

57th FITNESS WORKOUT PROGRAM

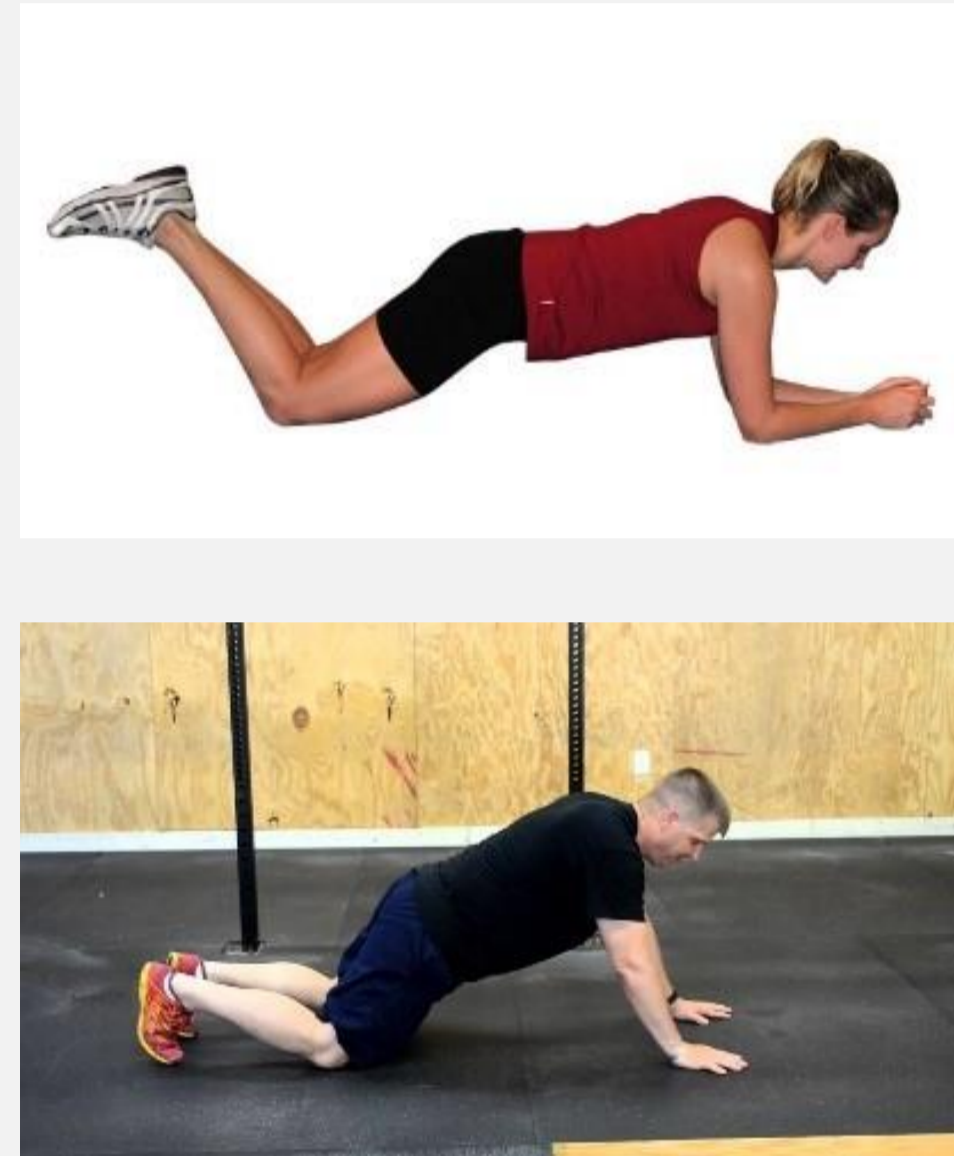
01

PLYO JACK
12 REPS



02

KNEELING PLANK-UP
12 REPS EACH SIDE



03

SINGLE LEG ROMANIAN
DEADLIFT HOLDING
TWO KETTLEBELLS
12 REPS EACH SIDE



04

JACK BURPEE
12 REPS



05

BOSU BOW POSE
12 REPS EACH SIDE



06

CROSS BODY
MOUNTAIN CLIMBER
12 REPS EACH SIDE



07

COOK'S SQUAT
12 REPS



08

CROCODILE WALK
12 REPS



REPEAT THE CIRCUIT FOR 3 SETS