

64th FITNESS WORKOUT PROGRAM

01

MOUNTAIN CLIMBER
12 REPS EACH SIDE



02

SEATED BAND
CRISSCROSS ROW
12 REPS



03

PLANK WITH REACH
FORWARD AND BACK
12 REPS EACH SIDE



04

BOSU BURPEE WITH
OVERHEAD PRESS
12 REPS



05

BALL PLANK WITH LEG
LIFTS
12 REPS EACH SIDE



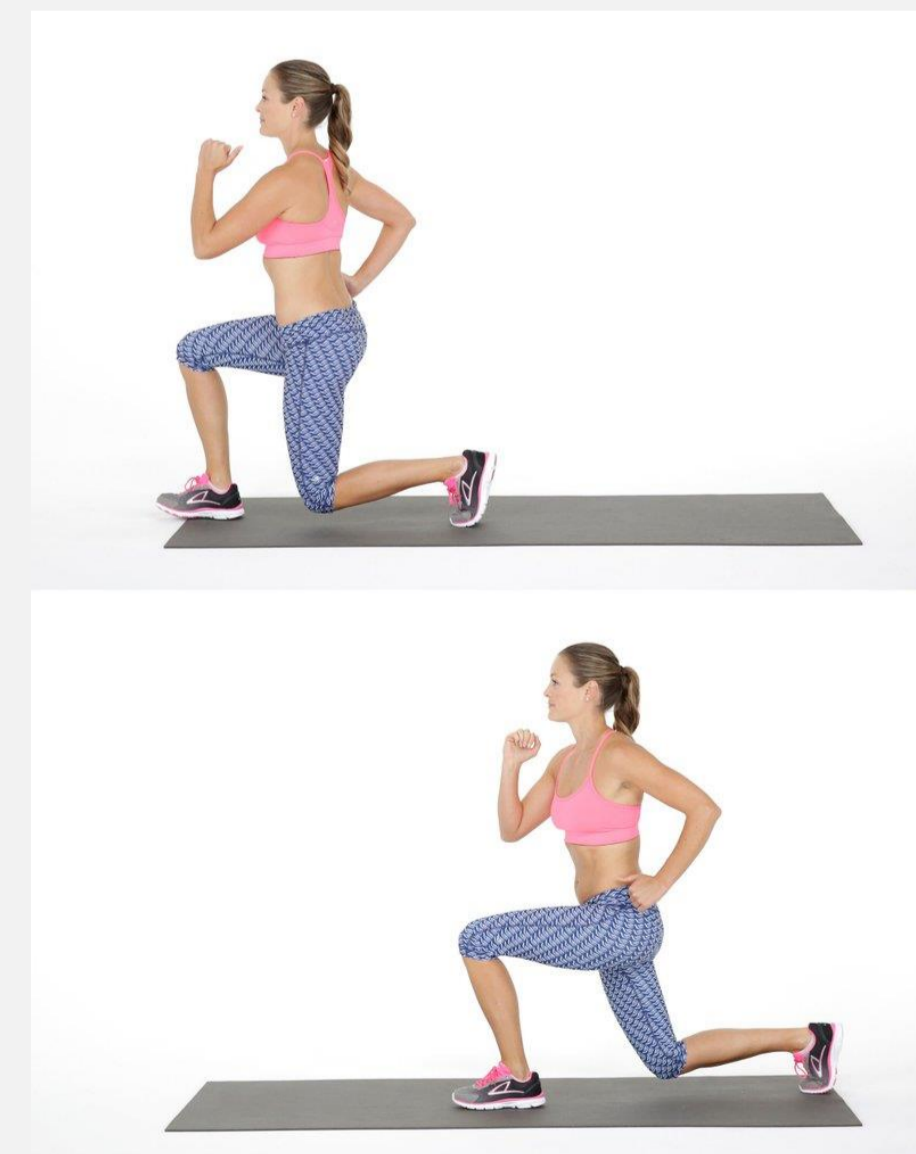
06

TWO KETTLEBELL
WINDMILL
12 REPS EACH SIDE



07

FORWARD BACKWARD
LUNGE
12 REPS EACH SIDE



08

MEDICINE BALL
RUSSIAN TWIST
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS