

67th FITNESS WORKOUT PROGRAM

01

HIGH KNEES
12 REPS EACH SIDE



02

HELICOPTER
12 REPS EACH SIDE



03

DONKEY KICK
12 REPS



04

VIPR STEP-OVER SQUAT
12 REPS EACH SIDE



05

SPIDERMAN PUSH-UP
12 REPS EACH SIDE



06

WIDE LEGGED FORWARD
BEND C
12 REPS



07

REVERSE LUNGE AND
HOP
12 REPS EACH SIDE



08

PLOW POSE
12 REPS



REPEAT THE CIRCUIT FOR 3 SETS