

87th FITNESS WORKOUT PROGRAM

01

CROSS BODY
MOUNTAIN CLIMBER
6 REPS EACH LEG



02

CHEST PRESS
ALTERNATING ARM
6 REPS EACH ARM



03

HIGH KNEE
6 REPS EACH LEG



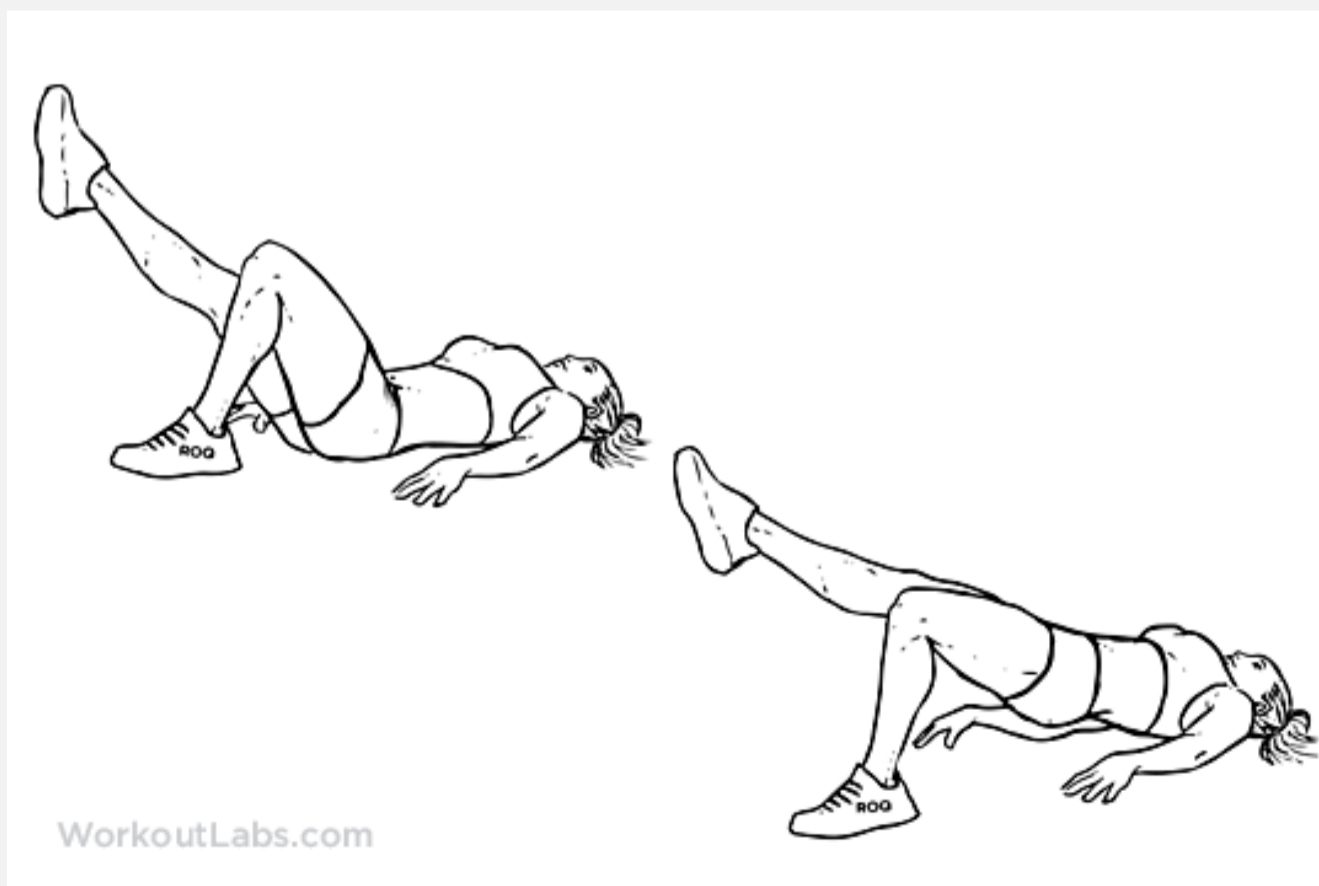
04

VIPR STEP
FORWARD UPPERCUT
6 REPS EACH SIDE



05

SINGLE LEG HIP THRUST
6 REPS EACH SIDE



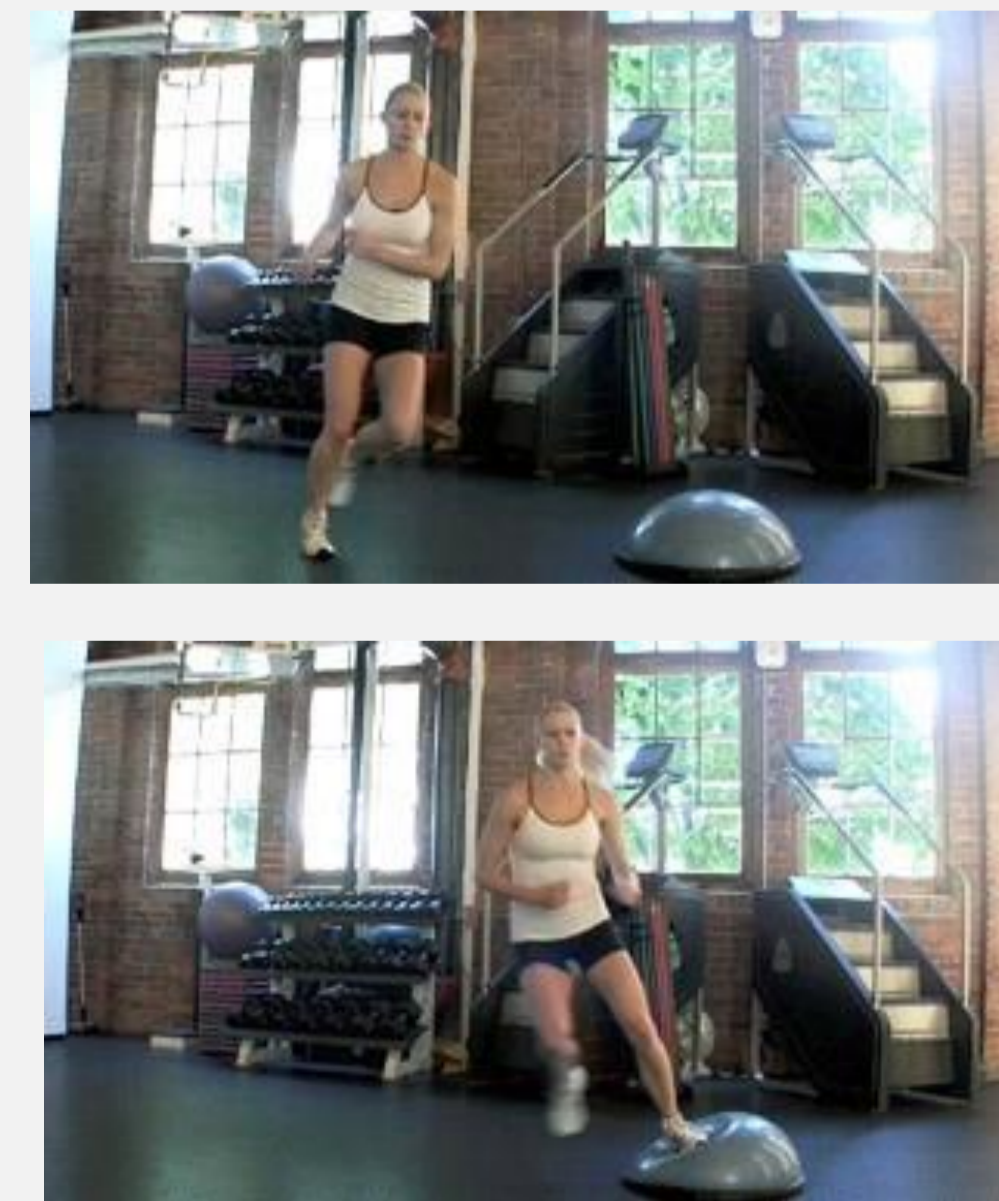
06

KETTLEBELL SWING
12 REPS



07

BOSU LATERAL BOUND
6 REPS EACH SIDE



08

ALTERNATING ARM MEDICINE
BALL PUSH UP
6 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS