



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
Shoulder Circles Internal and external Hip Rotation	1	5/Appendage/Direction

Workout 1		Full Body
Exercise	Sets	Reps
A1) Bridge with Leg Extension	2	10/side
A2) Single Leg Dead Lift	2	10/side (Not Alternating)
B1) Cossack Squat With 5sec hold	2	5
B2) Rev Snow Angel	2	10
B3) Off-set Pushup	2	5/side (10total)
C1) Plyo MTN Climber	2	15
C2) Plank Up/Down	2	10
C3) Oblique Crunch (L)	2	20
C4) Oblique Crunch (R)	2	20

Finisher: Frog Plank	1	45sec
-----------------------------	---	-------