

62ndFITNESS WORKOUT PROGRAM

01

MOUNTAIN CLIMBER
POSTERIOR PLANK
12 REPS EACH SIDE



02

BAND BENT OVER
CROSSOVER ROW
12 REPS



03

BAND BIRD DOG
12 REPS EACH SIDE



04

BAND BOX SQUAT
12 REPS



05

BAND CHEST PRESS
12 REPS



06

BAND CHOP
12 REPS EACH SIDE



07

BAND DEADLIFT
12 REPS



08

BAND FLEX & CRUNCH
12 REPS



REPEAT THE CIRCUIT FOR 3 SETS