

Week 4

TUESDAY

<i>Exercise</i>	<i>Time (secs)</i>	<i>Reps</i>	<i>Sets</i>	✓
Single Handed Swing Left		10		✓
Push Ups		10		✓
Single Handed Swing Right		10		✓
Squat Thrusts		10		✓
Repeat			3-5	✓

