

49th FITNESS WORKOUT PROGRAM

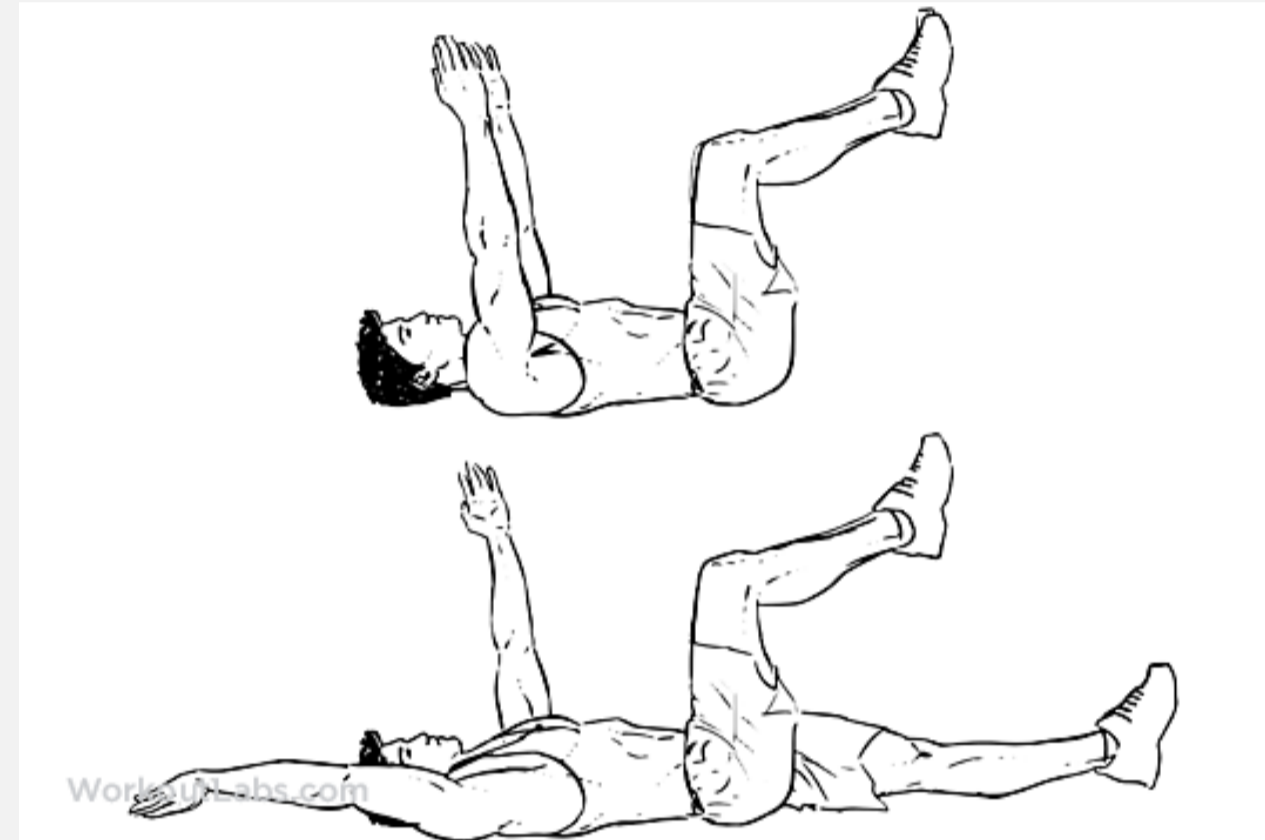
01

SEAL JACK
12 REPS



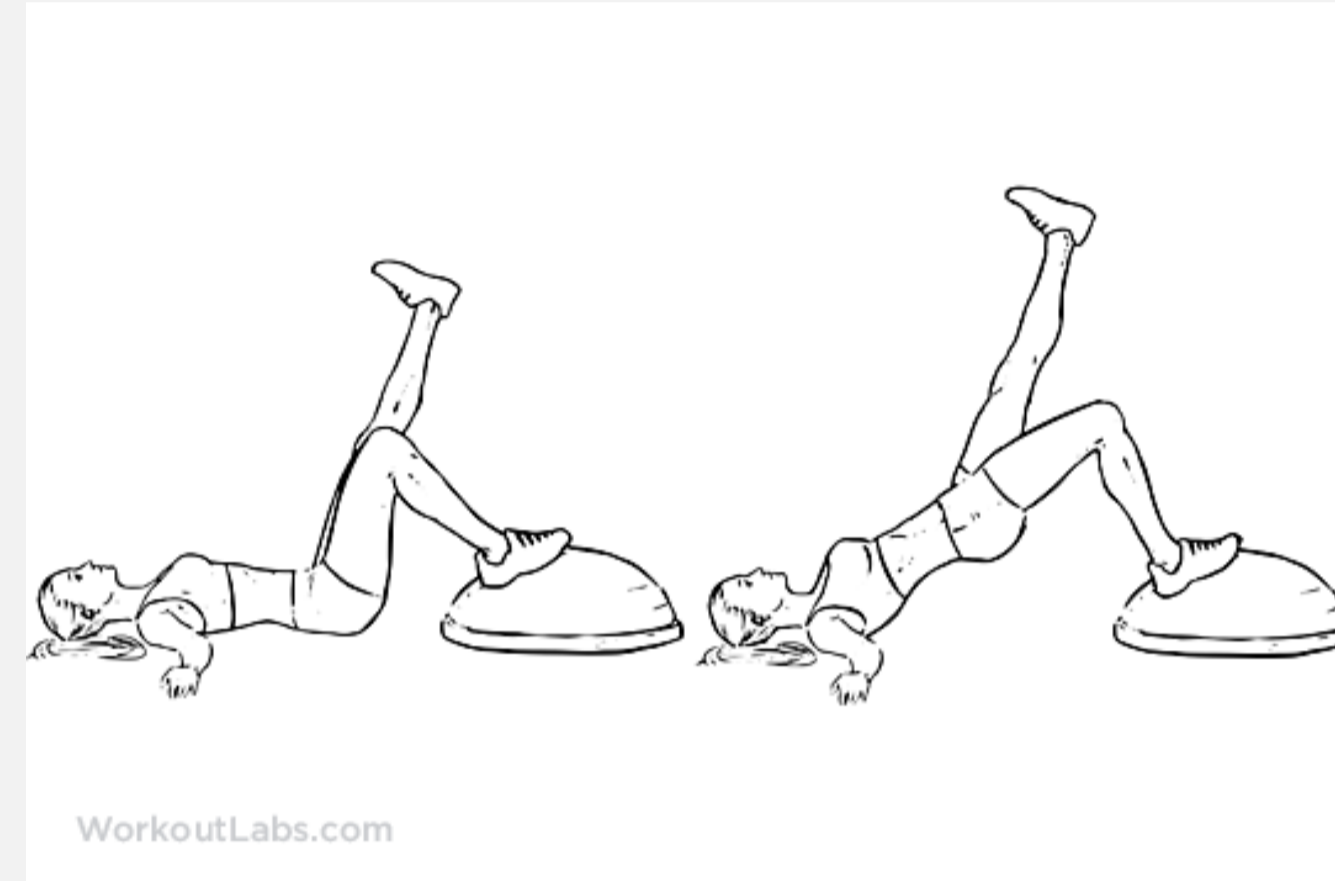
02

DEADBUG
12 REPS EACH SIDE



03

BOSU SINGLE LEG HIP
THRUST
12 REPS EACH SIDE



04

KETTLEBELL HALO
12 REPS EACH SIDE



05

HIP EXTENSION
ALTERNATING LEGS
12 REPS EACH SIDE



06

MEDICINE BALL FORWARD
LUNGE & PASS UNDER
12 REPS EACH SIDE



07

DB ALTERNATING ARMS
OVERHEAD PRESS - 12
REPS EACH SIDE



08

AIR LINGE
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS