

FITNESS WORKOUT PROGRAM

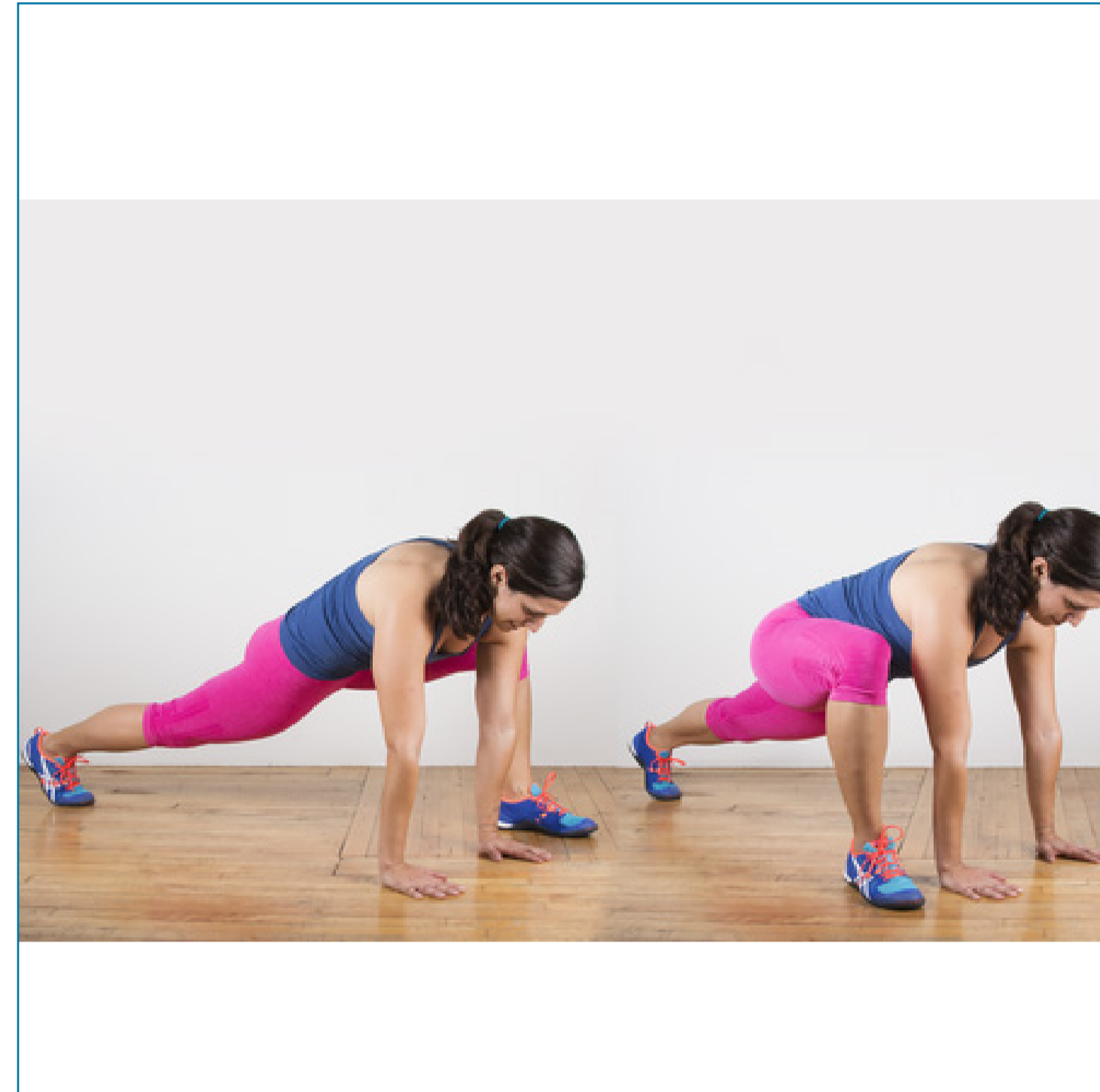
1. Dumbbell Skier Swing
- 30 seconds



2. Dumbbell Bent Over Row
- 12 reps



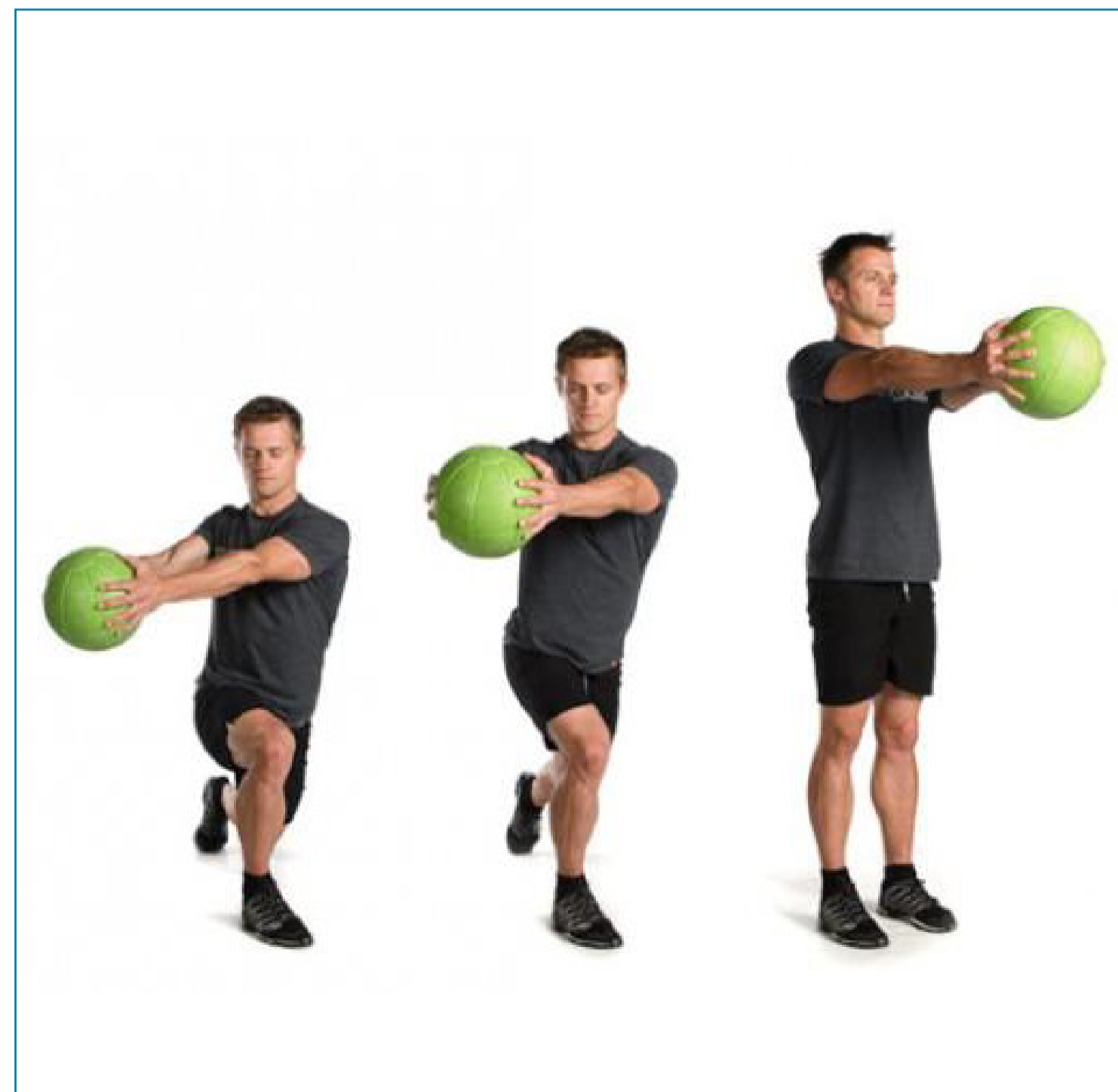
3. Lunge Mountain Climber
- 12 reps on each side



4. Alternate Dumbbell Shoulder Press
- 12 reps on each side



5. Reverse Lunge With Twist
- 12 reps on each sides



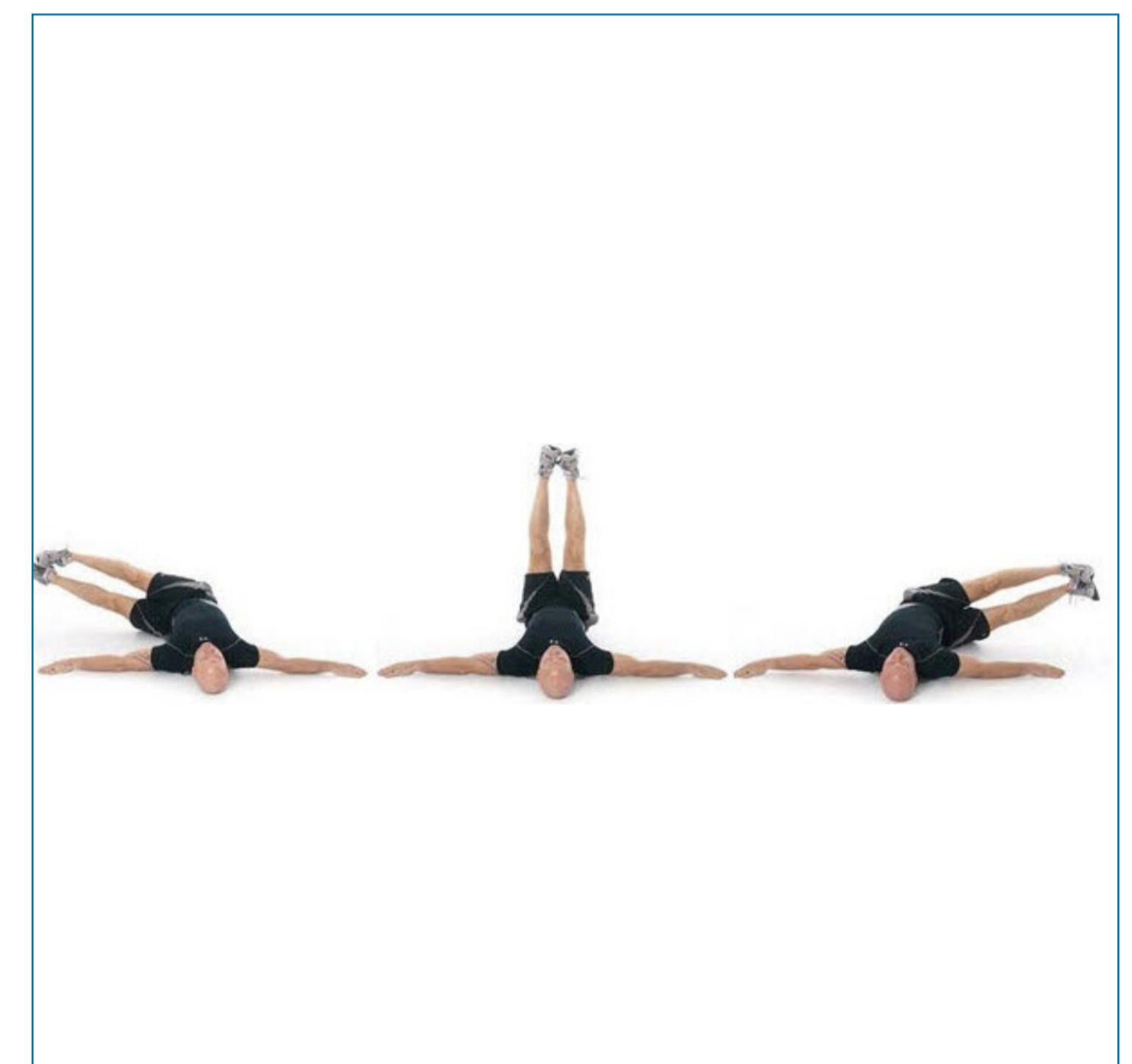
6. Cross body Mountain Climbers
- 12 reps on each sides



7. Triceps Push Ups - 12 reps



8. Windshield Wipers
- 12 reps on each side



REPEAT THE CIRCUIT FOR 3 SETS