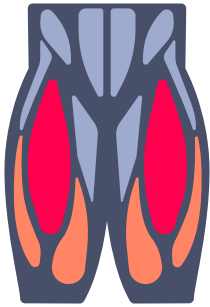


LOWER BODY

FOCUS AREA



EXERCISE

- *Squats with Band
- *Lateral Band Walk
- *Glute Bridge with Band
- *Leg Press
- *Standing Leg Curl

REPS

SETS

NOTES

UPPER BODY

FOCUS AREA



EXERCISE

- *Banded Upright Bicep Curl
- *Band Pull-Apart
- *Band Upright Row
- *Band Chest Press
- *Tricep Extension

REPS

SETS

NOTES

CORE

FOCUS AREA



EXERCISE

- *Pallof Press
- *Woodchopper
- *Plank with Shoulder Tap
- *Russian Twist
- *Bicycle Crunch

REPS

SETS

NOTES

NOTES: