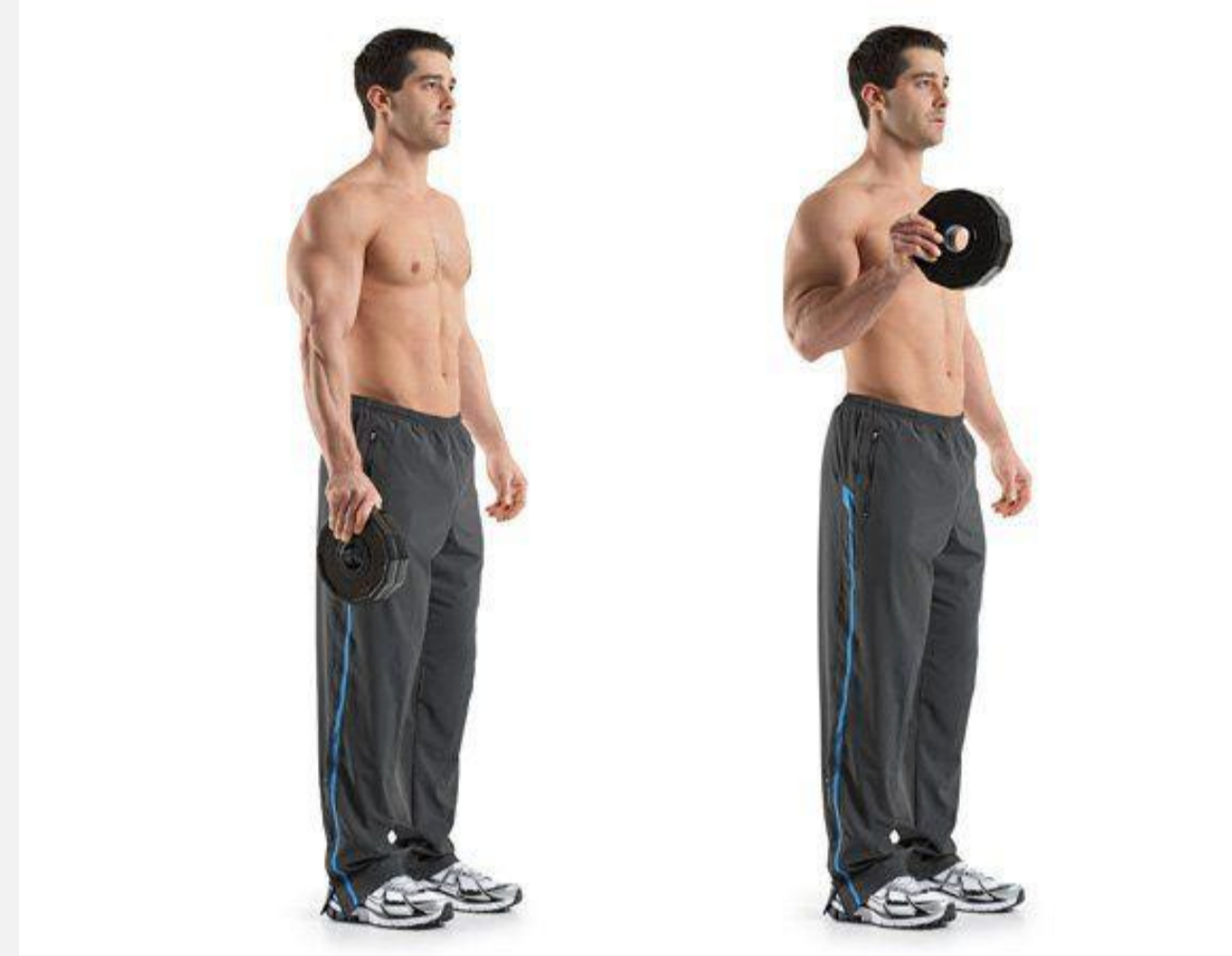
01

UPRIGHT BIKE
2 MINUTES



02

BICEP CURL NEUTRAL GRIP
PLATE PINCH
12 REPS



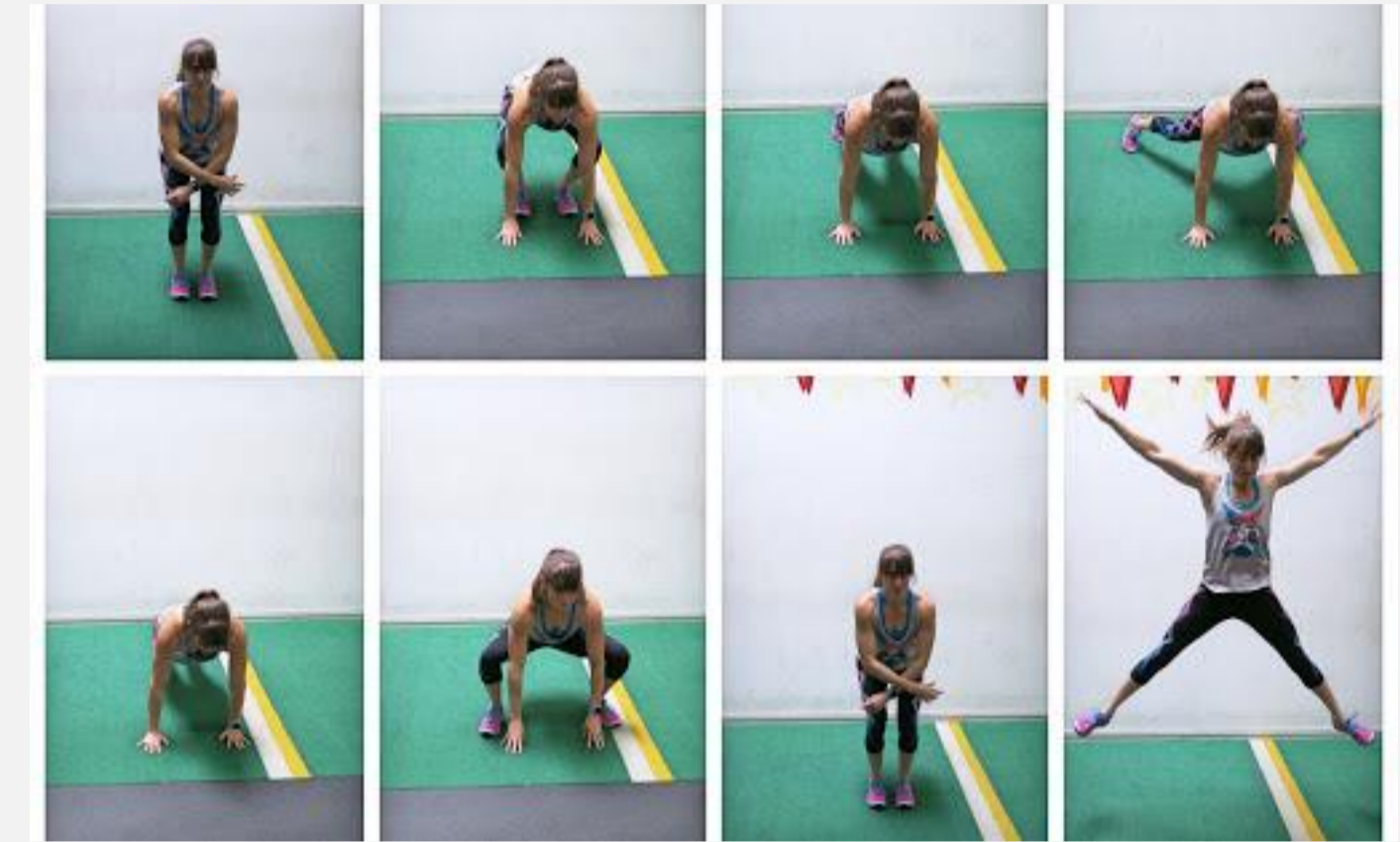
03

SHRIMP SQUAT (ADVANCED)
6 REPS EACH LEG



04

JACK BURPEE
12 REPS



05

TYPEWRITER PUSH UP
6 REPS EACH SIDE



06

JACK BURPEE
12 REPS



07

SEATED ABDUCTION
12 REPS



08

ANKLE TOUCH PUSH UP
6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS