



The logo features a large 'E' in black on the left and a large '3' in green on the right, both in a bold, blocky font. Below the 'E3' is the word 'STRENGTH' in a black, sans-serif font.

WARM-UP	Sets	Time
Half Kneeling Shoulder Circle	1	5/side

Workout 1		Full Body
Exercise	Sets	Reps
A1) Rocket Jump (explosive)	2	10/15
A2) Reverse Plank Knee Tuck	2	30 sec.
A3) Alt Forward/Reverse Lunge	2	1 min.
B1) Spiderman Push-up	2	10
B2) Plank Hop	2	30 sec.
B3) Pulsing Sumo Squat	2	30 sec.
C1) Screw Pushup	2	5/side
C2) Single Leg Knee Tuck	2	30 sec/side
<b>Finisher:</b> Static Overhead Pike	1	1 min