

81st FITNESS WORKOUT PROGRAM

01

TRX INVERTED ROW
12 REPS



02

TRX SPLIT SQUAT WITH FLY
6 REPS EACH SIDE



03

TRX CHEST PRESS
12 REPS



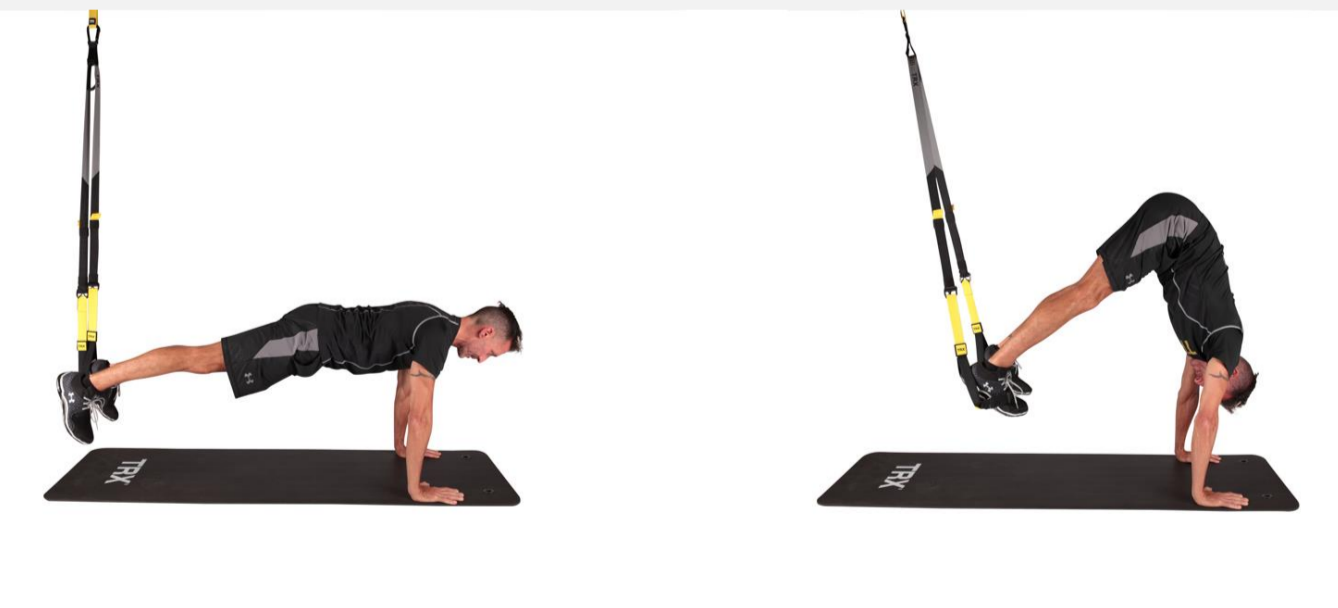
04

TRX FLY WITH SQUAT
12 REPS



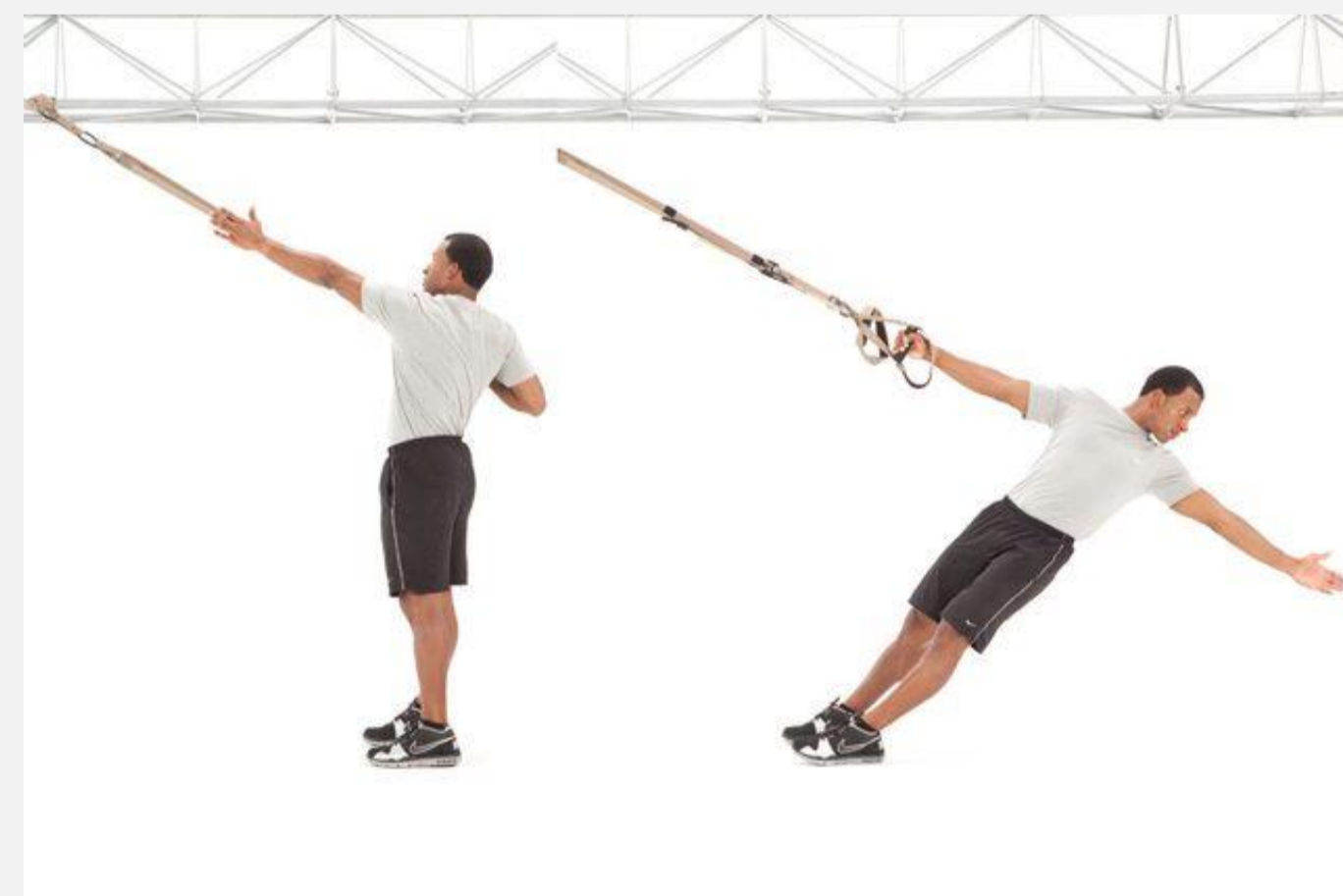
05

TRX PIKE
12 REPS



06

TRX POWER PULL
6 REPS EACH SIDE



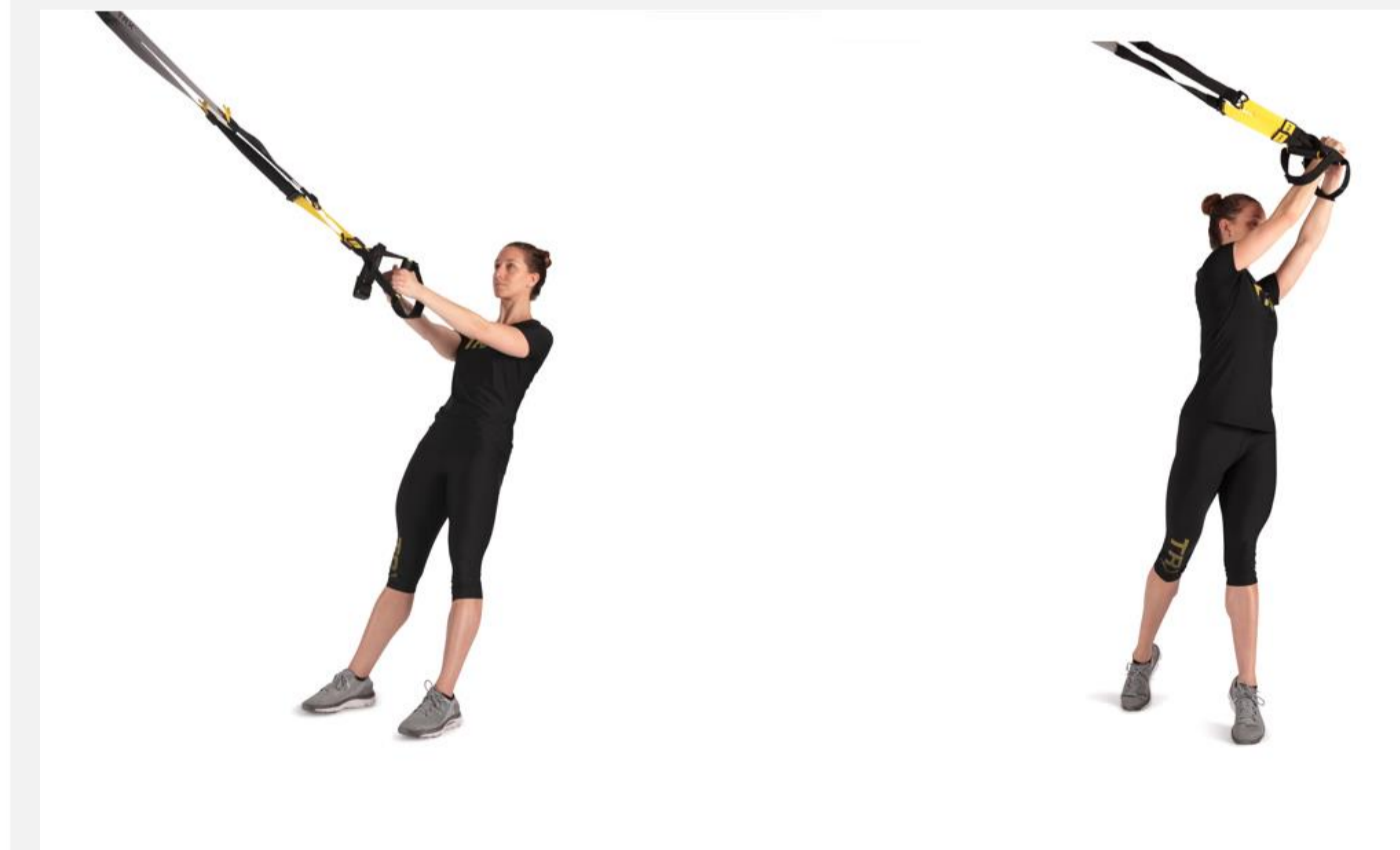
07

TRX TRICEP PRESS
12 REPS



08

TRX TORSO ROTATION
6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS