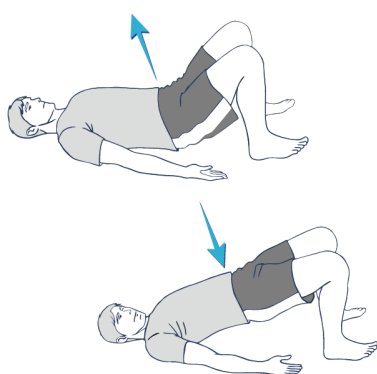


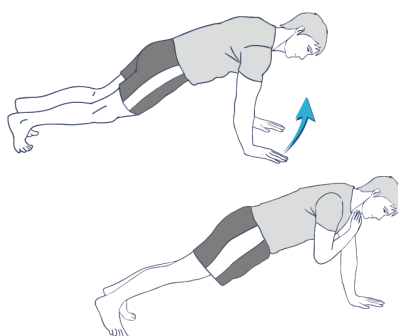
Week 1

TUESDAY

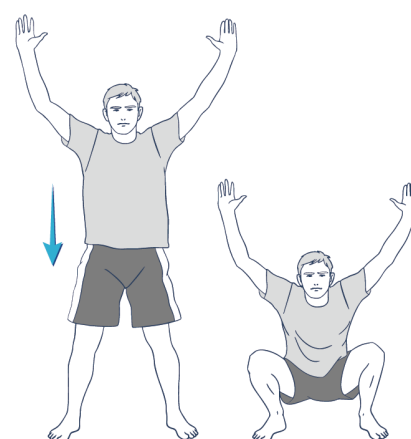
Exercise	Time (secs)	Reps	Sets	✓
Bridge	30			✓
Shoulder Taps	30			✓
Y Squats	60			✓
Cossacks	60			✓
Side Shuffles	60			✓



Bridge



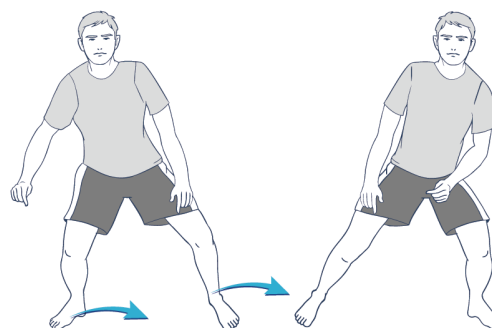
Shoulder Taps



Y Squats



Cossacks



Side Shuffles