

70th FITNESS WORKOUT PROGRAM

01

VIPR SQUAT TO
OVERHEAD PRESS
12 REPS



02

SINGLE LEG ROMANIAN
DEADLIFT
12 REPS EACH SIDE



03

KETTLEBELL HALO
12 REPS EACH DIRECTION



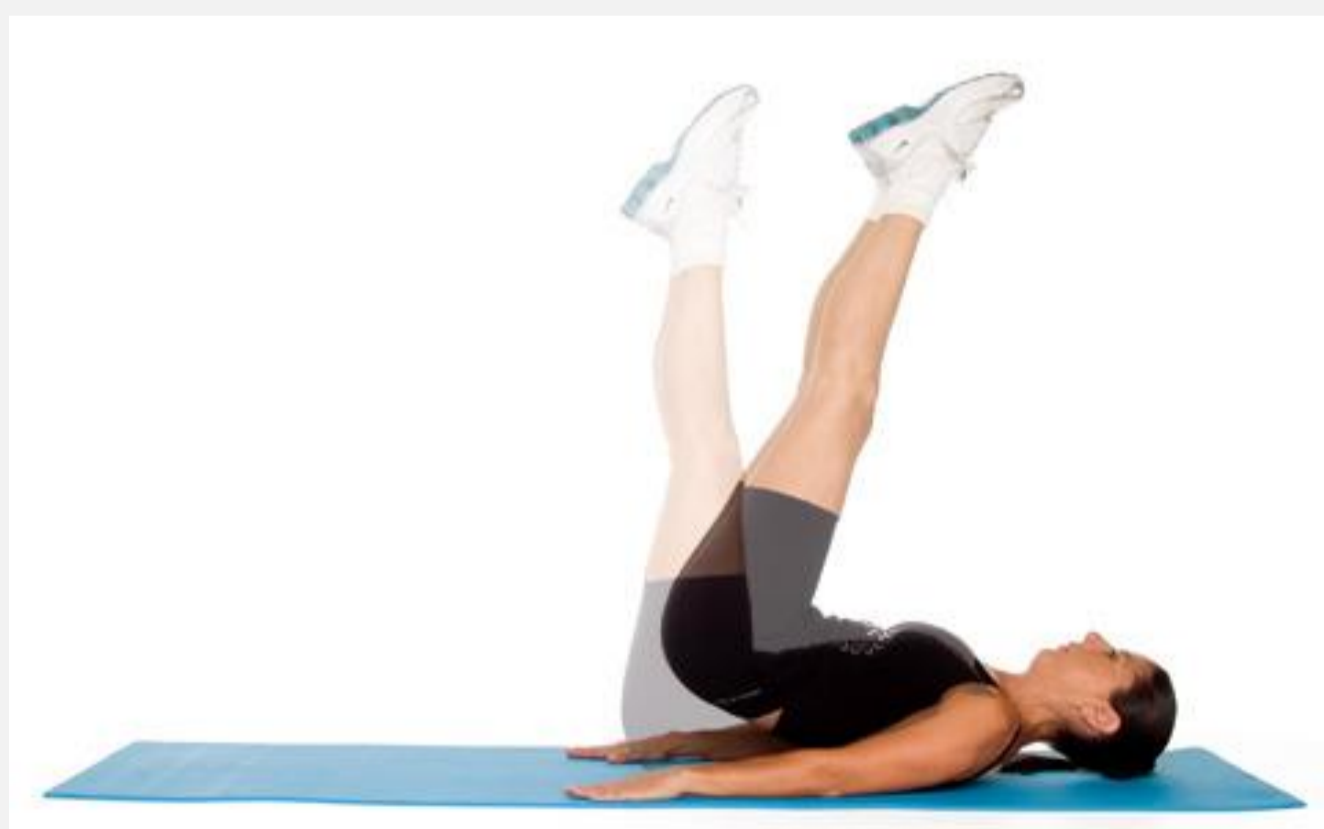
04

ALTERNATING LATERAL
LUNGE
12 REPS EACH SIDE



05

LYING TOES TO CEILING
HIP LIFT
12 REPS



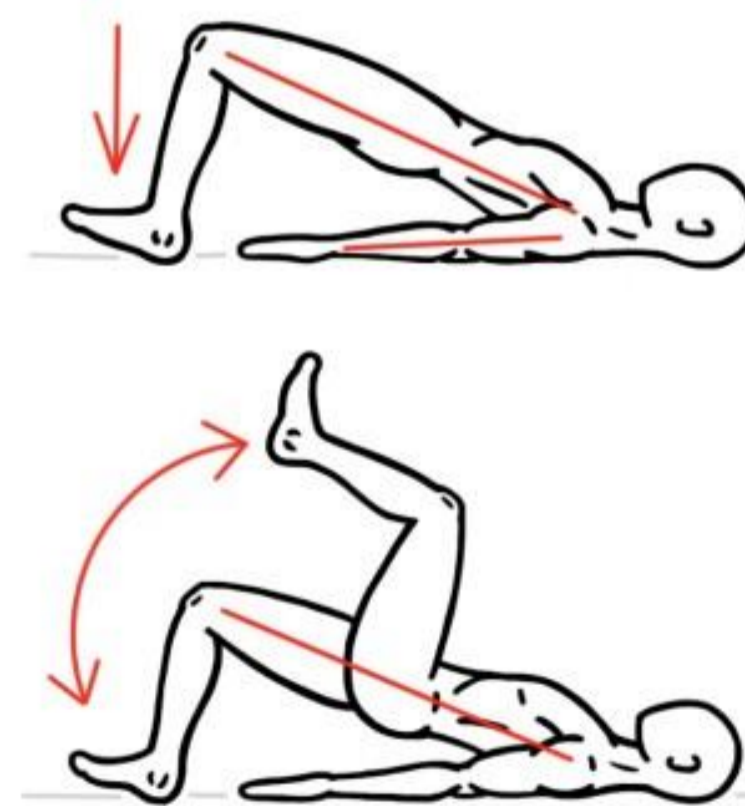
06

CROCODILE WALK
FORWARD AND REVERSE
12 REPS



07

HIP THRUST WITH
MARCHING
12 REPS EACH SIDE



08

SKIER JACK
12 REPS EACH SIDE



REPEAT THE CIRCUIT FOR 3 SETS