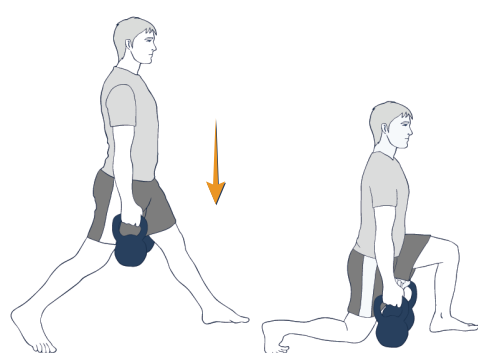


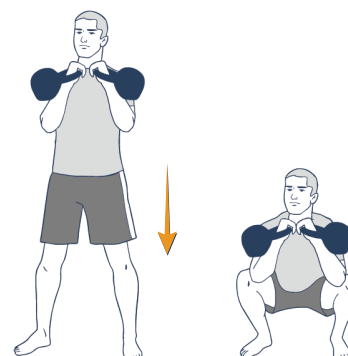
Week 1

FRIDAY

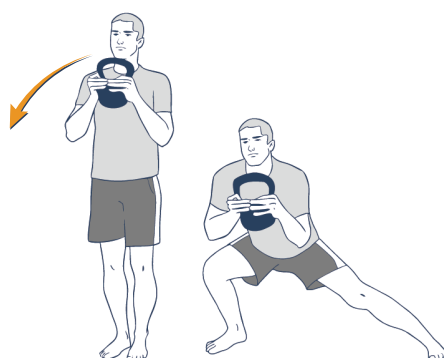
Exercise	Weight (kg)	Reps	Tempo	Rest (secs)	✓
Split Squat	Target: 2×24	Target: 6	Normal	90 – 120	✓
Set 1					✓
Set 2					✓
Set 3					✓
Double Front Squat	Target: 2×24	Target: 6	Normal	90 – 120	✓
Set 1					✓
Set 2					✓
Set 3					✓
Side Lunge	Target: 24	Target: 6	Normal	90 – 120	✓
Set 1					✓
Set 2					✓
Set 3					✓



Split Squat



Double Front Squat



Side Lunge