

# 51st FITNESS WORKOUT PROGRAM

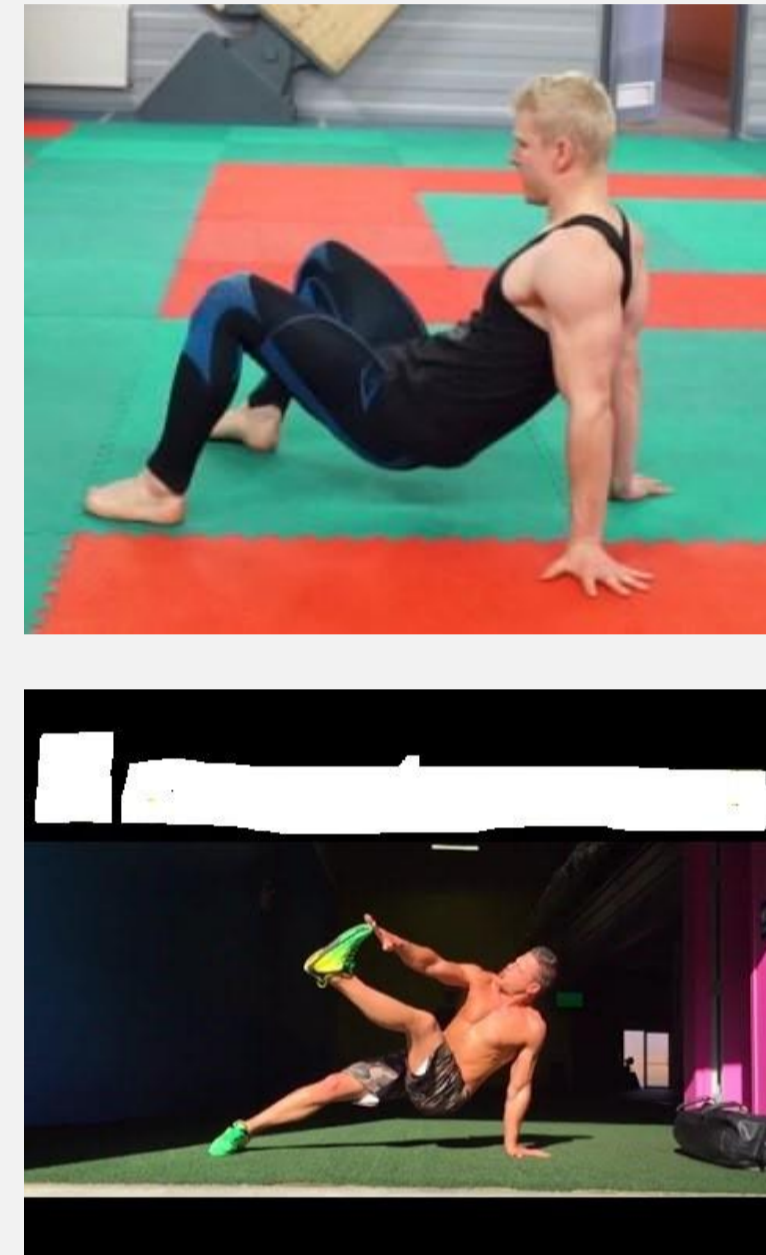
01

LOW JACK TO SQUAT  
JACK  
12 REPS



02

MODIFIED SCORPION  
12 REPS EACH SIDE



03

BOSU AGAINST WALL  
LATERAL BOUND  
12 REPS EACH SIDE



04

KETTLEBELL LATERAL  
SWING PLANK  
12 REPS EACH SIDE



05

ONE LEG REACH  
12 REPS EACH SIDE



06

MEDICINE BALL  
EXTENSION PASS  
12 REPS EACH SIDE



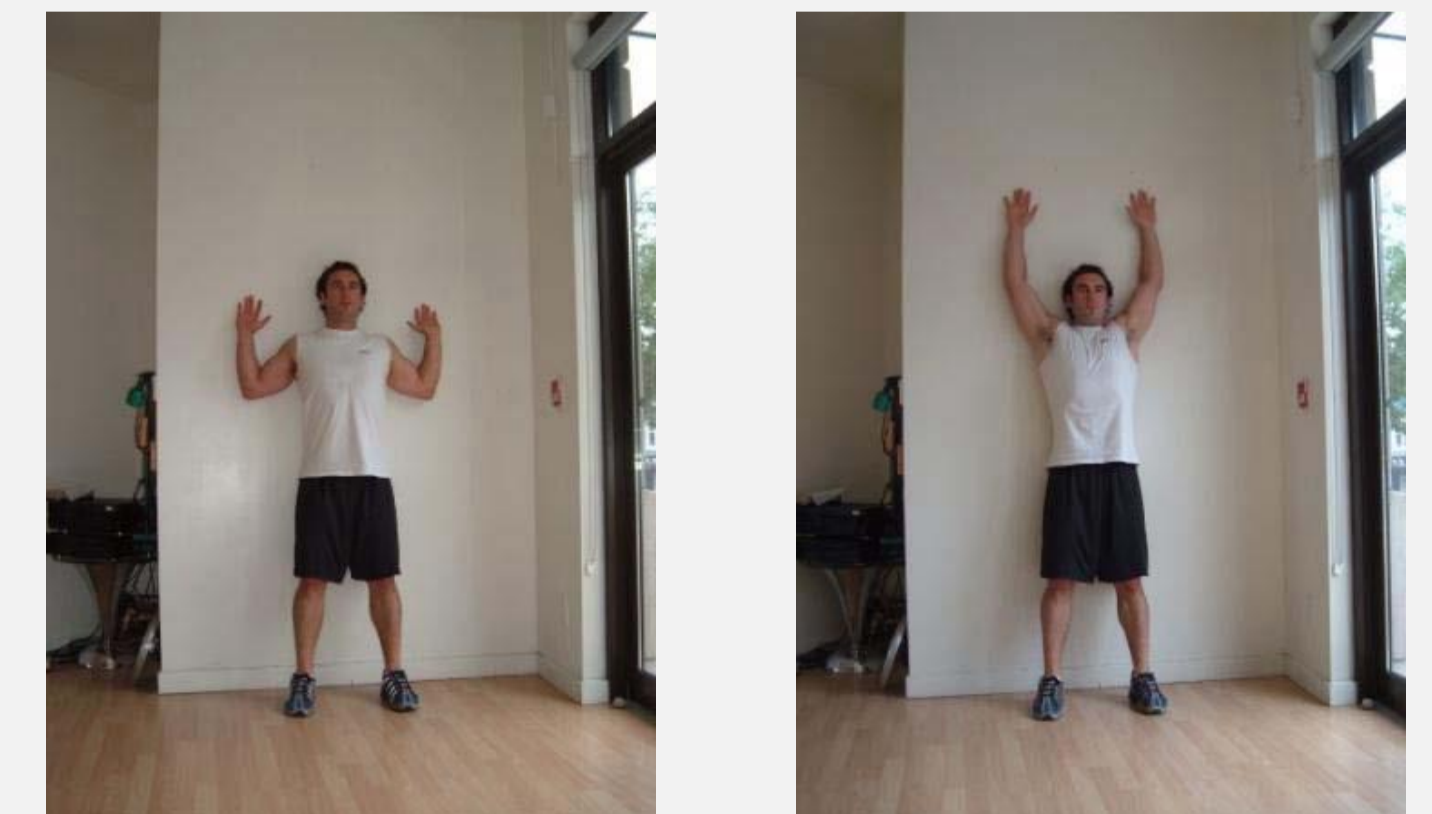
07

RACK PULL  
12 REPS



08

STICK UP  
12 REPS



REPEAT THE CIRCUIT FOR 3 SETS