



The logo features a large '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
Standing I A T w/ Hip Circles	1	5 /direction/leg

Workout 1		Full Body
Exercise	Sets	Reps
A1) Multi Directional Lunge	3	10/leg
A2) Plank w/ Anterior Reach	3	15/arm
B1) Prisoner Squat (hands behind head)	2	20
B2) Fast Hands	2	45sec
B3) Mountain Climber	2	30 sec
C1) Bootstrap	3	20
C2) Bird Dog	3	10/side

<b>Finisher: Squat Thrust with Lateral Shuffle</b>	2	30 sec w/ 30 sec rest
--	---	-----------------------