

60th FITNESS WORKOUT PROGRAM

01

SPLIT SQUAT JACH
12 REPS EACH SIDE



02

PIKE PUSH-UP
12 REPS



03

BACK EXTENSION
MOVING TORSO
12 REPS



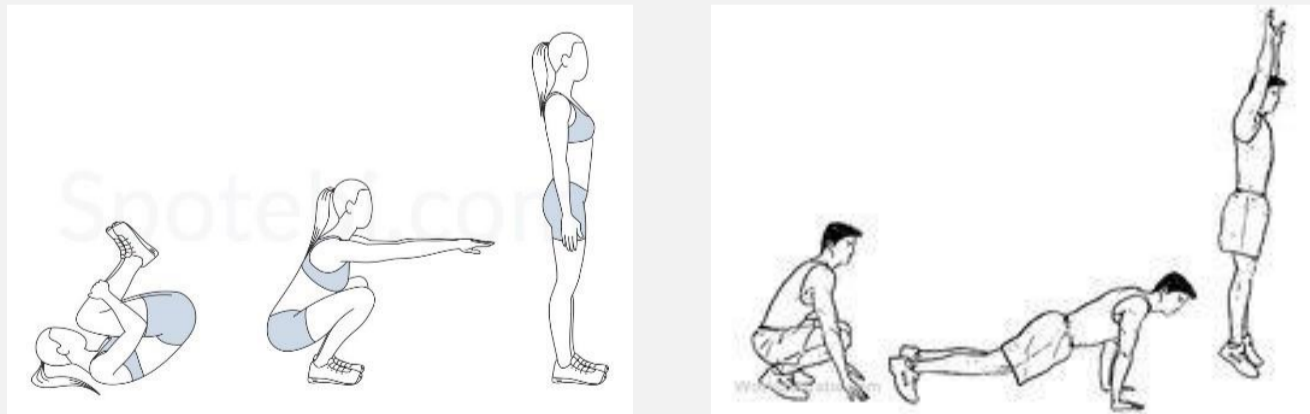
04

BOSU PLANK
DB LATERAL RAISE
12 REPS EACH SIDE



05

ROLLING SQUAT BURPEE
12 REPS



06

MEDICINE BALL SIDE-TO-SIDE TOUCH
12 REPS EACH SIDE



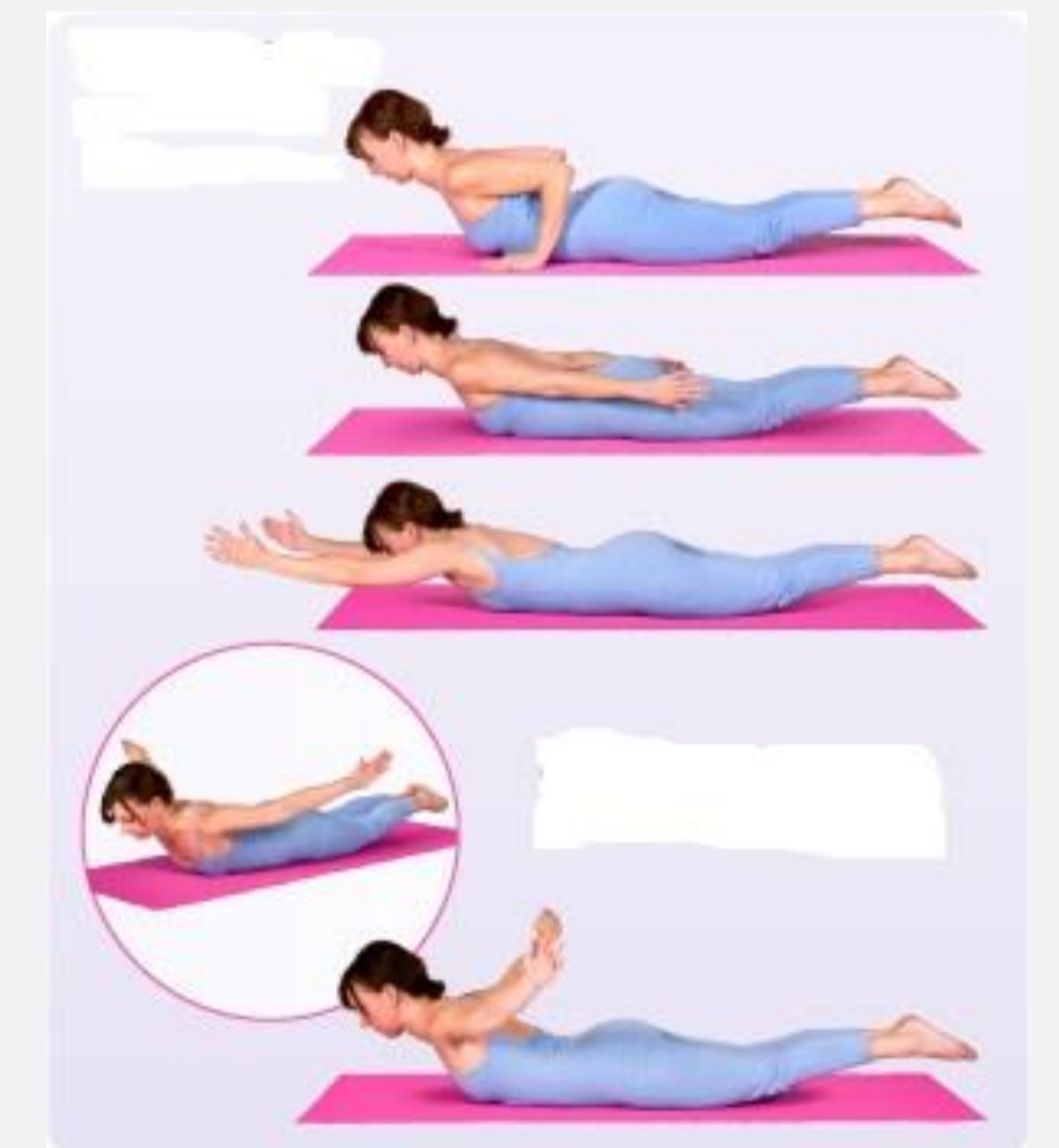
07

MOUNTAIN CLIMBER
LUNGE
12 REPS EACH SIDE



08

LOCUST POSE
12 REPS



REPEAT THE CIRCUIT FOR 3 SETS