



The logo features a large 'E' in black and a large '3' in green, both with a stylized, blocky font. Below the 'E3' is the word 'STRENGTH' 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

<b>Finisher: Squat/High Knees (5X)/Squat Jump</b>	2	45sec
---	---	-------