
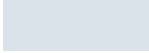
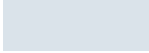

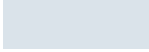
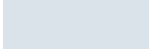

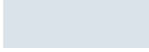
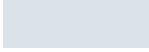
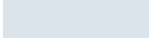
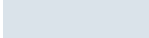
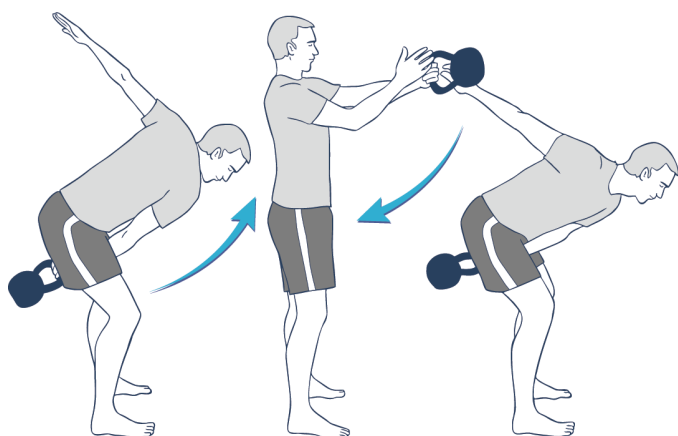


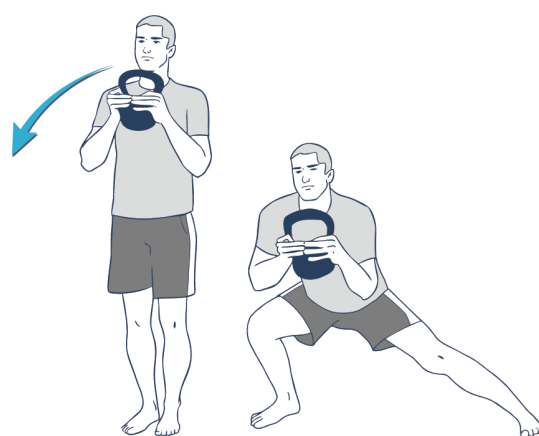
# Week 7

## FRIDAY

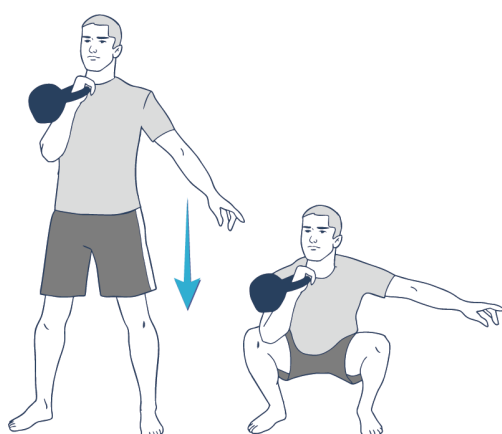
Exercise	Time (secs)	Reps	Sets	✓
Alternating Swing 	60			✓
Side Lunge 	60			✓
Racked Squat 	60			✓
Cross Body Mountain Climbers	60			✓



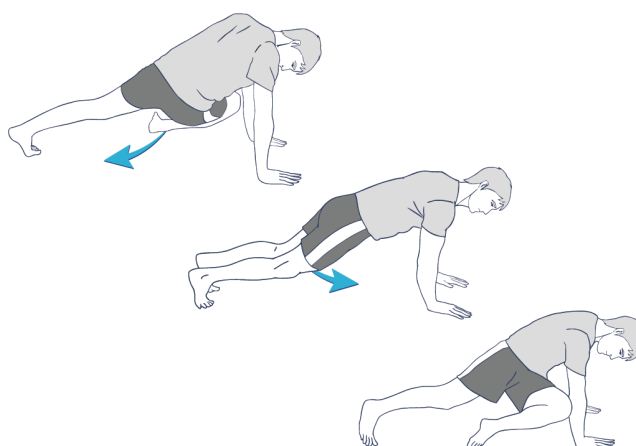
*Alternating Swing*



*Side Lunge*



*Racked Squat*



*Cross Body Mountain Climbers*