

# FITNESS WORKOUT PROGRAM

**1. Lateral Reverse Kicks –  
1 minute**



**2. Bent over row – 12 reps**



**3. Spiderman Push ups –  
12 reps each sides**



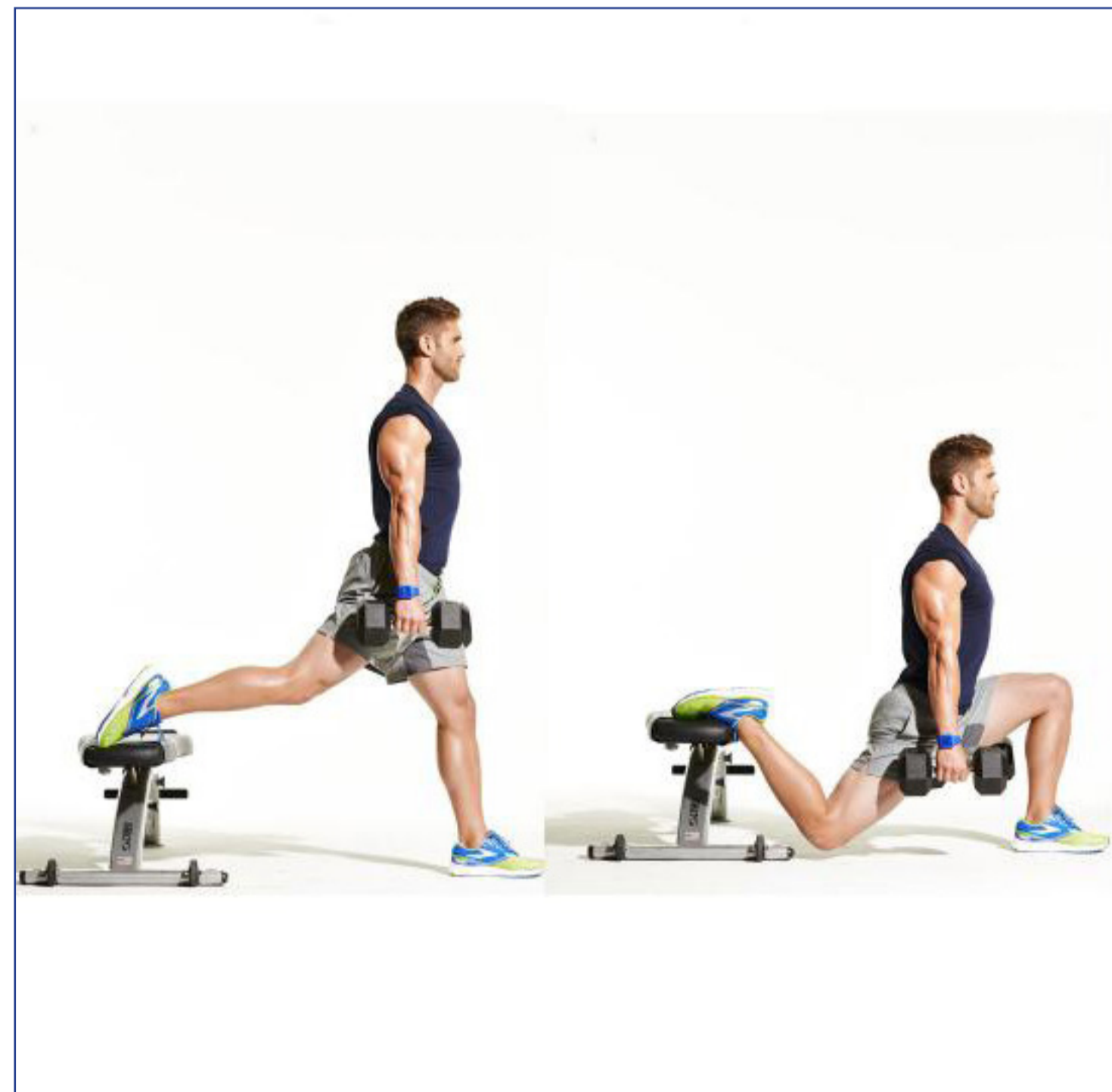
**4. Reverse Lunge Press –  
12 reps each sides**



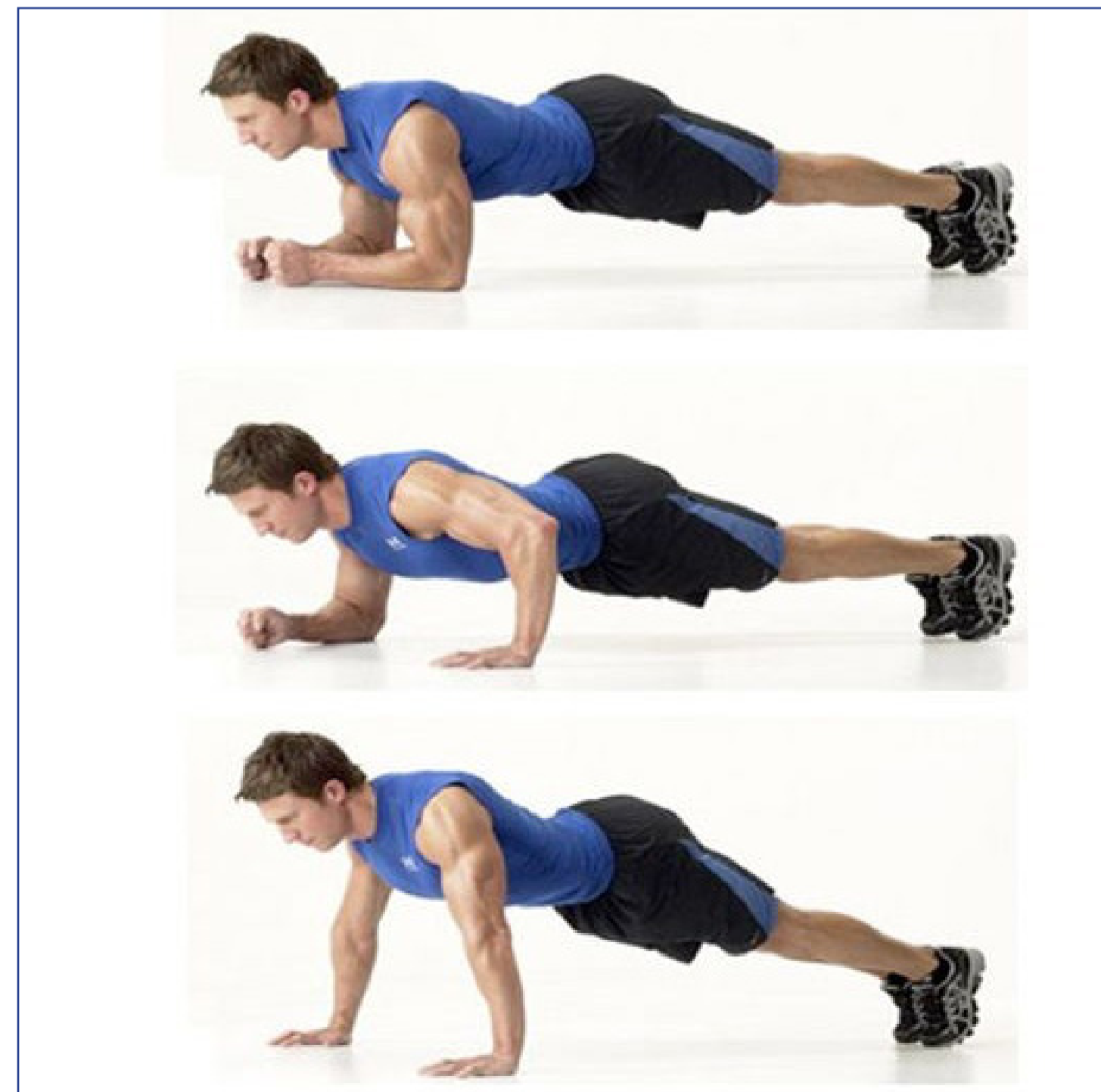
**5. Side Plank with reach through  
twist – 12 reps each sides**



**6. Bulgarian Split Squat –  
12 reps each sides**



**7. Plank to Push Ups –  
12 reps each sides**



**8. Reverse Crunch - 12 reps**



**REPEAT THE CIRCUIT IN 3 SETS**