

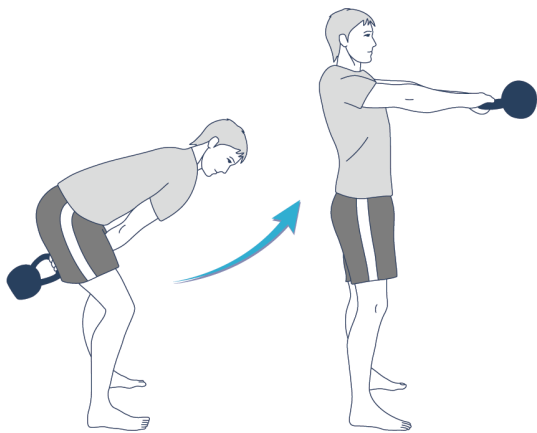


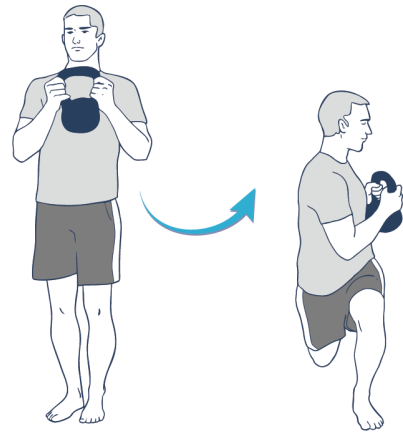
Week 8

TUESDAY

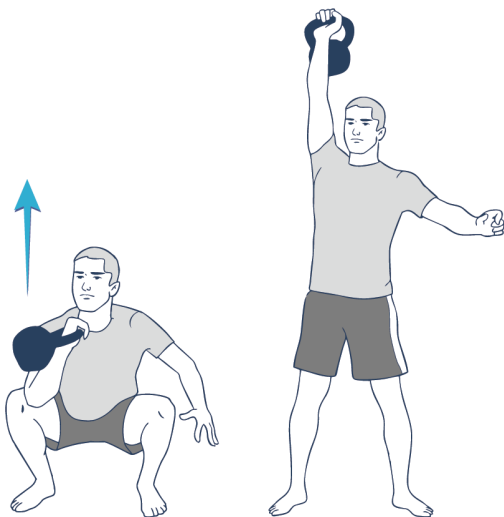
Exercise	Time (secs)	Reps	Sets	✓
Two Handed Swing	60			✓
Lunge with Rotation 	60			✓
Squat and Press 	60			✓
Slow Mountain Climbers	60			✓



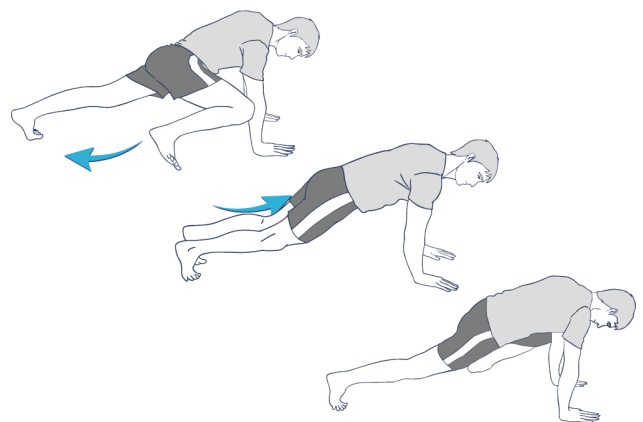
Two Handed Swing



Lunge with Rotation



Squat and Press



Slow Mountain Climbers