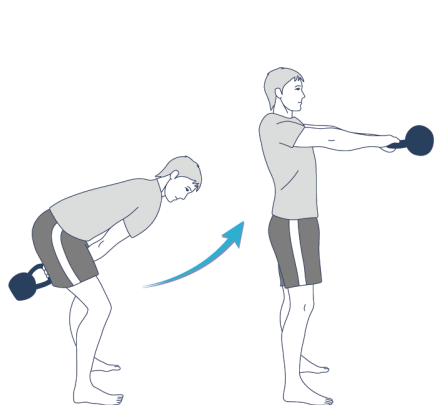
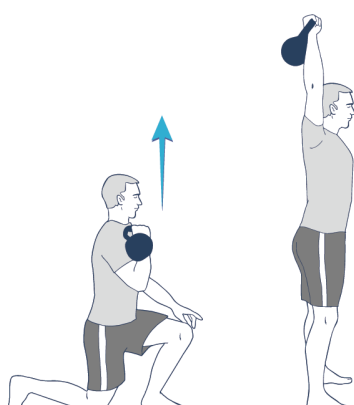


Workout 33

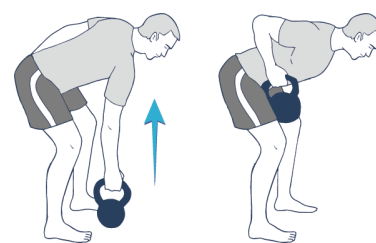
Exercise	Time (secs)	Reps	Sets	✓
Two Handed Swing	60			✓
Reverse Lunge & Press - Left	30			✓
Reverse Lunge & Press - Right	30			✓
Regular Row - Left	30			✓
Regular Row - Right	30			✓
Goblet Squat	30			✓
Sit & Press	30			✓



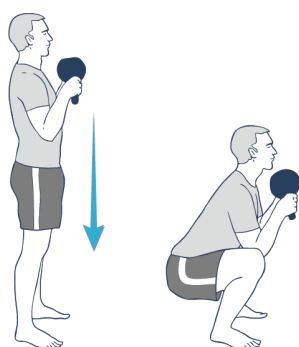
Two Handed Swing



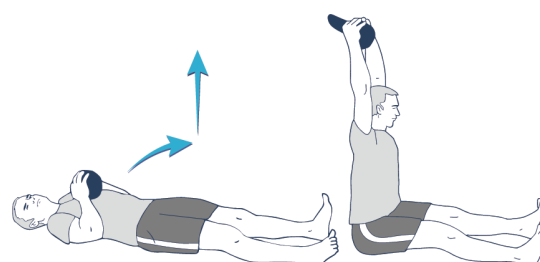
Reverse Lunge & Press



Regular Row



Goblet Squat



Sit & Press