



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
Spiderman with T-Spine Rotation and Anterior Reach	1	5/Side/Direction

Workout 1		Full Body
Exercise	Sets	Reps
A1) Pushup	2	5
A2) Single Arm Mountain Climber (L)	2	30sec
A3) Pushup	2	5
A4) Single Arm Mountain Climber (R)	2	30sec
A5) Squat Thrust	2	10
B1) Squat/Lunge Complex	2	10
B2) Static Squat	2	30 Sec
B3) Jump Squat	2	20
C1) V-UP	2	20

Finisher: Decline Hand Plank	1	60sec
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