

66th FITNESS WORKOUT PROGRAM

01

MEDICINE BALL
BALANCING BURPEE
12 REPS



02

BAND HIP DIP
12 REPS EACH SIDE



03

BAND LATERAL RAISE
12 REPS



04

BAND SQUAT
12 REPS



05

POWER PUNCH
12 REPS EACH SIDE



06

BAND REVERSE CHOP
12 REPS EACH SIDE



07

BAND RUSSIAN TWIST
12 REPS EACH SIDE



08

BAND THE ARCHER
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS