

# 59th FITNESS WORKOUT PROGRAM

01

SKIER JACK  
12 REPS EACH SIDE



02

BREAKDANCER  
12 REPS EACH SIDE



03

FACE PULL USING  
TRICEP ROPE  
12 REPS



04

BOSU ALTERNATING ARM  
LEG V-UP  
12 REPS EACH SIDE



05

DIVE BOMBER PUSH-UP  
12 REPS



06

DUMBBELL SUMO SQUAT  
12 REPS



07

INVERTED ROW  
12 REPS



08

MOUNTAIN CLIMBER  
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS