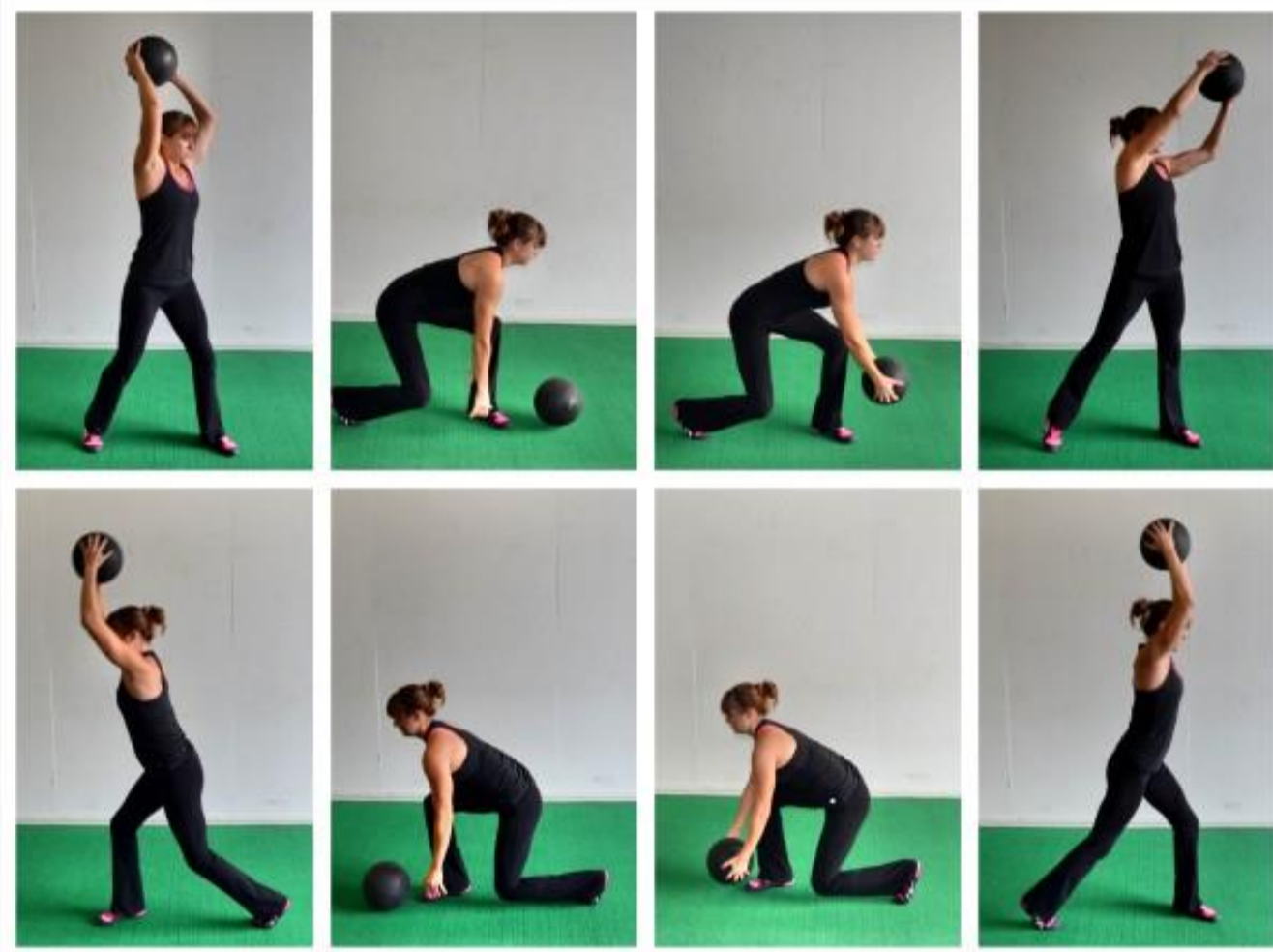


# 46th FITNESS WORKOUT PROGRAM

01

RAINBOW SLAM  
6 REPS EACH SIDE



02

BUTTERFLY POSE  
6 REPS



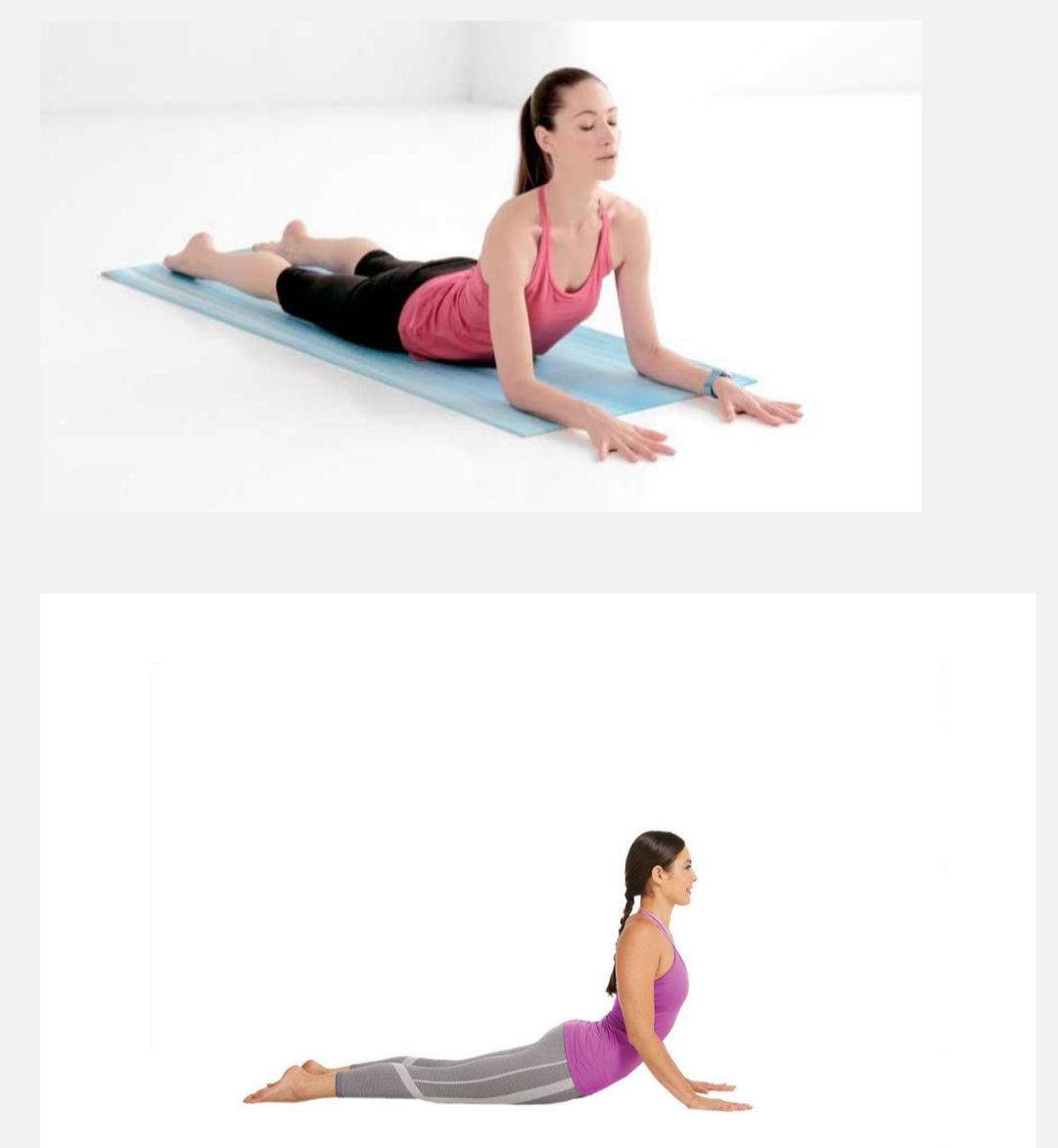
03

COW FACE POSE  
6 REPS EACH SIDE



04

COBRA POSE  
6 REPS



05

LOCUST POSE  
6 REPS



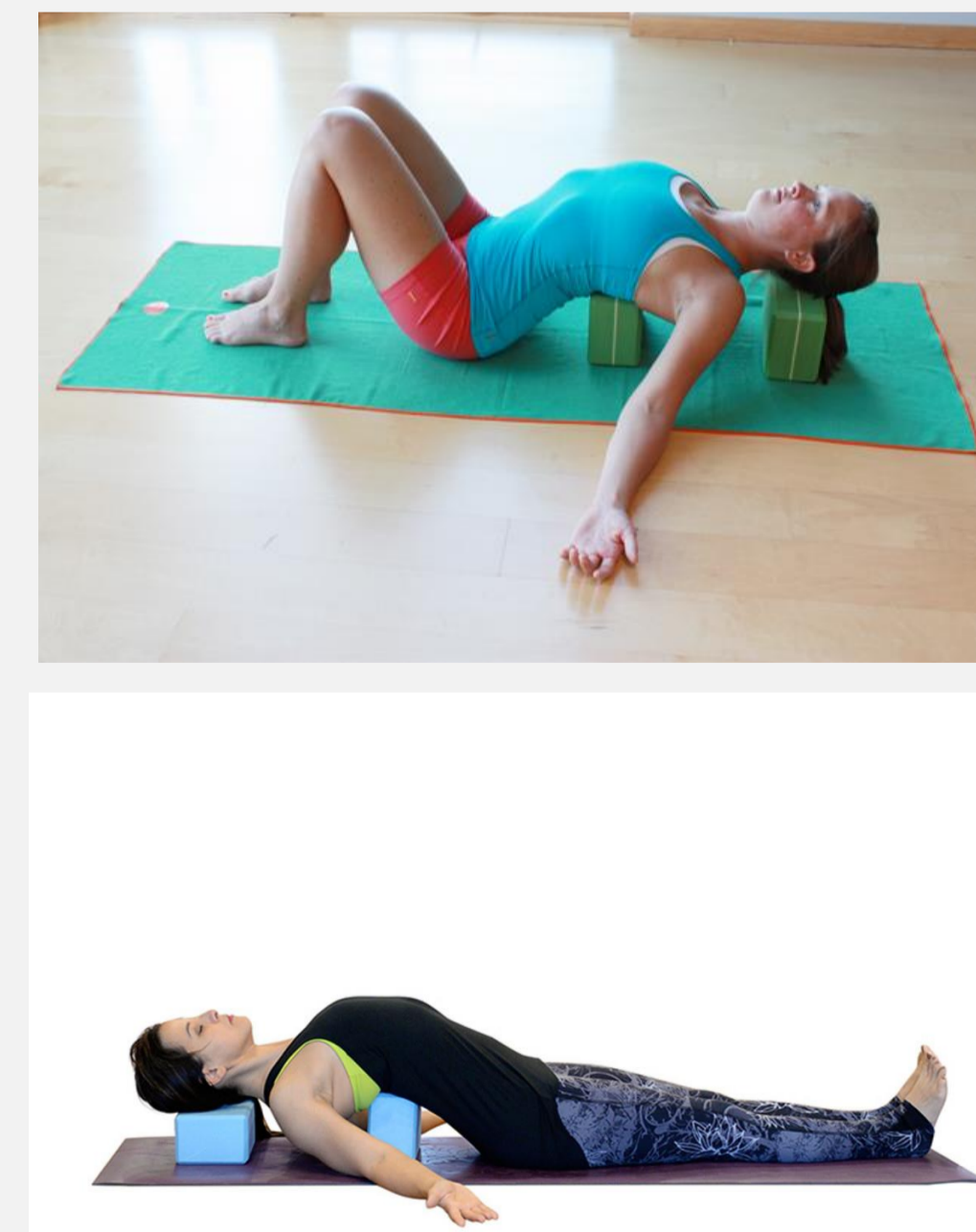
06

CROW POSE  
6 REPS



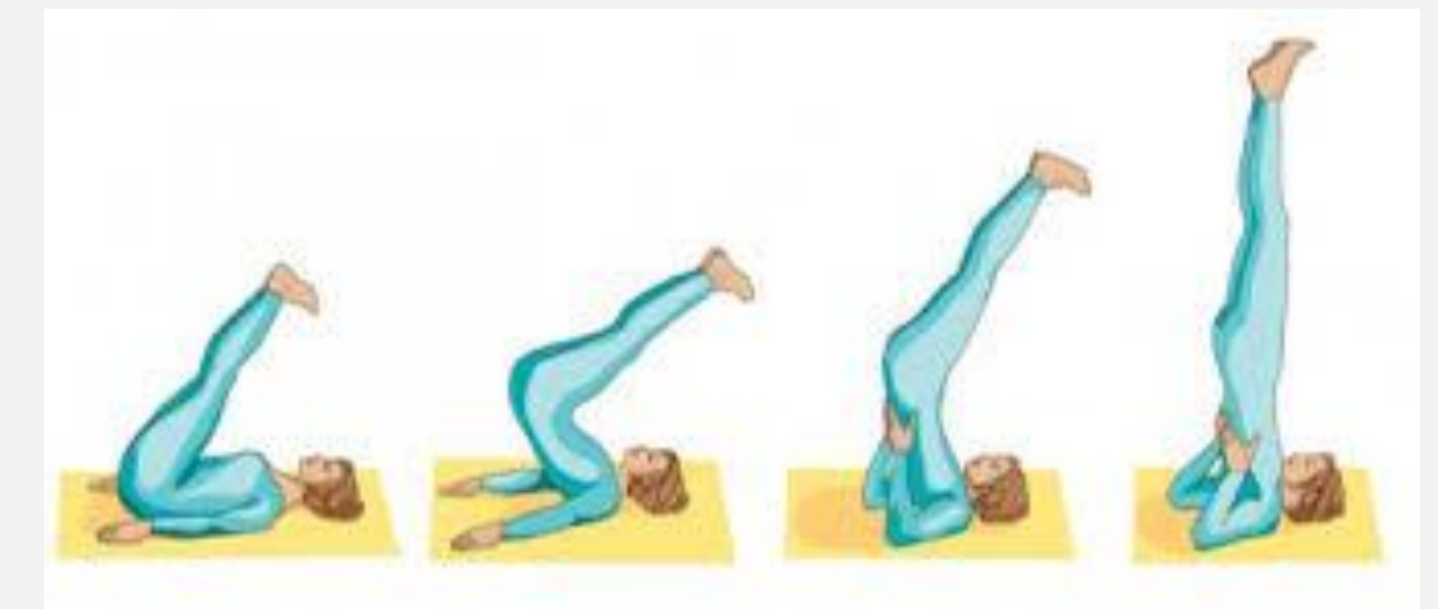
07

FISH POSE  
6 REPS



08

SHOULDERSTAND POSE  
6 REPS



REPEAT THE CIRCUIT FOR 3 SETS