



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
Knee Hug Hip Mobility w/ Small Shoulder Circles	1	10/Arm/Direction 1/Leg

Workout 1		Full Body
Exercise	Sets	Reps
A1) Pushup	2	5
A2) Plank Thrust	2	10
A3) Squat Thrust	2	30 Sec
B1) Superman Y	3	10
B2) Superman W	3	12
B3) Superman T	3	15
C1) Reverse Lunge	2	30 Sec
C2) Fwd Lunge	2	20 Sec
C3) Plyo Lunge	2	10 Sec

Finisher: Oblique Mountain Climber	1	45sec
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