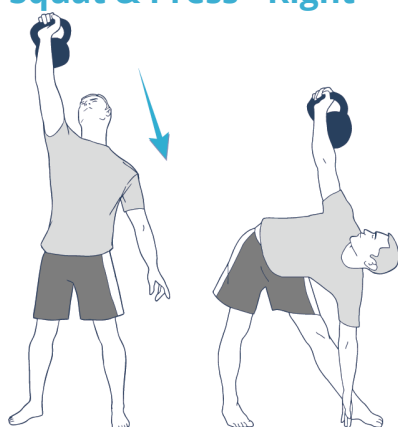
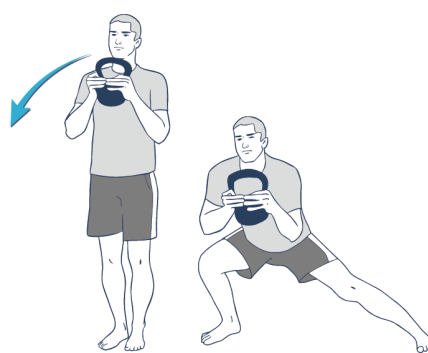


Workout 28

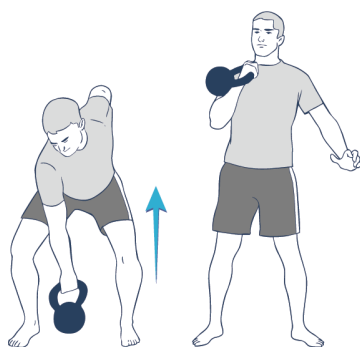
Exercise	Time (secs)	Reps	Sets	✓
Windmill - Left	30			✓
Windmill - Right	30			✓
Side Lunge - Left	30			✓
Side Lunge - Right	30			✓
Clean - Left	30			✓
Clean - Right	30			✓
Racked Squat & Press - Left	30			✓
Racked Squat & Press - Right	30			✓



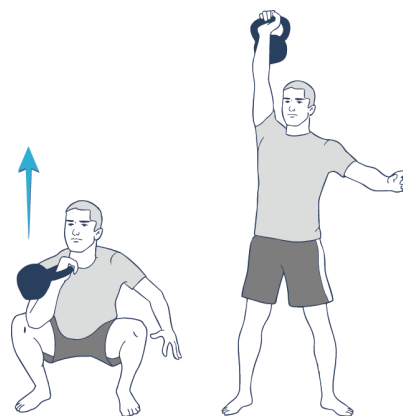
Windmill



Side Lunge



Clean



Racked Squat & Press