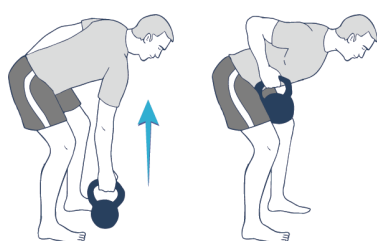
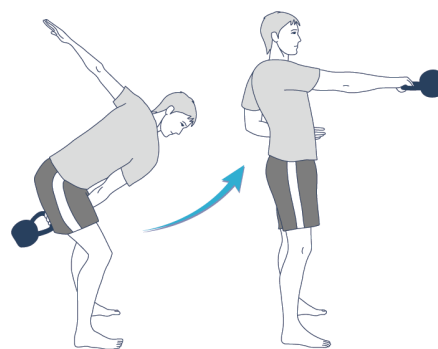


# Workout 18

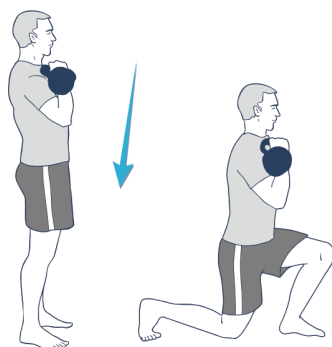
| Exercise                    | Time (secs) | Reps | Sets | ✓ |
|-----------------------------|-------------|------|------|---|
| Regular Row - Left          | 30          |      |      | ✓ |
| Regular Row - Right         | 30          |      |      | ✓ |
| Single Handed Swing - Left  | 30          |      |      | ✓ |
| Single Handed Swing - Right | 30          |      |      | ✓ |
| Reverse Lunge - Left        | 30          |      |      | ✓ |
| Reverse Lunge - Right       | 30          |      |      | ✓ |
| Sit & Press                 | 60          |      |      | ✓ |



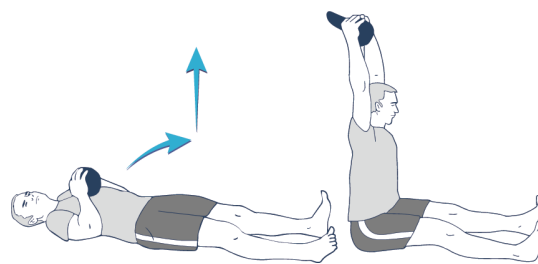
Regular Row



Single Handed Swing



Reverse Lunge



Sit & Press