



The logo features a stylized 'E3' where the 'E' is black and the '3' is green. Below it, the word 'STRENGTH' is written in a bold, black, sans-serif font.

WARM-UP	Sets	Time
Reverse Lunge/Kneel w/Overhead Reach	2	5 Reaches/Leg

Workout 1		Full Body
Exercise	Sets	Reps
A1) Spiderman Pushup	3	5 Pushups
A2) Plank w/Shoulder Touch	3	15
A3) Plank w/Leg Raise (Forearms)	3	10
A4) Saw Plank (Forearms)	3	30 sec
B1) Straight Leg Raise w/Crunch	2	20
B2) Russian Twist	2	30sec
B3) Bicycle Crunch	2	30sec
B4) Crab w/Overhead Reach	2	10

Finisher: Squat/High Knees (5X)/Squat Jump	2	45sec
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