



The logo features a large 'E' on the left, split vertically into a black half and a green half. To its right is a large '3', also split vertically into a black half and a green half. Below this graphic, the word 'STRENGTH' is written in a bold, black, sans-serif font.

WARM-UP	Sets	Time
Sumo Stance Lat and Hamstring Mobility	1	5/Arm 5/Leg

Workout 1		Full Body
Exercise	Sets	Reps
A1) Hop Outs	3	30 Sec
A2) Staggered Stance Squat	3	10/side
A3) Plank Jack	3	30 Sec
B1) Swinging Leg Bridge	2	20/side
B2) Plank Up-Down	2	30 Sec
B3) Reverse Plank Knee Tuck	2	30 Sec
C1) Jump Squat	2	30 Sec
C2) Plyo Lunge	2	30 Sec
C3) Sumo Pop Squat	2	30 Sec

Finisher: Spiderman Plank	1	60sec
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