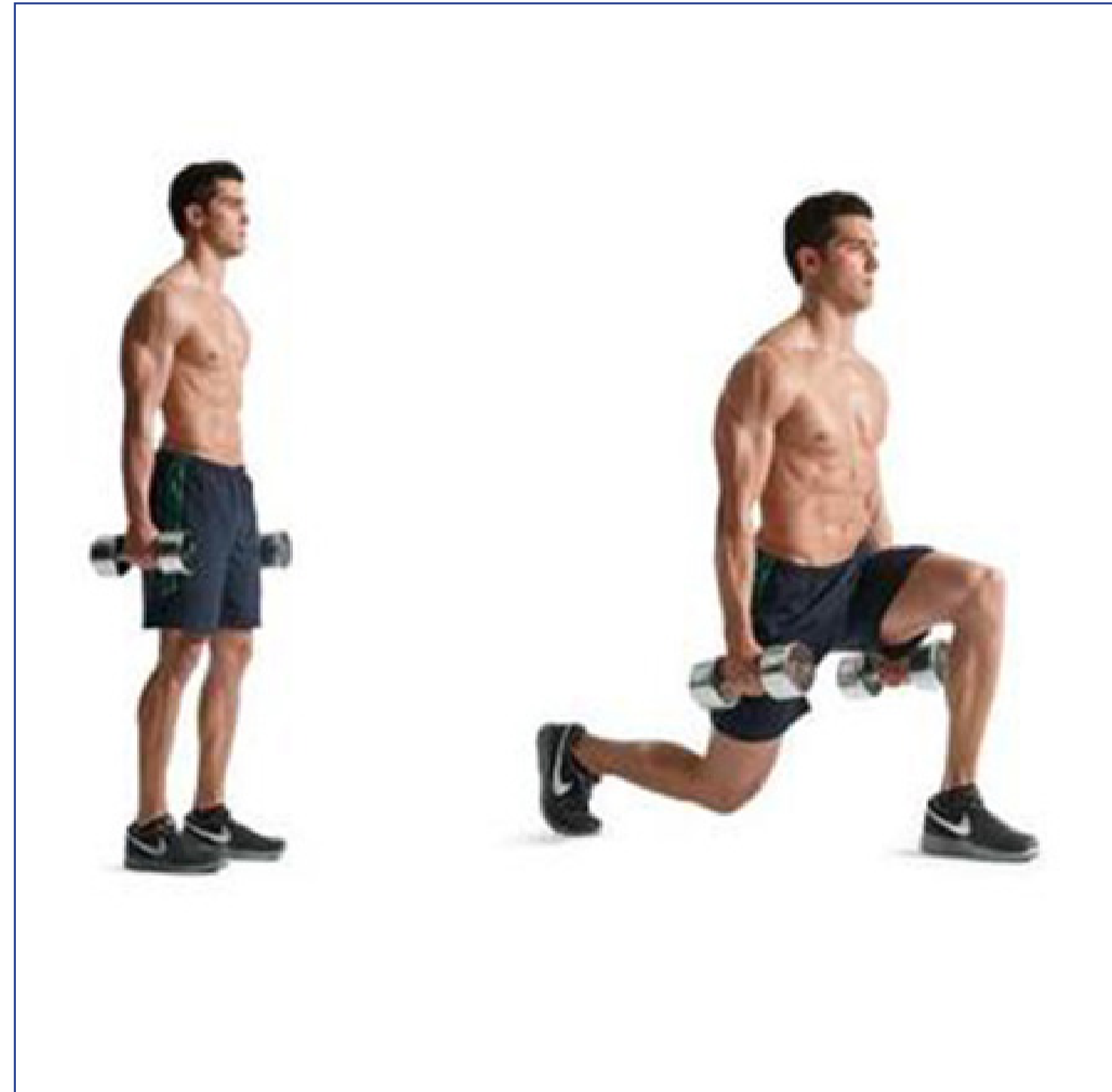


# FITNESS WORKOUT PROGRAM

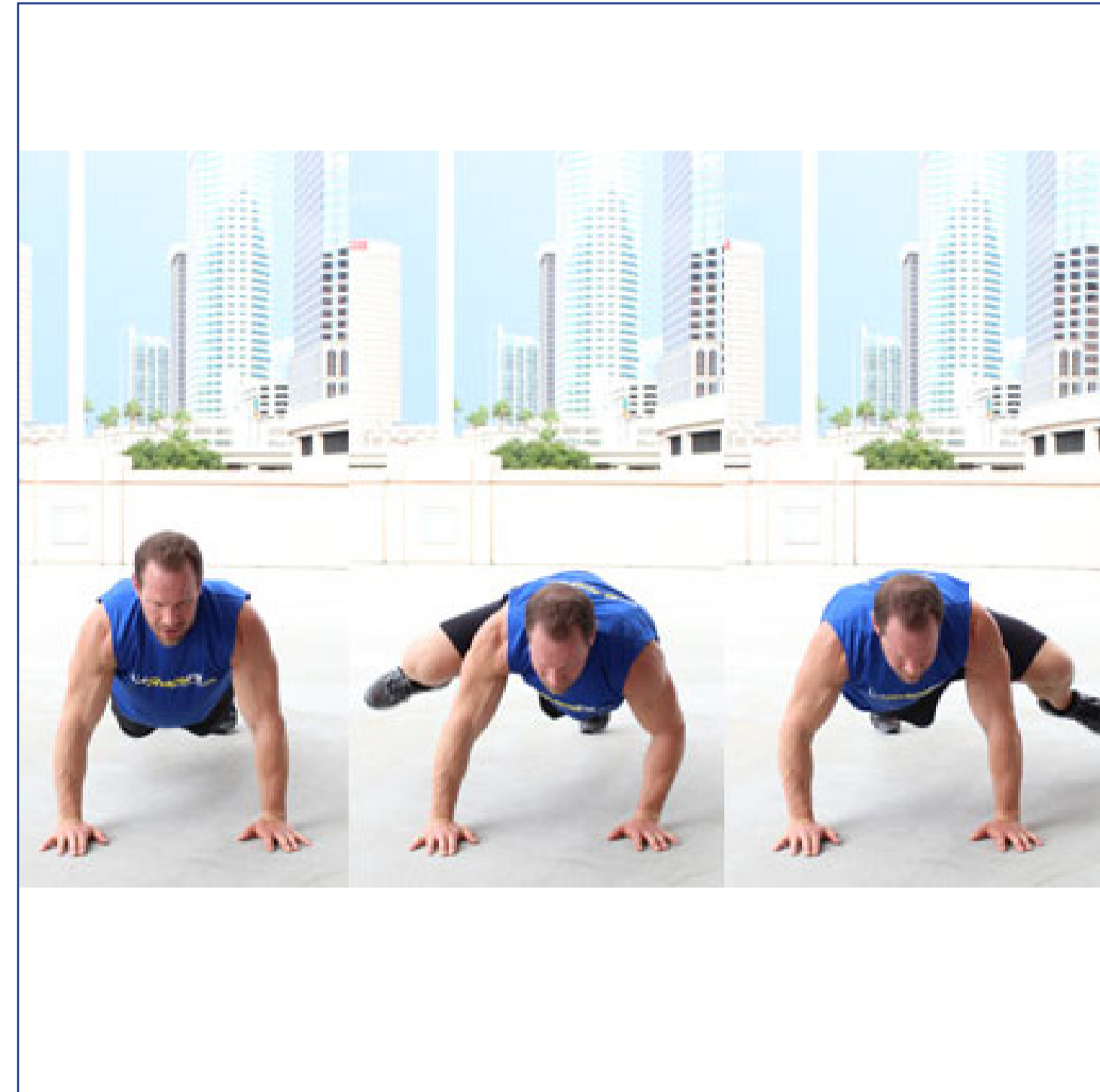
**1. Ball Slams – 30 seconds**



**2. Lunges – 12 reps each sides**



**3. Spiderman Mountain Climbers – 12 reps each sides**



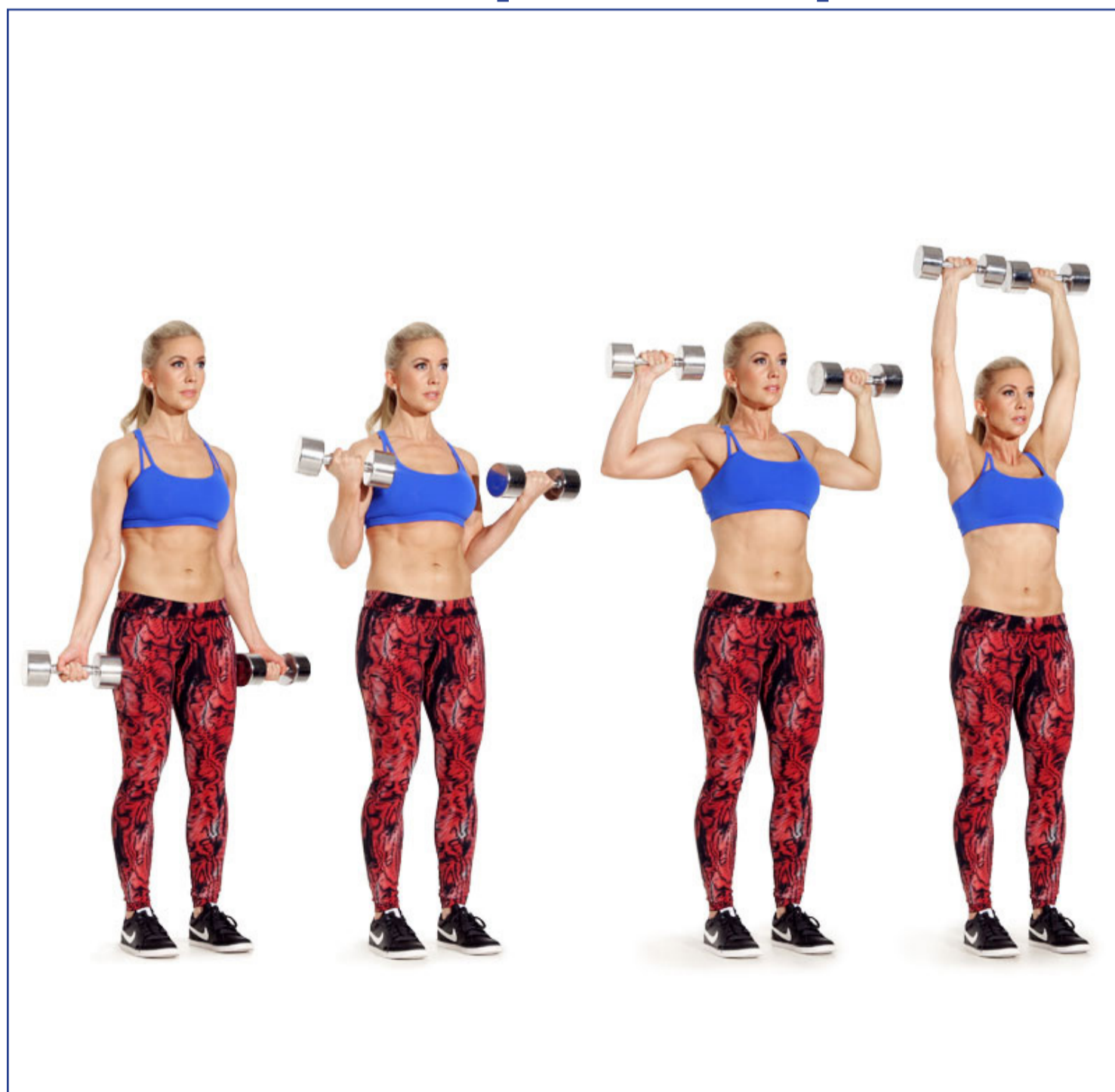
**4. Back Lunge twist– 12 reps each sides**



**5. Squatted Back Row – 12 reps**



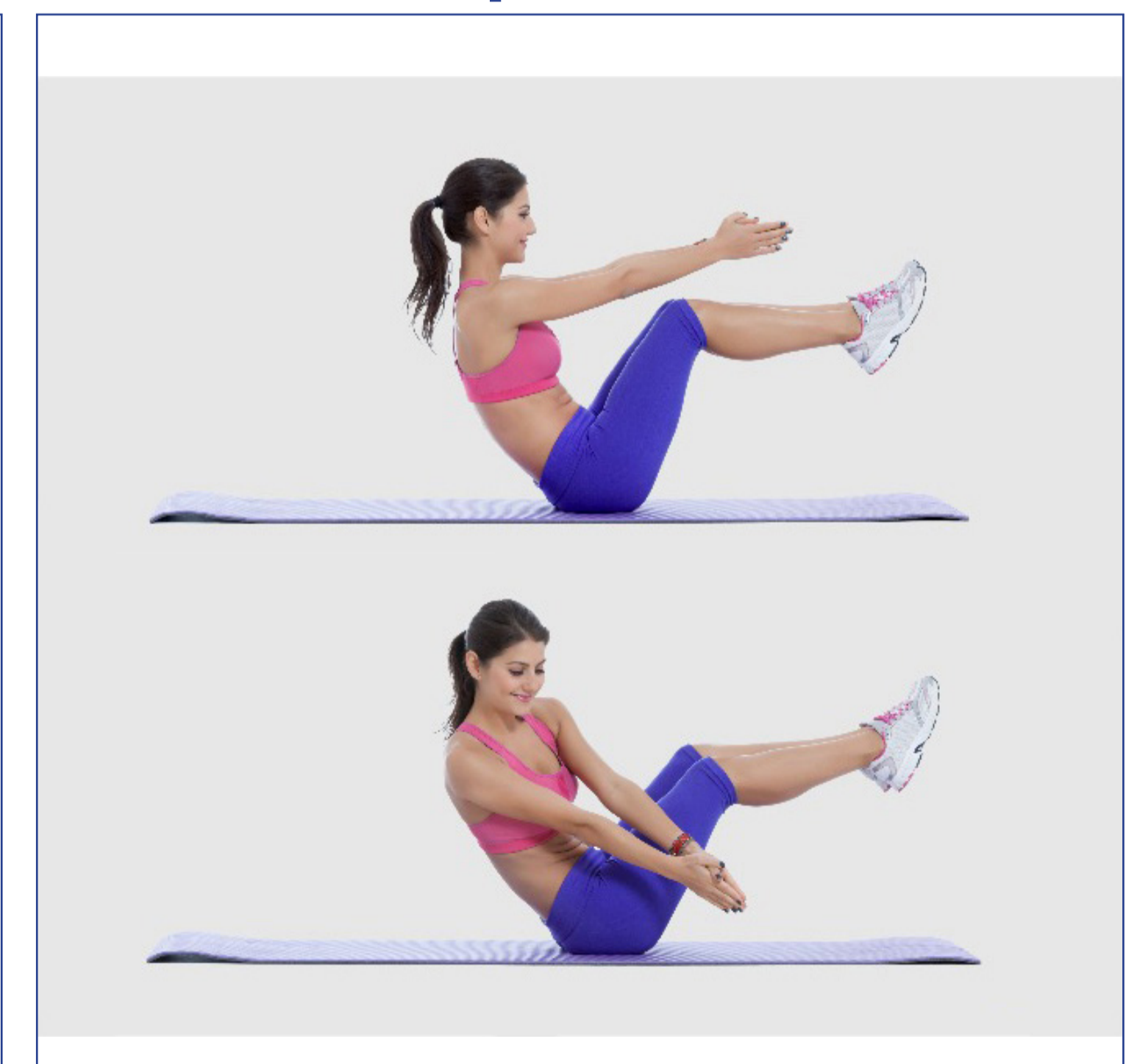
**6. Bicep Curls to Shoulder Press ups – 12 reps**



**7. Triceps Push ups – 12 reps**



**8. Russian Twist - 12 reps each side**



**REPEAT THE CIRCUIT IN 3 SETS**