

65th FITNESS WORKOUT PROGRAM

01

BURPEE WITH DECK SQUAT JUMP - 12 REPS



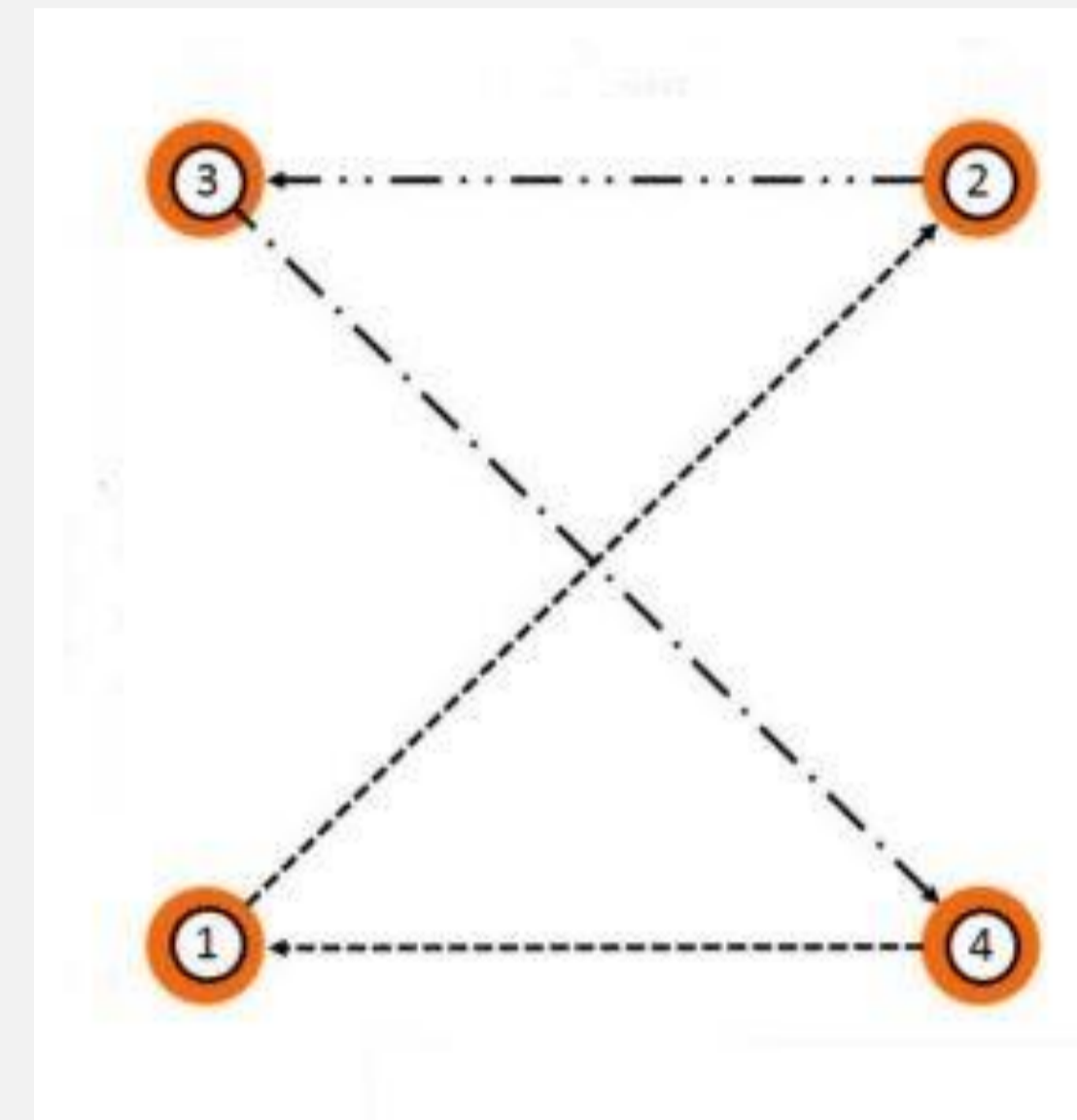
02

ELBOW PLANK AND DONKEY KICK
12 REPS EACH SIDE



03

FOUR CONE AGILITY DRILL
12 REPS EACH SIDE



04

KNEELING MEDICINE BALL TRICEP PRESS MATRIX
12 REPS



05

VIPR STEP WITH LATERAL SHIFT
12 REPS EACH SIDE



06

STANDING SPLIT POSE
12 REPS EACH SIDE



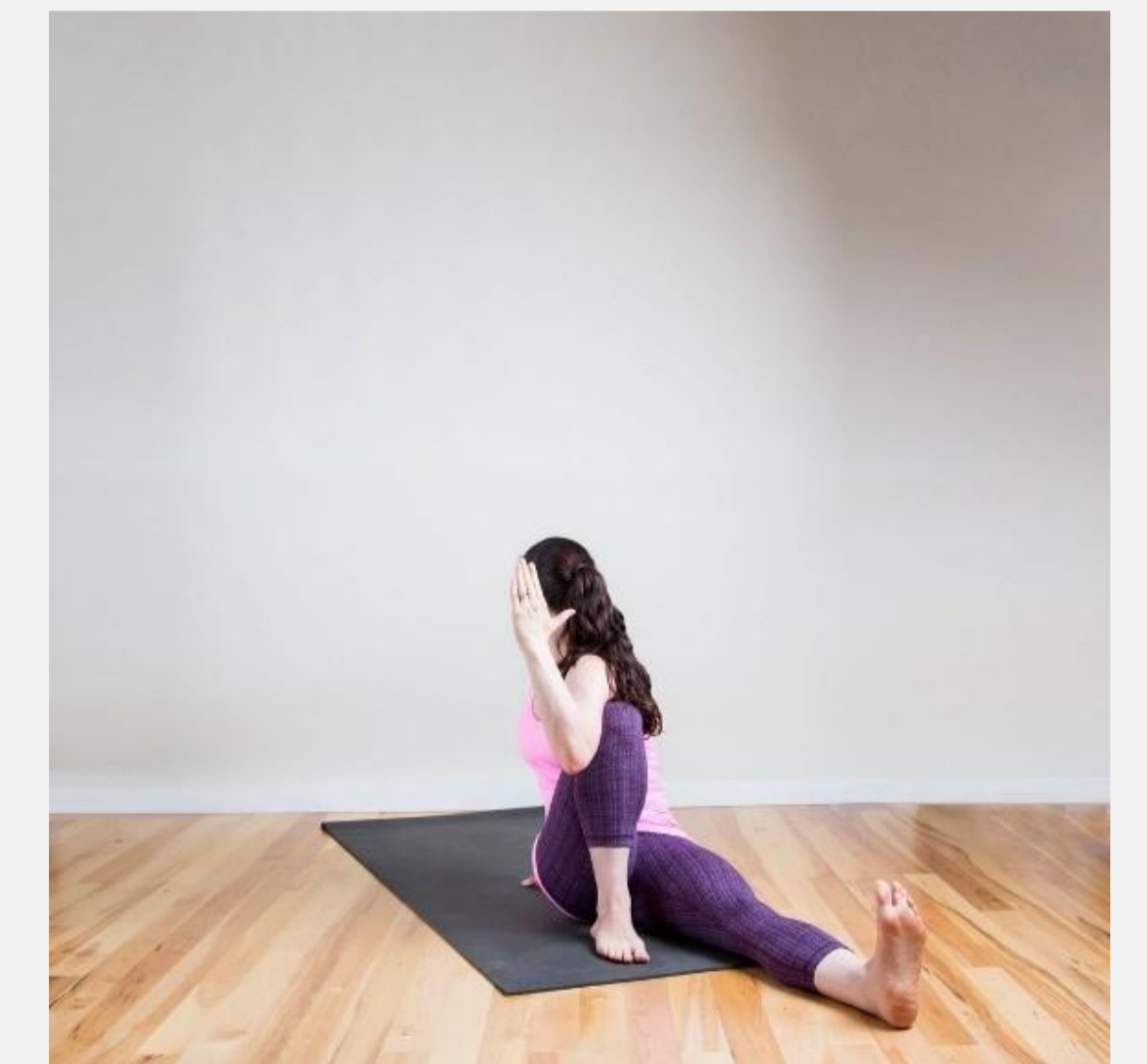
07

TIGER PUSH-UP
12 REPS



08

ALTERNATING LEGS SPINAL TWIST POSE
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS