

58th FITNESS WORKOUT PROGRAM

01

PRESS JACK
12 REPS



02

BIRD DOG CRUNCH
12 REPS EACH SIDE



03

BOSU LATERAL SQUAT
JUMP
12 REPS EACH SIDE



04

KETTLEBELL SWING
12 REPS



05

ALTERNATING LATERAL
LUNGE
12 REPS EACH SIDE



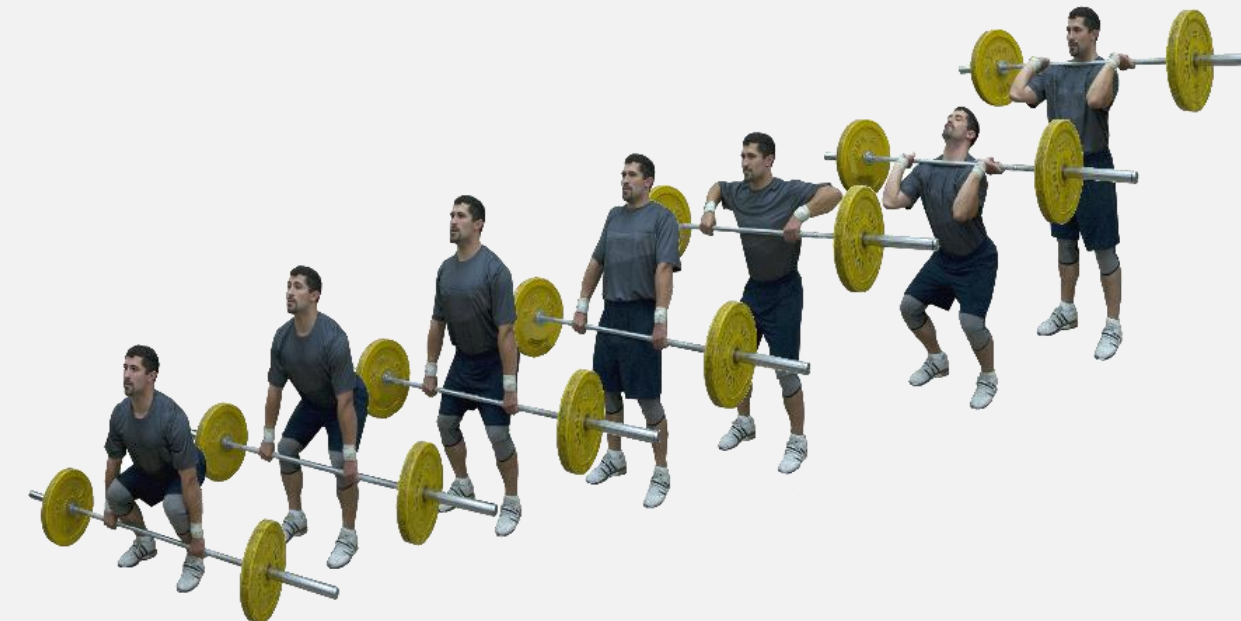
06

MEDICINE BALL PUSH-UP
KNEE TUCK
12 REPS EACH SIDE



07

POWER CLEAN
12 REPS



08

BRIDGE POSE
12 REPS



REPEAT THE CIRCUIT FOR 3 SETS