
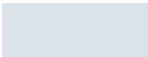
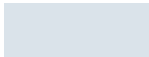


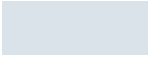
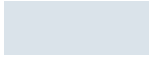

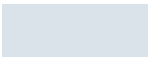
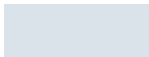


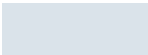
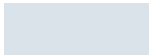

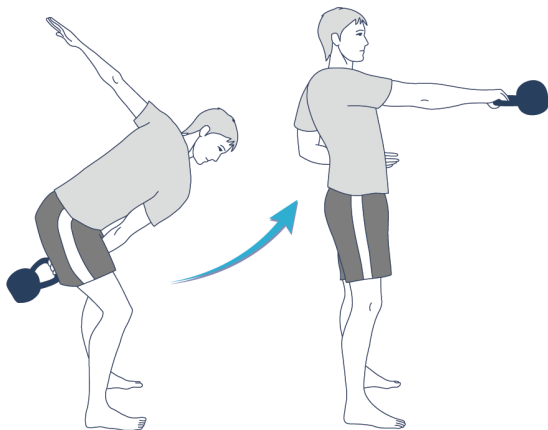


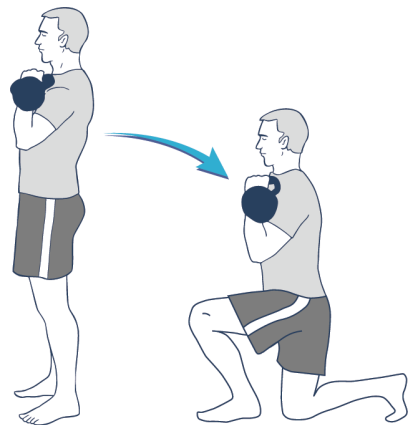
Week 5

MONDAY

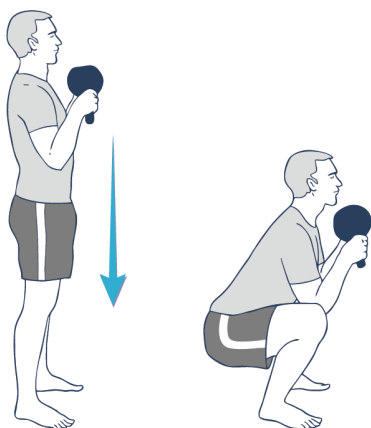
Exercise	Time (secs)	Reps	Sets	✓
Single Handed Swing 	60			
Reverse Lunge 	60			
Goblet Squat	60			
Side Plank 	60			



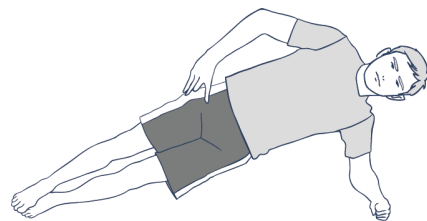
Single Handed Swing



Reverse Lunge



Goblet Squat



Side Plank