

50th FITNESS WORKOUT PROGRAM

01

SQUAT JACK-SUMO
SQUAT TO CHAIR POSE
12 REPS



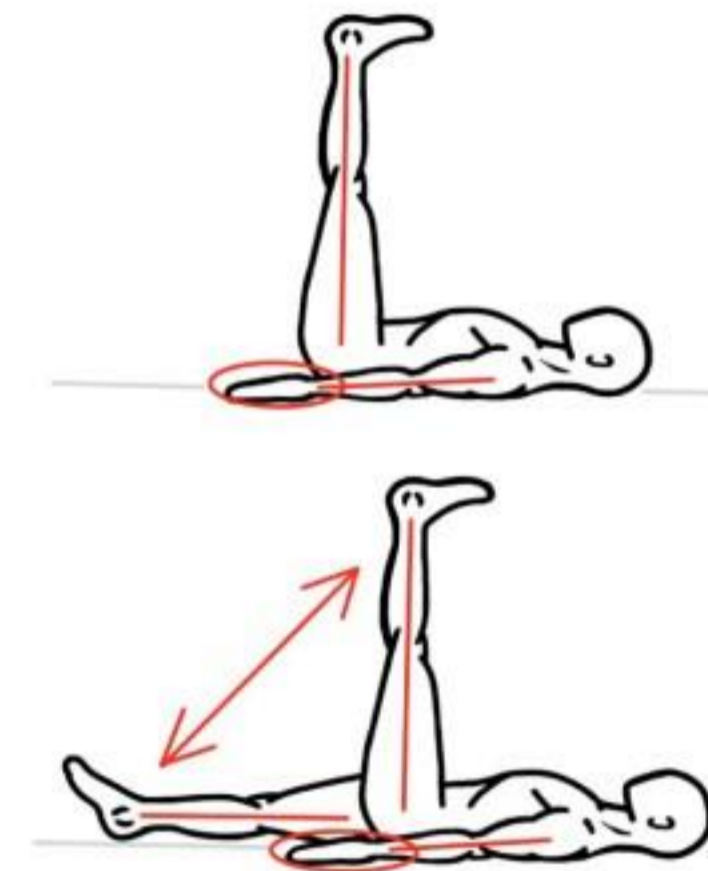
02

DB BENT OVER ROW
12 REPS



03

ALTERNATING LEG
RAISES
12 REPS EACH SIDE



04

DB SKIER SWING
12 REPS



05

AROUND THE ROOM
FROGGIE
12 REPS



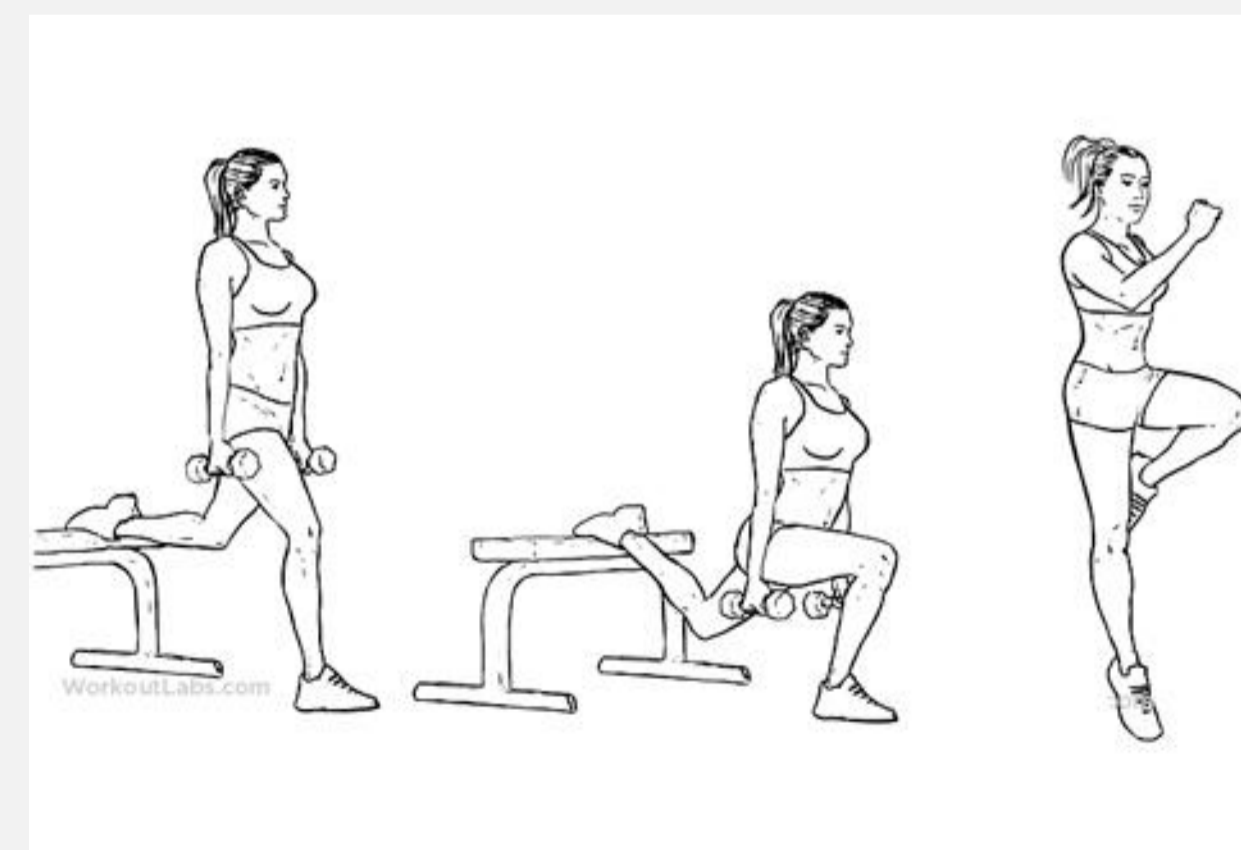
06

HANDS NARROW WIDTH
PUSH-UP
12 REPS



07

BULGARIAN SPLIT
SQUAT JUMP
12 REPS



08

VIPR LATERAL DRAG
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS