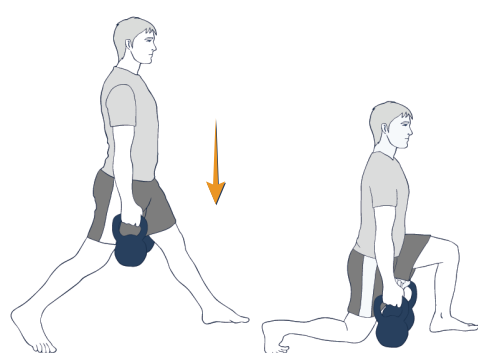


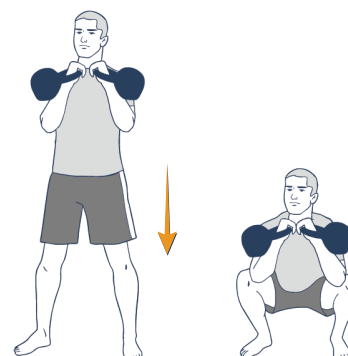
# Week 1

## FRIDAY

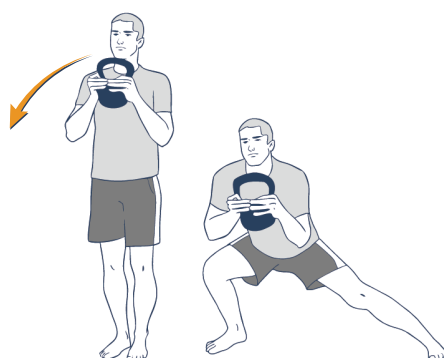
Exercise	Weight (kg)	Reps	Tempo	Rest (secs)	✓
<b>Split Squat</b>	Target: 2×24	Target: 6	Normal	90 – 120	✓
Set 1					✓
Set 2					✓
Set 3					✓
<b>Double Front Squat</b>	Target: 2×24	Target: 6	Normal	90 – 120	✓
Set 1					✓
Set 2					✓
Set 3					✓
<b>Side Lunge</b>	Target: 24	Target: 6	Normal	90 – 120	✓
Set 1					✓
Set 2					✓
Set 3					✓



Split Squat



Double Front Squat



Side Lunge