55th FITNESS WORKOUT PROGRAM

01 CROSS CRAWL
12 REPS EACH SIDE

02 VIPR LATERAL LUNGE WITH SHOVEL
12 REPS EACH SIDE

03 TYPEWRITER PUSH-UP
12 REPS EACH SIDE

04 SEATED ABDUCTION
12 REPS

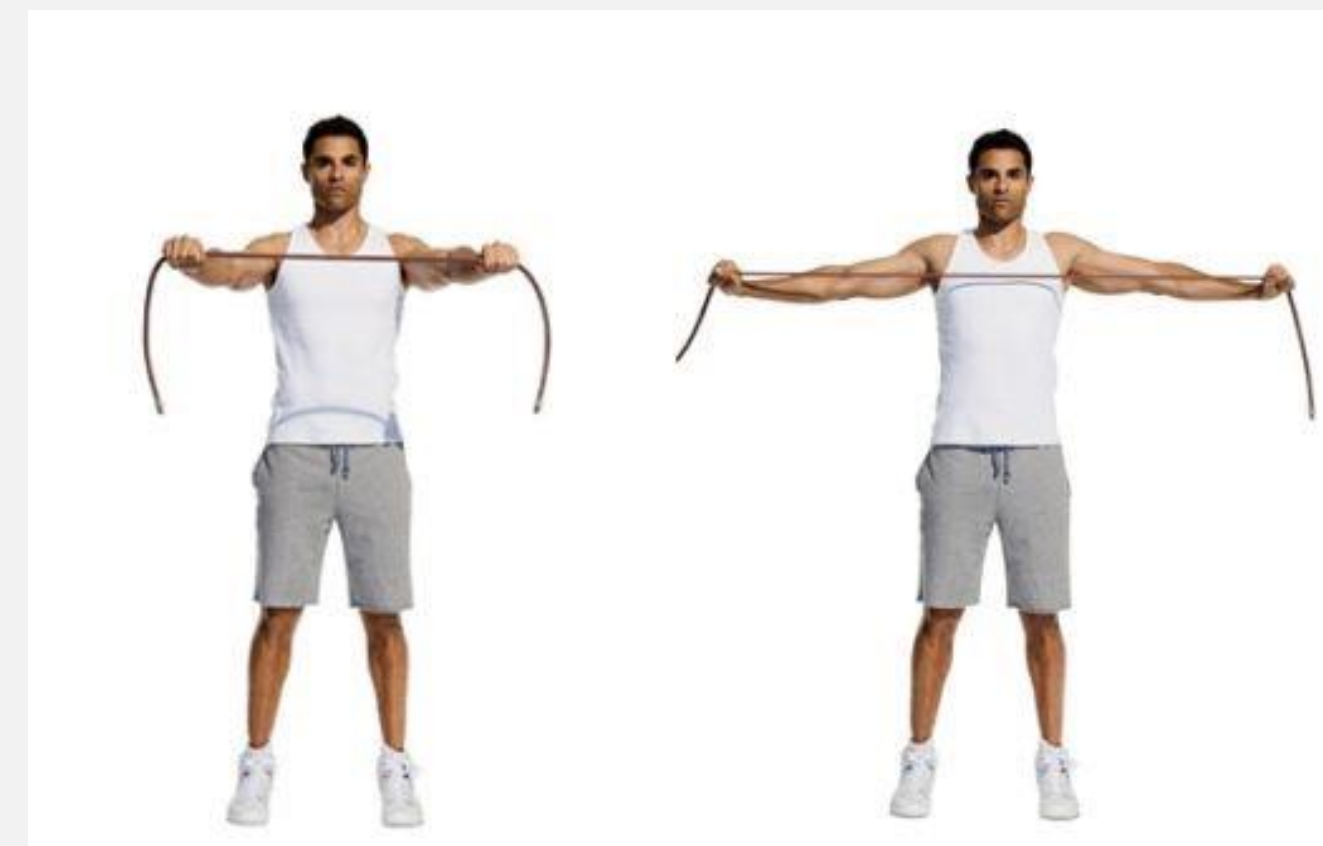**05** KETTLEBELL HALO
12 REPS EACH SIDE

06 BOX TOE TOUCHES
12 REPS EACH SIDE

07 BAND PULL APART
12 REPS

08 BENCH HOP OVER
12 REPS EACH SIDE

REPEAT THE CIRCUIT FOR 3 SETS