

Exercise 04 Squat

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Goblet Squats	1 - 2	10 - 20 Light - Mild	Working Set, Focused Positive / Negative, Full Flex

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Goblet Squats	3	Mild	Full On Set Till Failure (Burn Out)