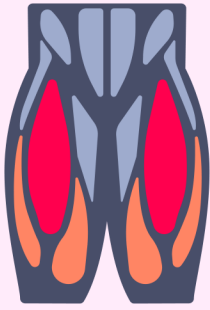




LOWER BODY



FOCUS AREA

EXERCISE

- Weighted squats
- Leg press
- Walking lunges
- Bridge kickback

REPS

SETS

WEIGHT

UPPER BODY



FOCUS AREA

EXERCISE

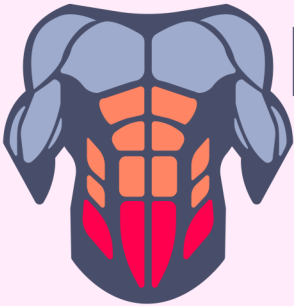
- Bicep curls
- Tricep extension
- Lateral pulldown
- Front raises

REPS

SETS

WEIGHT

CORE



FOCUS AREA

EXERCISE

- Russian twist
- Renegade row
- Standing side bends
- Knee tuck extensions

REPS

SETS

WEIGHT

CHEST & BACK



FOCUS AREA

EXERCISE

- Chest press
- V bar cable rows
- Low cable back rows
- Back extensions

REPS

SETS

WEIGHT