

FITNESS WORKOUT PROGRAM

1. High Knees – 30 seconds



2. Lunge with Trunk Rotation – 12 reps on each side



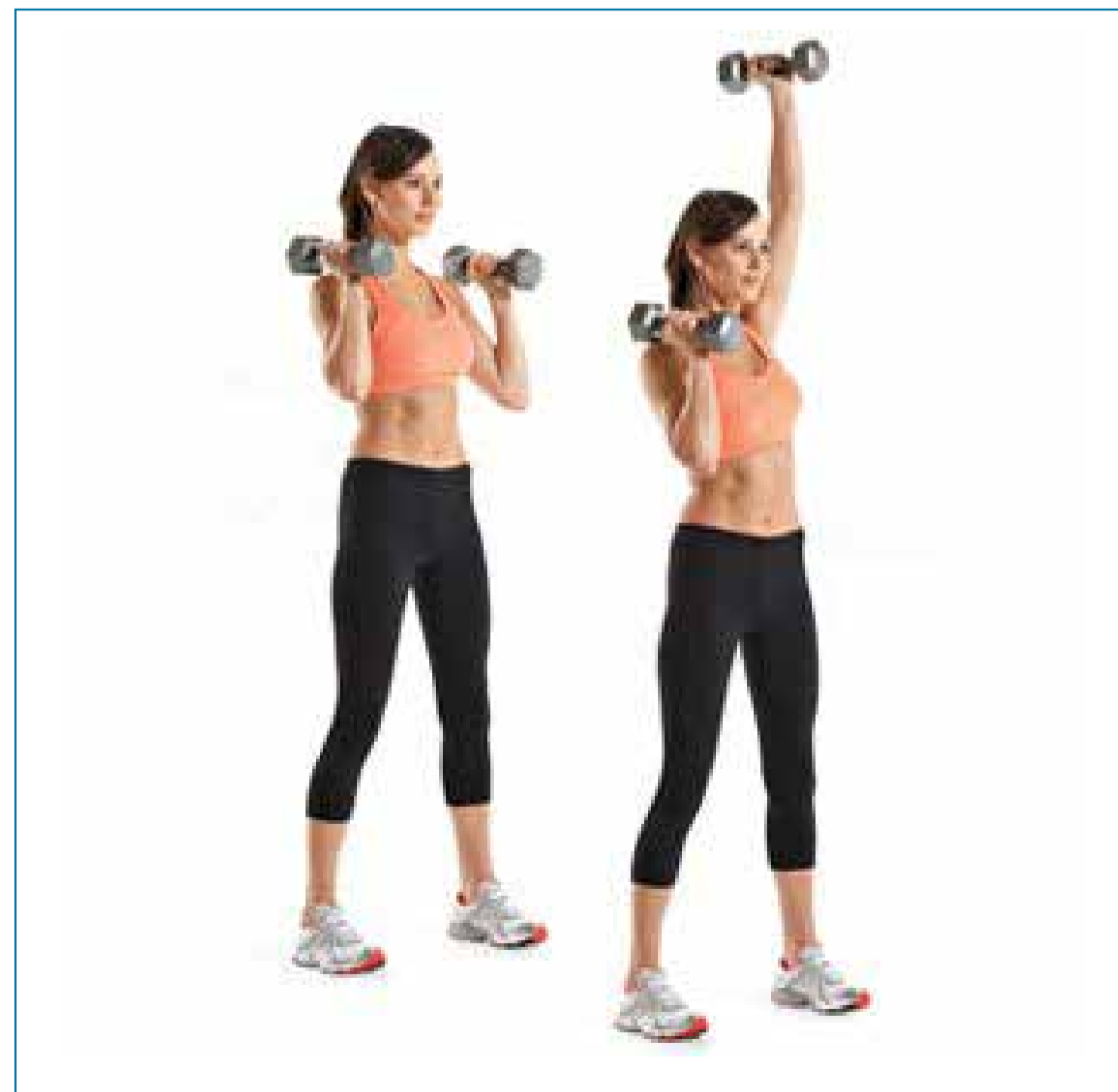
3. Back Row - 12 reps



4. Side Lunge to Balance – 12 reps on each side



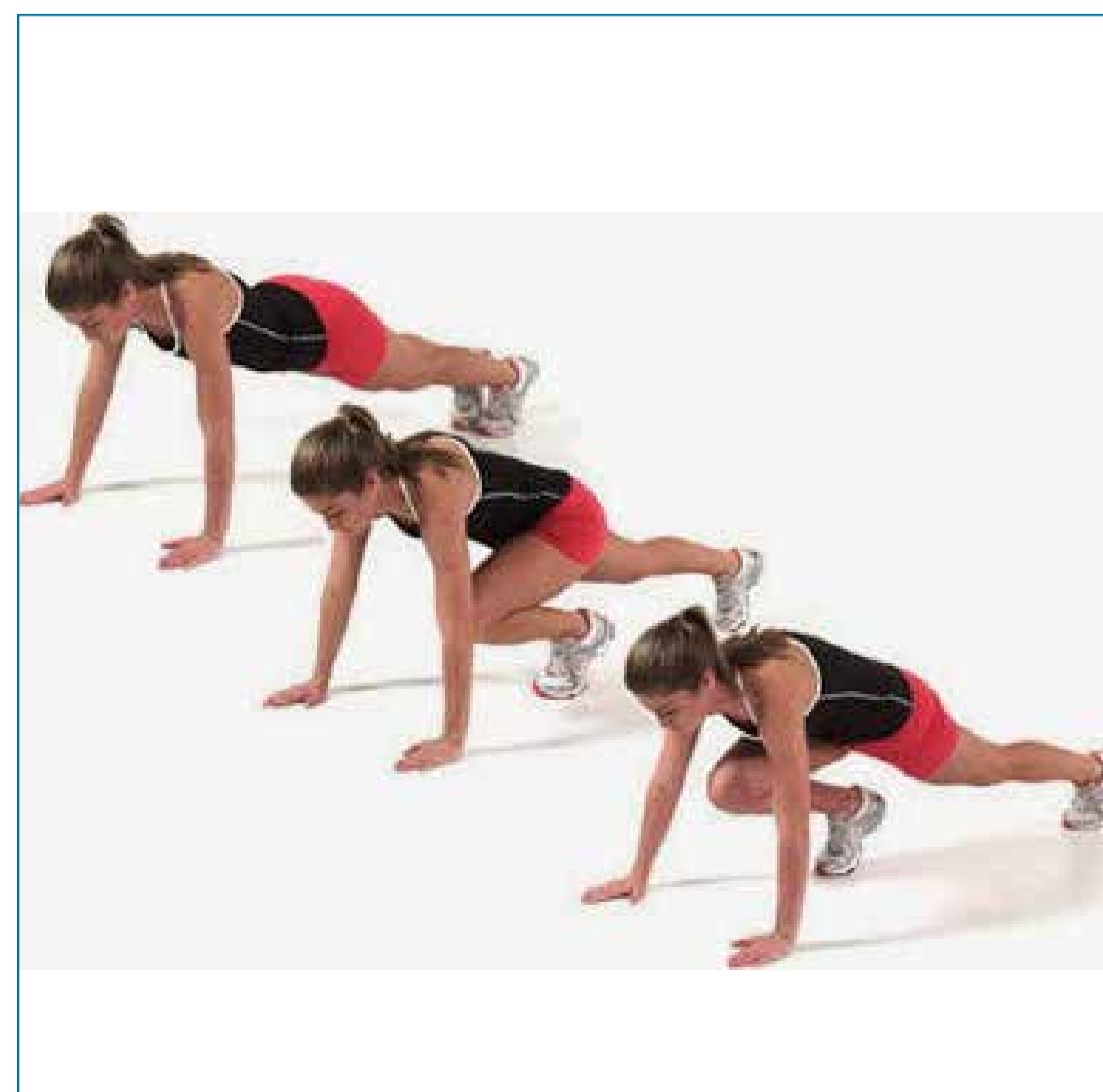
5. Alternate Dumbbell Shoulder Press - 12 reps on each side



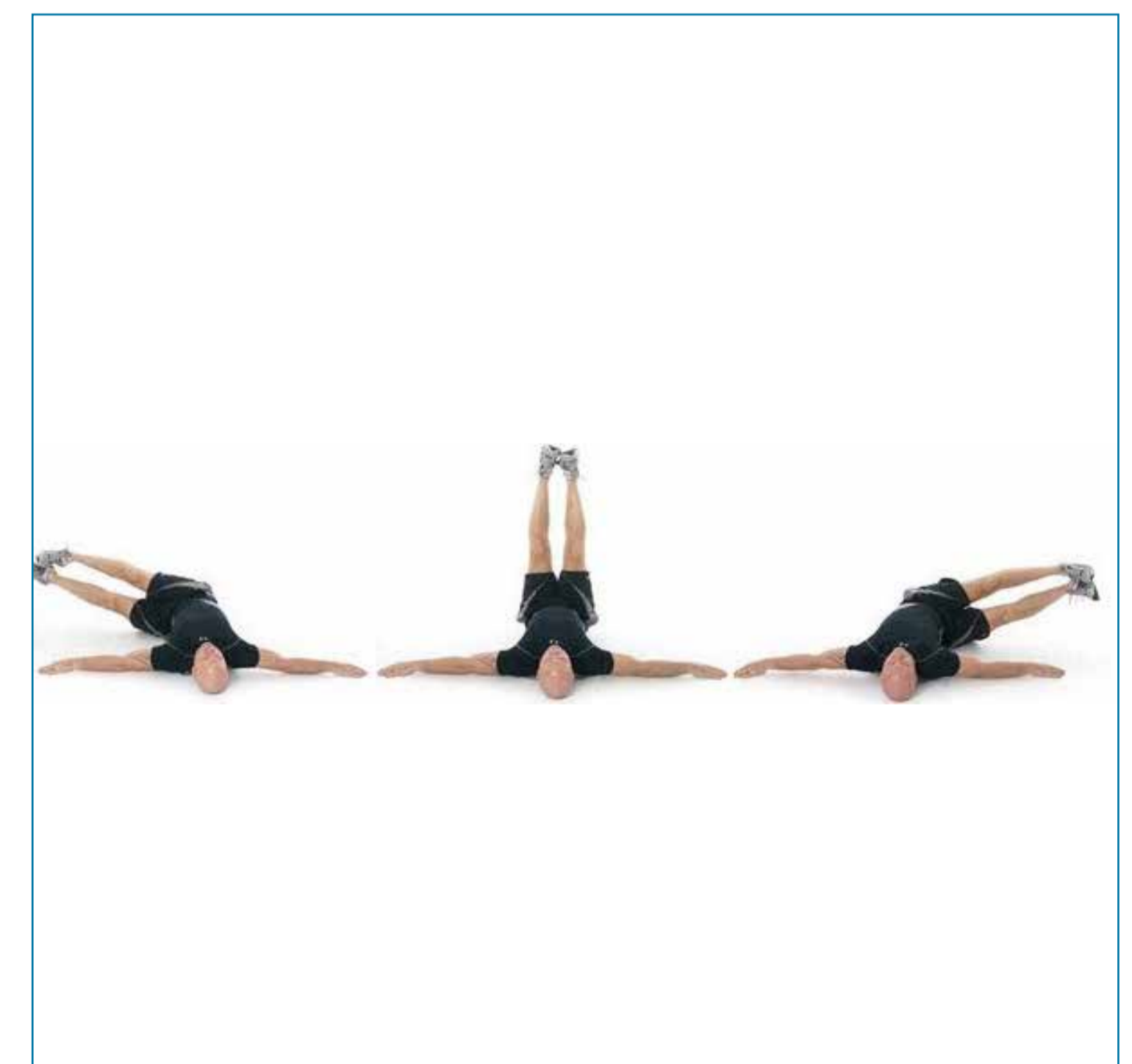
6. Curtsy Lunge - 12 reps on each side



7. Mountain Climbers - 12 reps on each side



8. Windshield Wipers - 12 reps on each side



REPEAT THE CIRCUIT FOR 3 SETS