

61st FITNESS WORKOUT PROGRAM

01

LATERAL JUMPING BURPEE
12 REPS EACH SIDE



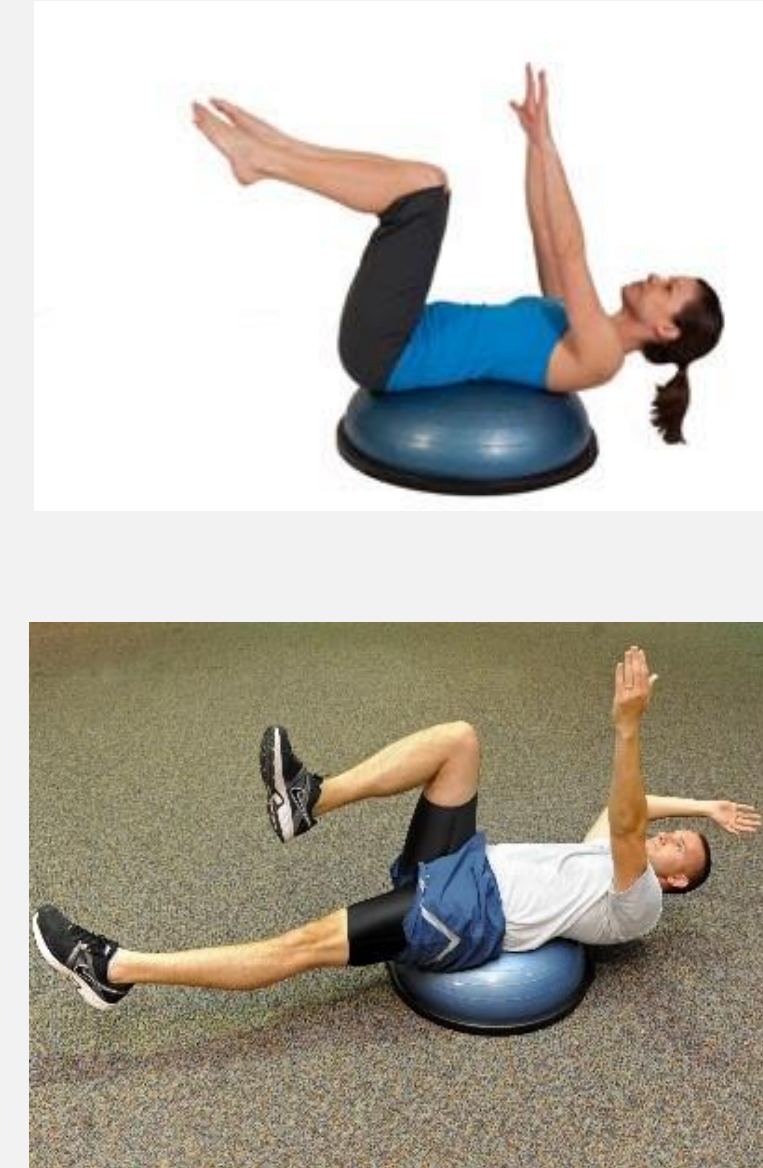
02

HALF KNEELING WINDMILL
UNLOADED
12 REPS EACH SIDE



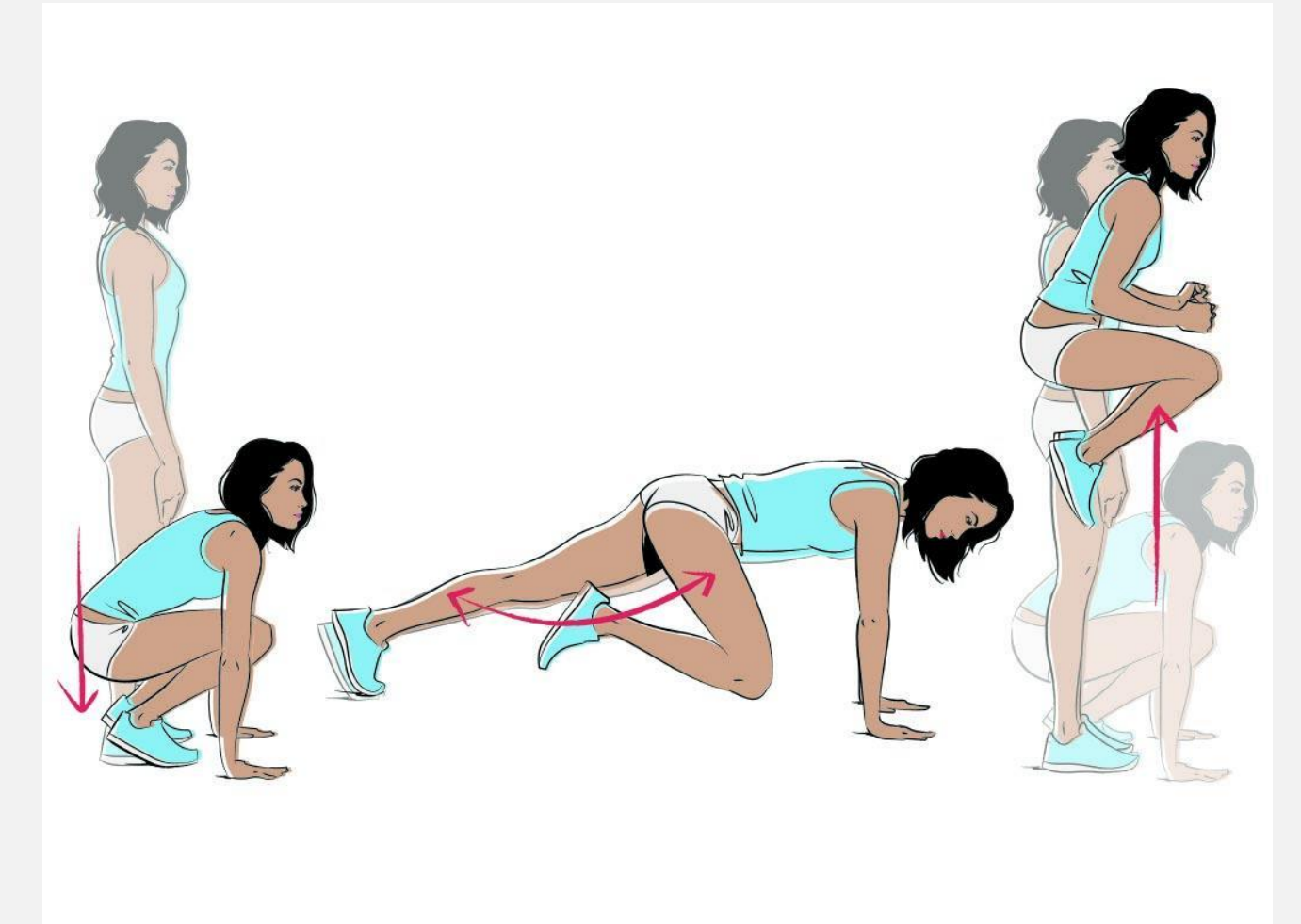
03

BOSU DEAD BUG
12 REPS EACH SIDE



04

BURPEE TUCK JUMP
12 REPS



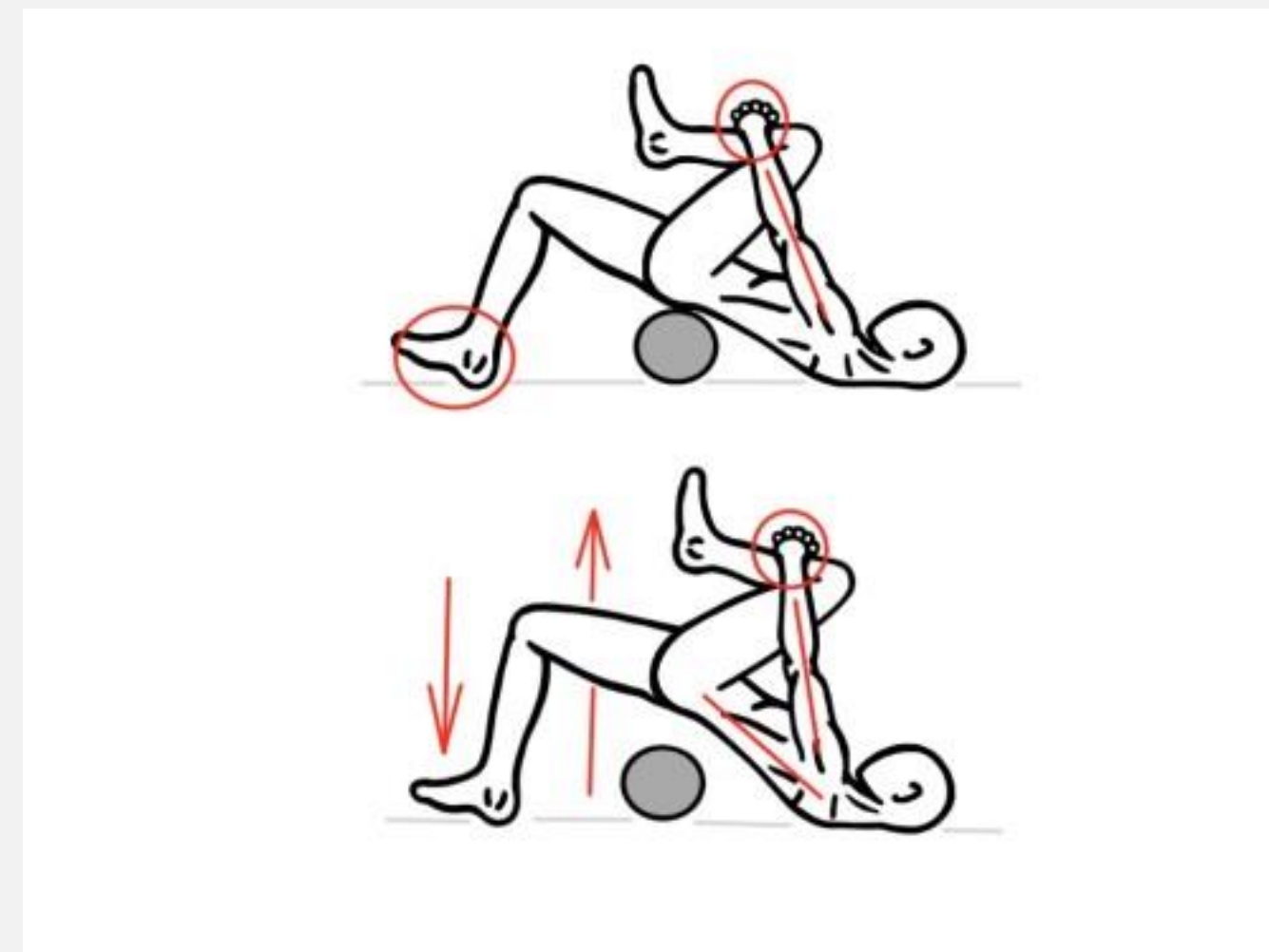
05

VIPR SHOVELLING
12 REPS EACH SIDE



06

HIP THRUST ON FOAM ROLLER
HOLDING LOWER LEG - 12 REPS EACH SIDE



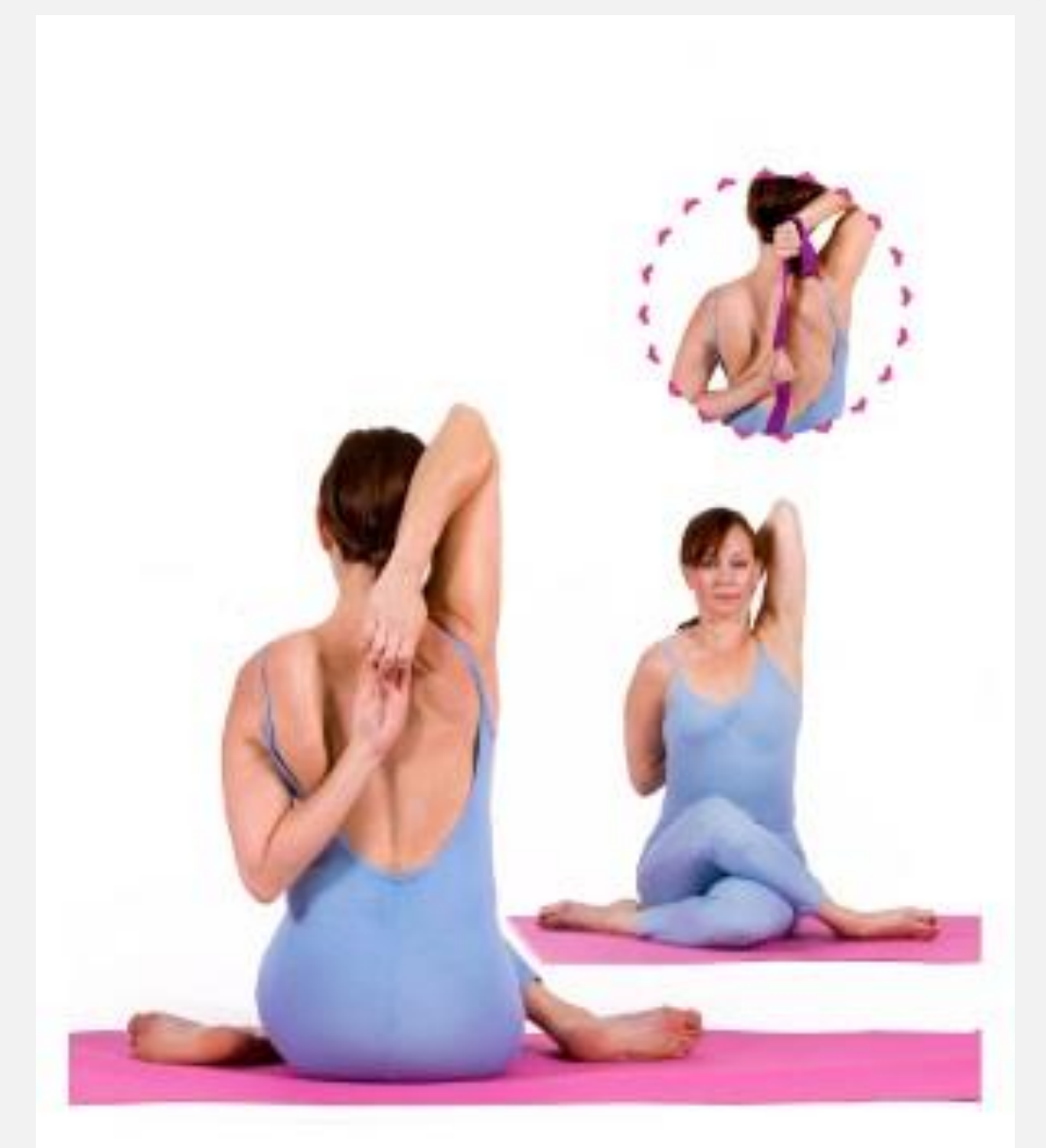
07

REVERSE PLANK WITH LEG LIFT
12 REPS EACH SIDE



08

COW FACE POSE
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS