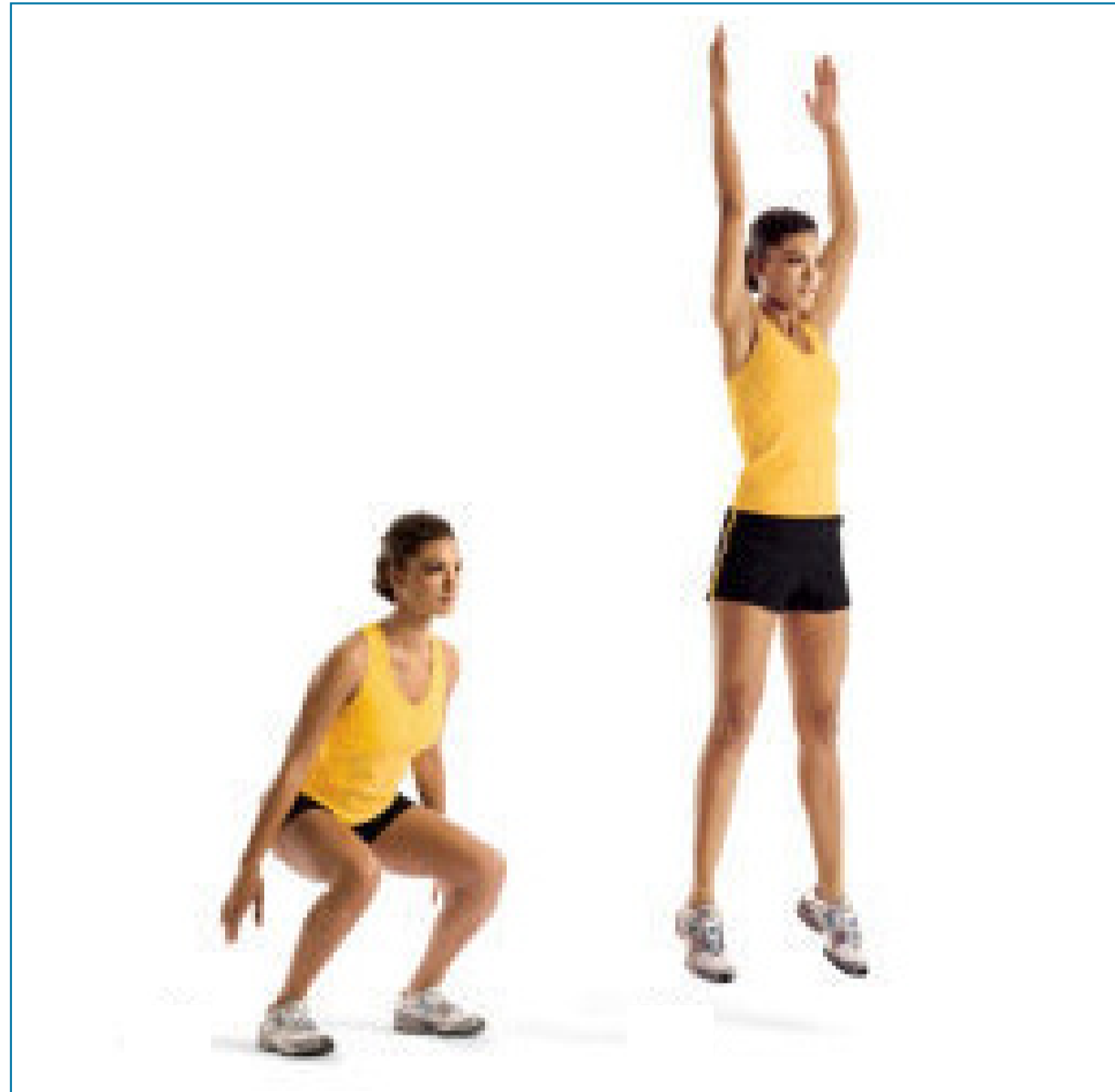
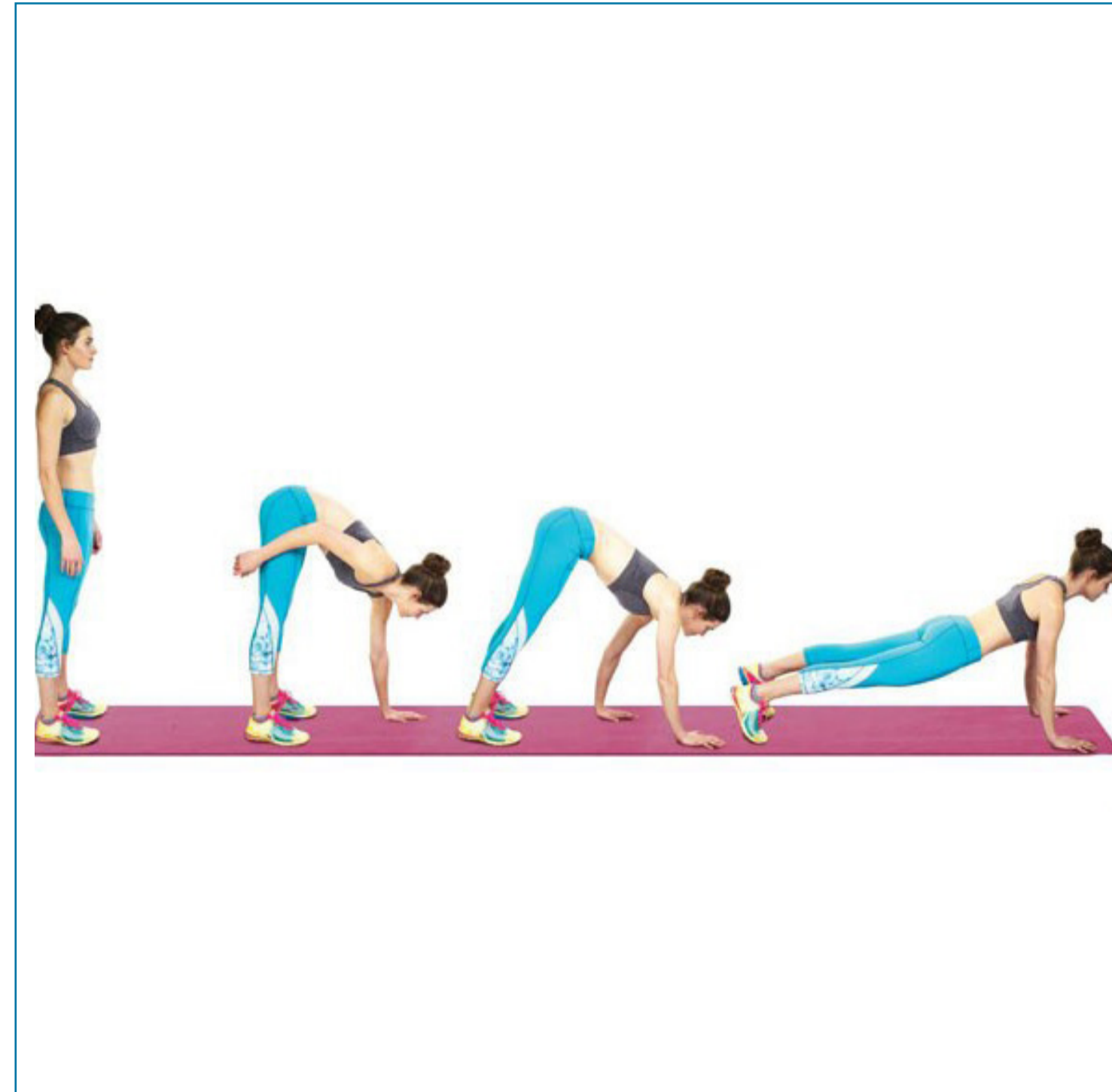


FITNESS WORKOUT PROGRAM

1. Squat Jump - 20 reps



2. Inch Worm - 10 reps



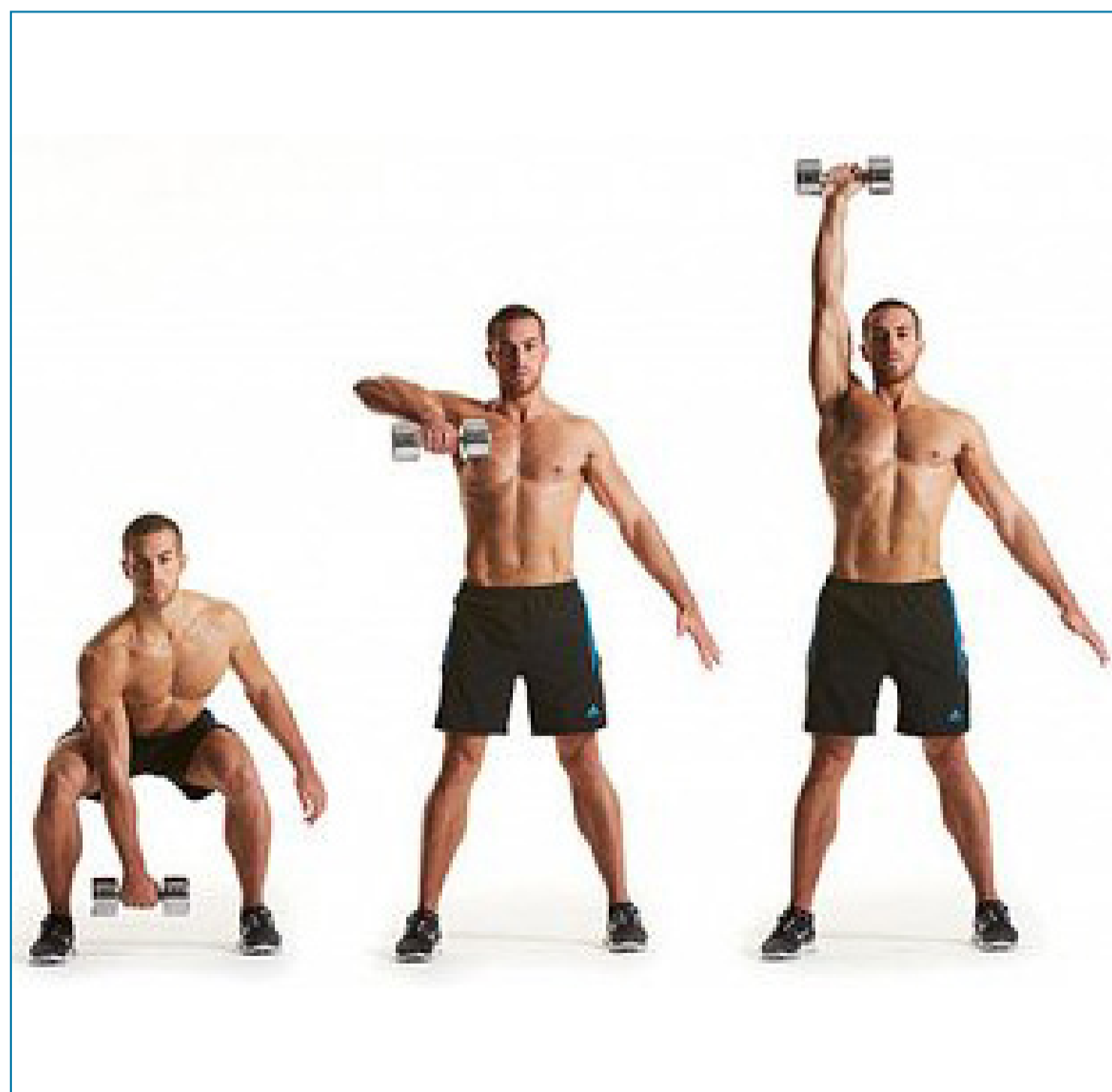
3. Alternate Cross Body Mountain Climber - 12 reps on each side



4. Side Lunge - 12 reps on each side



5. Dumbbell Snatch - 12 reps on each side



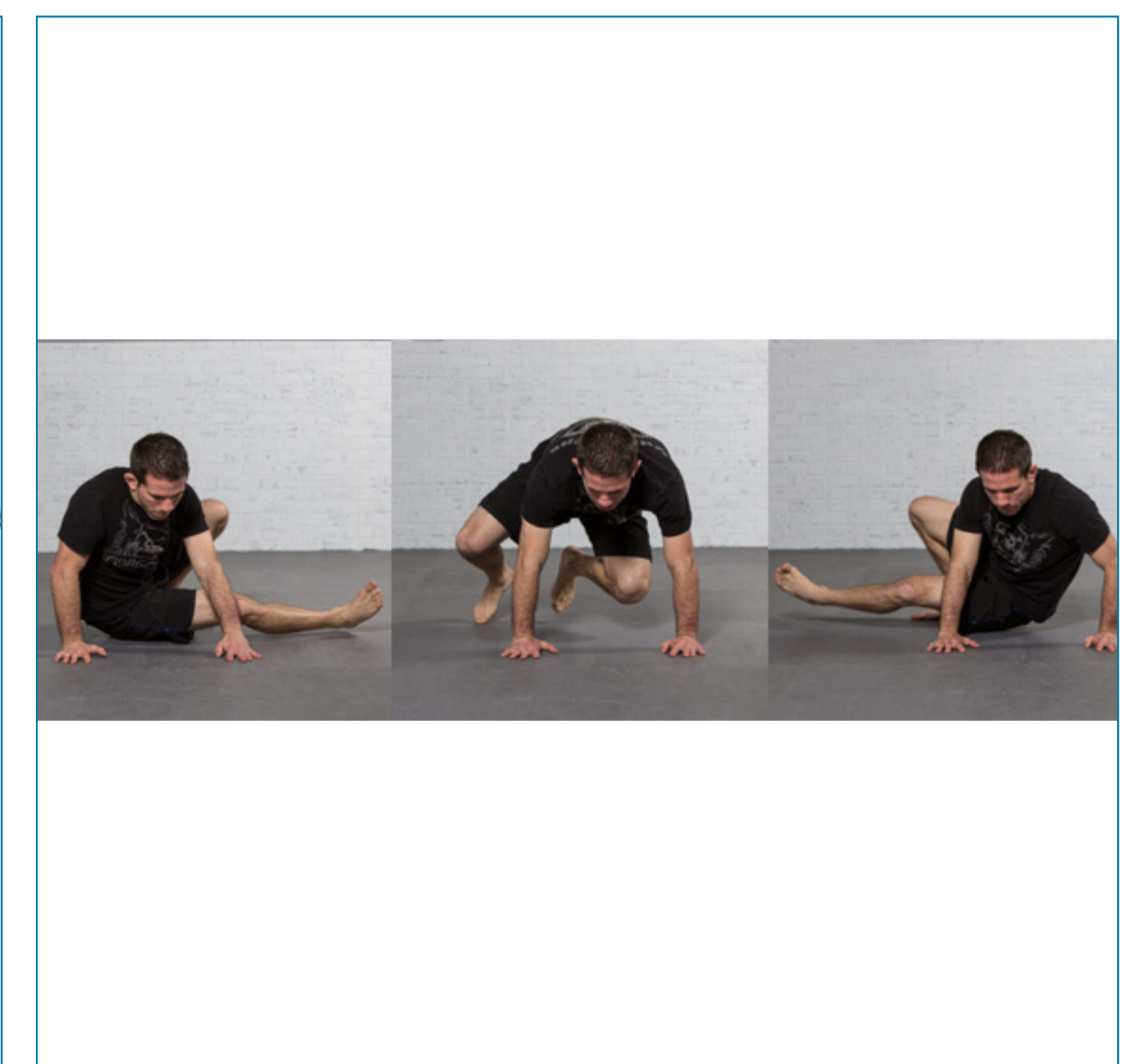
6. Bent Over Row - 12 reps



7. Ice Skaters - 12 reps on each side



8. Sit Out - 12 reps on each side



REPEAT THE CIRCUIT FOR 3 SETS