







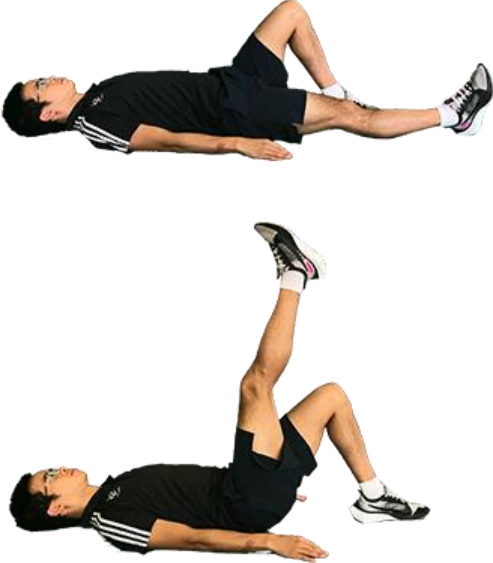



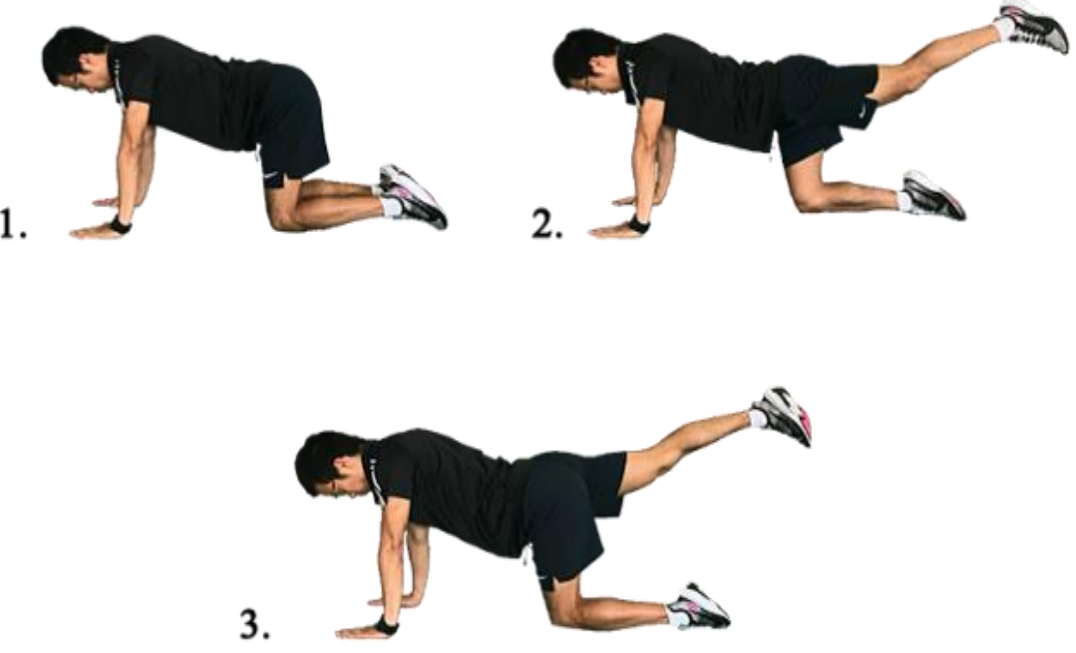




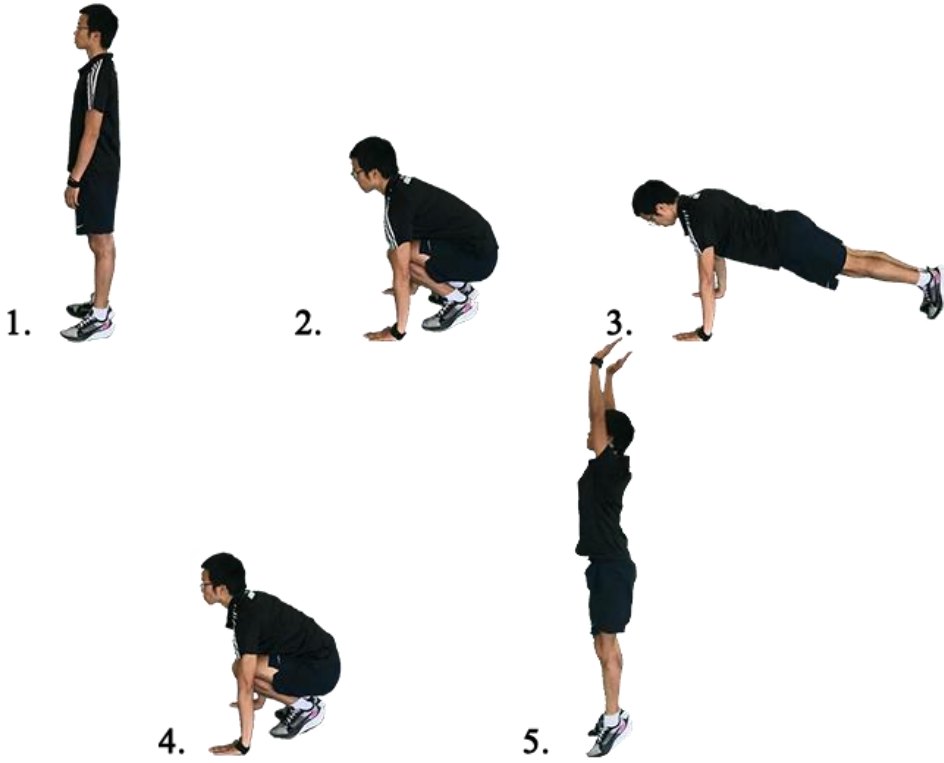
Fit Burn (Full body Exercises)







Fit Burn is a full body weight workout program which helps develop your muscle balance, agility, coordination and improve your strength level. This exercise program is appropriate for you to practice it either at home, gym or office. Exercises can be performed for 30 seconds before moving to next with 30second recovery. 2-3x/week and 2-3 sets (unless otherwise stated).

	Beginner	Advanced
Upper Body Exercises	  <p>Knee Push Up</p>	  <p>Push Up</p>
Core Exercise	  <p>Superman</p>	

Core Exercises	Beginner	Advanced
	 Plank	 Side Plank (Right and Left Side)
Core Exercises	Beginner	Advanced
	 Single Leg Raise (Right and Left Side)	 Leg Raise

	Beginner	Advanced
Core Exercises	 <p>Hip Lift</p>	 <p>Single Leg Hip Lift (Right and Left Side)</p>
Lower Body Exercise	 <p>Donkey Kick (Right and Left Side)</p>	

	Beginner	Advanced
Lower Body Exercises	 <p>Half Squat</p>	 <p>Full Squat</p>
Combination Exercise	 <p>Burpee</p>	

	Beginner	Advanced
Combination Exercise	<p>1. </p>	<p>1. </p>
	<p>2. </p>	<p>2. </p>
	<p>3. </p> <p>Mountain Climber</p>	<p>3. </p> <p>Spider Man</p>